



# **The Weight Watchers Cookbook: 50 Simplified Recipes to Help Lose and Maintain Your Weight (Low-Fat & Gluten-Free)**

*Vicki Day*

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# The Weight Watchers Cookbook: 50 Simplified Recipes to Help Lose and Maintain Your Weight (Low-Fat & Gluten-Free)

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Are you trying to lose or maintain your ideal weight but is struggling in the kitchen?

Staying in a specific diet, particularly the Weight Watchers diet can really be challenging especially if your skills are not that polished in the kitchen. People also struggle with keeping their ideal weights because of the different food choices that could make them gain more than what they have already lost.

But why should you struggle with weight loss, as well as weight maintenance when you can try cooking healthy Weight Watchers approved dishes, one simple recipes at a time? This book is definitely dedicated to those who are looking for the best ways to shed the pounds and keep them off while enjoying delicious and really guilt free dishes.

## **Inside You Will Learn:**

- What the Weight Watchers Diet program is all about
- The ways to interpret or follow the point and point plus value system and its importance in weight loss and maintenance
- Different breakfast dishes that will take 20 minutes or less to prepare
- Healthy lunch ideas for weight watchers
- How to prepare dinner, Weight Watchers style
- How to prepare healthy snacks and desserts
- Best practices that would help you cook more healthier
- And so much more

Losing weight doesn't come easy for everyone. This is the reason why this mini-recipe book was written – to help everyone on the Weight Watchers program and even those following the main principles of the diet reach their weight loss goals and eat what they want without the guilt.

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