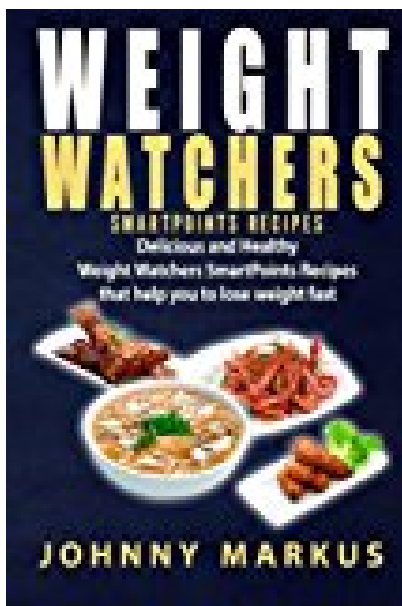


# Weight Watchers SmartPoints Recipes Delicious and Healthy Weight Watchers SmartPoints Recipes That help you to lose weight fast

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## BOOK DETAILS

- Author : Johnny Markus
- Pages : 154 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1543218865

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## BOOK SYNOPSIS

60 TOP WEIGHT WATCHERS RECIPES WITH SMART POINTS, PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT The latest research has confirmed what generations of healthy and fit people already knew: the Weight Watchers Diet really works! Reclaim your health with recipes based on the Weight Watchers diet! The Weight Watchers Diet has unlocked a fun, simple, and effective strategy to lose weight and keep it off! By eating a Weight Watchers Diet, we can reclaim our health, reverse disease, and enjoy a new lease on life simply by eating a wide variety of delicious food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the Weight Watchers Diet is becoming increasingly popular! Not only that, the evidence has become undeniable: Weight Watchers recipes like the ones in this book can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! This is a lifestyle that has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! Smart Points values for every recipe! A key part of following a proper Weight Watchers Diet is tracking your Smart Points. This Weight Watchers cookbook makes it easy! Each and every recipe lists its Smart Points value as well as complete serving and nutritional information! Not only that, this cookbook contains delicious recipes for every meal of the day! From healthy breakfasts to start your day right, to mouth-watering appetizers, world-class main course dishes, and even tasty desserts, this Weight Watchers cookbook contains enough recipes for every single meal to keep you from getting bored for months! Embrace health like never before! The Weight Watchers Diet does not prescribe a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a healthy life is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Make a positive change in your health by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! Simply follow the easy Smart Points system and enjoy a wide variety of food for every meal! Following the Weight Watchers Diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on dozens of amazing recipes in this Weight Watchers cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! Weight Watchers enthusiast Carolyn Taylor has hand-picked her favorite recipes that helped her to lose over 100 pounds and that she is now proud to share with the world to help others do the same! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

**WEIGHT WATCHERS SMARTPOINTS RECIPES DELICIOUS AND HEALTHY WEIGHT WATCHERS SMARTPOINTS RECIPES THAT HELP YOU TO LOSE WEIGHT FAST**

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