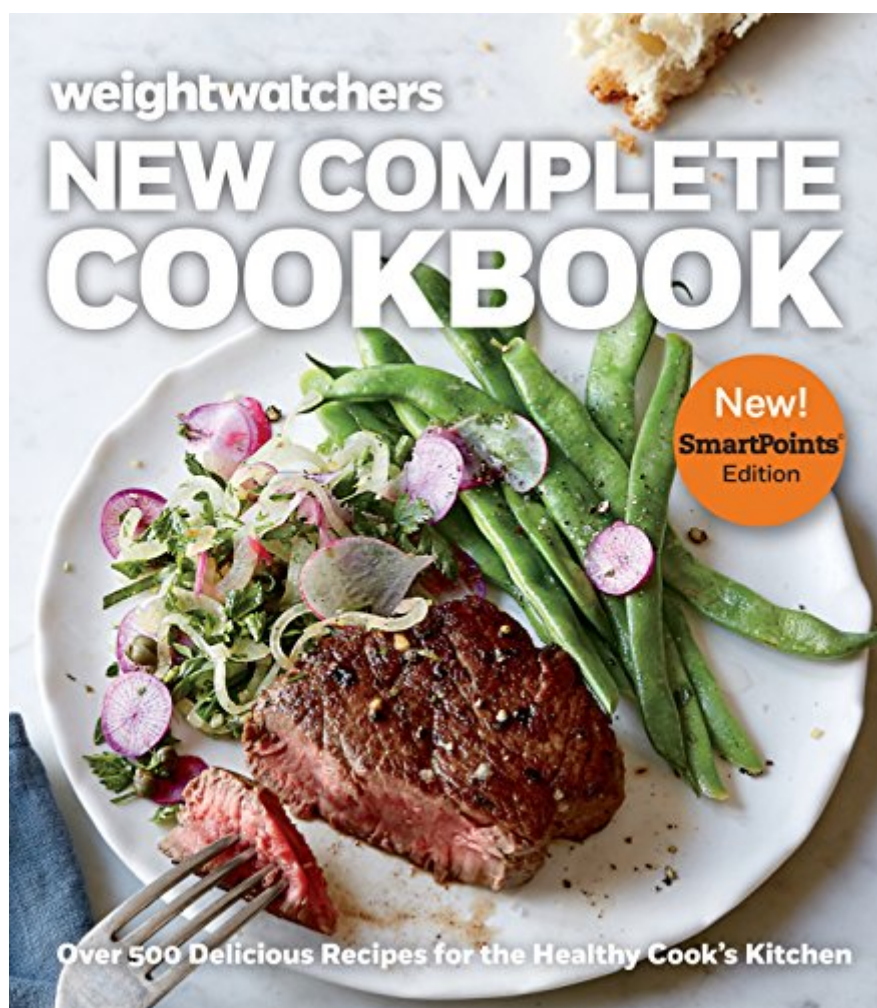


The book was found

# Weight Watchers New Complete Cookbook, SmartPoints® Edition: Over 500 Delicious Recipes For The Healthy Cook's Kitchen



## Synopsis

Weight Watchers® New Complete Cookbook, 5th Edition, Completely Updated with SmartPoints® Information! Weight Watchers® knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on Appetizers and Beverages, featuring a no-cook cocktail party; Small Plates, for creating tapas for light meals; Meals from the Grill, complete with grilling information; 20-Minute Main Dishes, including shopping and streamlining advice; plus numerous tips and techniques. With more than 60 color photos, this is the book to help make everyone healthier and happier. Includes new SmartPoints values, information on SmartPoints, and updated recipes.

## Book Information

File Size: 102628 KB

Print Length: 467 pages

Publisher: Houghton Mifflin Harcourt; Smartpoints ed. edition (December 13, 2016)

Publication Date: December 13, 2016

Language: English

ASIN: B01I4FPIWW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #66,366 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #33 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #79 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

MISSING PAGES!!! This book itself is nice, but the index only goes from A through R.....where is the rest of the book? Wish the publisher paid more attention.

The cookbook is put together really well. Plenty of ideas for snacks, meals, desserts, etc. The recipes don't appear labor intensive and the ingredients are easily found in any grocery store. Additionally, it has suggestions for substitutions within many of the recipes and the number of points that entails. Altogether, this is a quality addition to my cookbook selection and helpful for anyone, like me, following the Weight Watchers plan.

Recipes have a lot of ingredients, but they are good.

I've only made 2 recipes so far, but they were delicious. I'm looking forward to trying many more.

Excellent cookbook and in daily use at our home. Healthy delicious recipes of all kinds. Highly recommended.

Interesting recipes, well organized. Have made a few and they've been good.

I find this cookbook very helpful. It is geared for those that are following the Weight Watchers lifestyle. Very helpful in terms of points.

I found several good recipes in this book, but doesn't say if it is using smart points Weight Watchers new point system..

[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 Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:  
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,  
Weight Watchers Diet) Weight Watchers New Complete Cookbook, SmartPoints® Edition: Over  
500 Delicious Recipes for the Healthy Cook's Kitchen Weight Watchers New Complete Cookbook,  
Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers  
Cooking) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers  
Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers New Complete  
Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen Weight  
Watchers: Weight Watchers Cookbook â " Smart Points Edition â " Lose Weight By Eating Smarter

(Weight Watchers Pocket Guide) Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Weight Watchers: The Complete Guide to Weight Watcher Plan: The Smart CookBook to Losing Weight in Two Weeks with Over 30+ Delicious Recipes Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes by Weight Watchers (2014) Paperback CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Weight Watchers Cookbook:Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Eat! Move! Play!: A Parent's Guidefor Raising Healthy, Happy Kids (Weight Watchers Lifestyle)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)