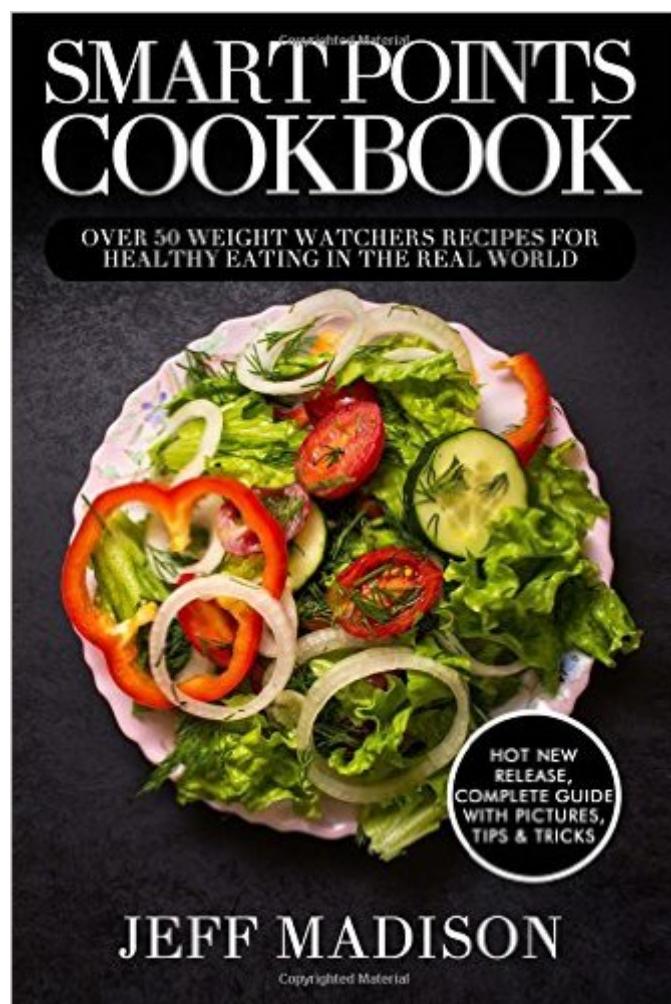


The book was found

# Smart Points Cookbook: Over 50 Weight Watchers Recipes For Healthy Eating In The Real World



## Book Information

Paperback

Publisher: CreateSpace Independent Publishing Platform; 4 edition

Language: English

ISBN-10: 153693111X

ISBN-13: 978-1536931112

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.2 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #294,233 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

## Customer Reviews

If you want to lose weight, or just want to eat healthy, this book will be of great help for you. Here you will find recipes for delicious and healthy dishes. All recipes are clearly written and easy to prepare. Here you have many recipe suggestions and ideas, and you don't have to worry about what you're going to cook. With these recipes you will enjoy your meals and stay fit.

This book gives understanding of what weight watchers diet is about and also provides plenty of recipes that correspond to this diet. I liked the tips that the author provided about healthy eating and they make perfect sense to me. What I like about weight watchers diet is that you can eat any food and still lose weight. I found pictures of the final dishes in the book also very helpful.

In this book i got few really great recipes those are very helpful for our body and health.The author shared lots of recipes that are perfectly designed to work with the new points system call Weight Watchers Smart Points.The formulas have a very reasonable and addresses fixations as simple dialect.A nice read!

This is a brilliant book composed by this writer. I value that book is substantial and perfectly exhibited. Every formula records the wholesome qualities and the new Smart Points for every dish. thanks to this wonderful book the books was very helpful and inspiring. Really worth recommending!

Recipes are good, and the book is worth purchasing. But, be aware that a couple of recipes are

missing the Smart Points values i.e. Lamb chops and Grilled Tuna. Also, the Table of Contents has incorrect page numbers listed.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: The Smart Points Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPointTM (Weight Watchers Smart Point Recipes) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet) Smart Points Cookbook: Over 50 Weight Watchers Recipes for Healthy Eating in the Real World Weight Watchers: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: 3 in 1 Box Set - The Smart Points Cookbook GuideÂ© with over 480+ Approved Recipes (Start The Points Plus Meal Plan, Weight Loss Bundle) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook GuideÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: The Smart Points Cookbook GuideÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Clean Eating: Clean Eating Diet: The 7-Day

Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes

[Dmca](#)