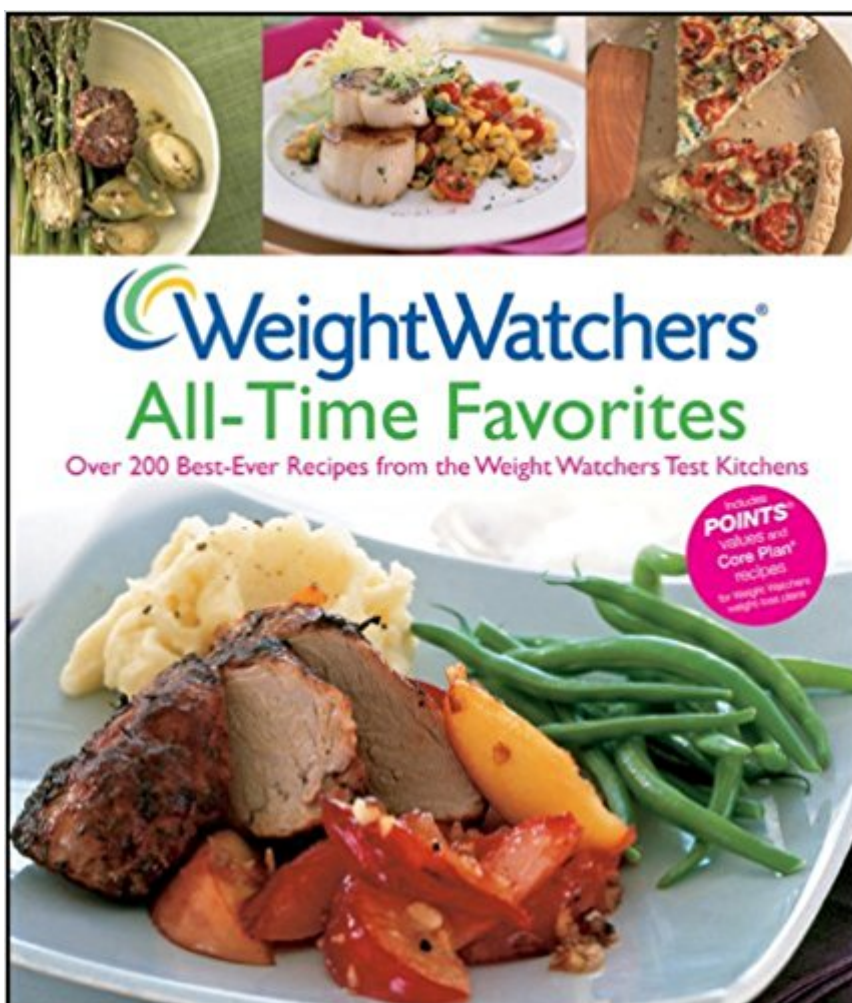


The book was found

Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes From The Weight Watchers Test Kitchens (Weight Watchers Cooking)



Synopsis

This full-color cookbook is an exciting collection of the best recipes ever developed by the experts at Weight Watchers. 225 tempting dishes never before presented in book form. If you're a fan of the Weight Watchers New Complete Cookbook but are looking even more recipe choices, this new Weight Watchers collection will be an irresistible new kitchen companion. It's packed with recipes that you'll love, whether you're cooking for a weeknight family supper, a casual backyard get-together with neighbors, or a festive gathering with friends.

Book Information

Series: Weight Watchers Cooking (Book 26)

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Product Dimensions: 7 x 1.4 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 108 customer reviews

Best Sellers Rank: #54,279 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #198 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

"Where no food is a sin" is a slogan for the British version of Weight Watchers, and this book illustrates that tenet. The recipes, arranged by type, do not sound like diet food. e.g., Bacon, Egg and Cheese Casserole, Pork and Rice-Stuffed Cabbage, Berry and Cream Cheese Open-Face Sandwiches, Fettuccine with Gorgonzola and Toasted Walnuts, and Boston Cream Pie. Mexican, Italian, German, and Moroccan are a sampling of the international flavors of the all-time favorites. The recipes that are suitable for Weight Watchers' Core Plan are marked with an icon, and POINTS are listed for the Flex Plan. Nutritional information is also included, and each recipe is followed by a suggestion or hint. Although some of the recipes are similar to those in other Weight Watchers cookbooks, fans of the system will enjoy this new source. Recommended for culinary collections as a general cookbook with simple and fast dishes that are delicious. Christine

Bulson, SUNY at Oneonta Lib. (Library Journal, April 1, 2008)

Best-Loved Recipes from Weight Watchers – Collected for the First Time! Here, in one terrific volume, is an exciting collection of the most prized recipes from Weight Watchers. Whether you're cooking for a weeknight family supper, a casual backyard get-together with neighbors, or a festive gathering with friends, All-Time Favorites has it all. Following the Flex Plan? On the Core Plan? No problem. You'll find recipes for tasty appetizers, refreshing salads, hearty soups, scrumptious main dishes (plenty of them one-dish and easy too), and spectacular desserts that fit the bill for both plans. And of course, as with all Weight Watchers cookbooks, you'll find that counting POINTS values and staying on track is a snap with deliciously satisfying recipes such as: Crunchy Spring Rolls with Peanut Dipping Sauce, Ham and Chickpea Salad, Mustardy Pot Roast with Vegetables, Easy Chicken Cacciatore, Shrimp and Sausage Paella, Nectarine-Strawberry Cobbler. With All-Time Favorites, you'll find chapters devoted to the best-ever brunches and lunches, 15-minute fixes that are sure to please, and the tastiest and easiest slow-cooker recipes ever. You'll love it!

Just what I wanted and needed.

This is my favorite Weight Watchers cookbook! It is my "go to" whenever I am looking for an idea or a specific recipe. I have used it many times already.

The recipes were too complicated to make without going to the store to get the ingredients. And would like to return it along together with the Weight Watchers One Pot cookbook

You don't have to be overweight to be health conscious. There are so many additives in prepared food, that it just can't be good for us. This is a nice cookbook, using fresh ingredients and presenting them in simple ways as treats for the entire family.

It okay

Disappointing !

This is a great cookbook. The recipes in it not only help us to lose weight, but we were surprised at

how good they are. They call for different spices and seasonings that add to the flavor and have widened my cooking experiences.

I do WW so they come in handy in order to keep with the program.

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