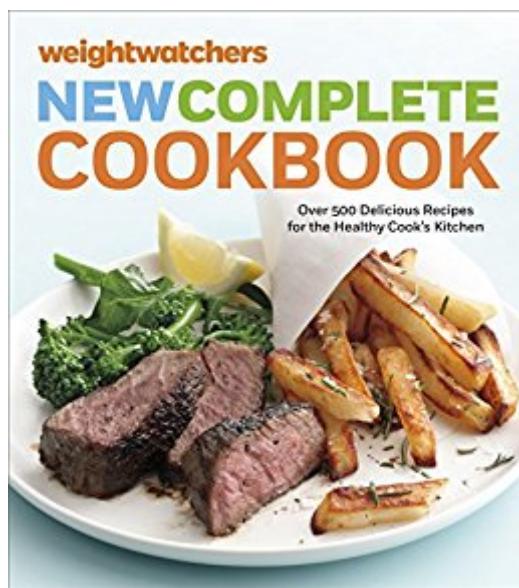


The book was found

Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes For The Healthy Cook's Kitchen (Weight Watchers Cooking)



Synopsis

The newest and fully revised edition of one of America's best-selling cookbooks showcases delicious recipes for people who love to eat while embracing a healthier lifestyle. Weight Watchers knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, you'll 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; recipes for the grill; 20-minute main dishes, including advice on shopping and streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.

Book Information

File Size: 28628 KB

Print Length: 467 pages

Page Numbers Source ISBN: 0544343492

Publisher: Houghton Mifflin Harcourt; 5 Lslf edition (December 30, 2014)

Publication Date: December 30, 2014

Sold by: Houghton Mifflin Harcourt

Language: English

ASIN: B00HK3F59G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #333,011 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Watchers #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #464 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat

Customer Reviews

I love this cook book! I started Weight Watchers back in September and am always looking for

delicious recipes that are quietly disguised as healthy. This cook book contains just that! Everything in this cook book is appealing to both the inner and not so inner overweight girl (that's me!). The recipes are easy to read, instructions easy to follow and the points plus/nutrition values are assigned on each recipe. Most recipes even contain little extras letting you know how many additional points suggested sides are with each dish. The meal types included are as follows:-
Breakfasts and Brunches- Beverages and Appetizers- Salads: Sides and Main Dishes- Soups: Starters and Main Dishes- Small Plates: Dishes to Mix and Match for Creative Meals- Beef, Pork and Lamb Main Dishes- Poultry Main Dishes- Seafood Main Dishes- Vegetarian Main Dishes- Meals from the Grill- 20-Minute Main Dishes- Slow-Cooker Favorites- Vegetable Sides- Grain and Pasta Sides- Cakes, Pies, Holiday Breads and Cookies- Fruit and Frozen Desserts, Puddings and More! I've promised myself to make at least one of these main dishes each week. So far I've had the Garlic Roasted Chicken with Gravy and it was soooooo good! Whether you're on WW or not, this is a great cookbook. I'd recommend it to anyone, dieting or not.

Disappointing that the new points values are only available online and the recipes in this book are NOT included in the online WeightWatchers data base. If you want to use these recipes you have to manually enter them to do it rather than being able to easily pull them up in your tracker.

I bought one of the first WW cookbooks which I like so much better! I don't know but I haven't found that the recipes in this one are that "appetizing" and so I have not been inclined to try them, whereas I've almost worn out my other WW cookbook. Just my opinion. The positive about this cookbook is the layout and design and that you can lay it flat because it's like a ring binder. Otherwise, unless you're a die-hard WW cookbook collector, I'd skip it and use the earlier editions.

It appears that I am one of the few that is not that impressed with this book. I love that it is able to lay flat when I am cooking. It does have some good recipes just not enough for 5 stars. I do like that it lists simple ingredients that are easy to find and has all the nutrition information by the recipes. But most of these are recipes that just exchange ingredients to low fat or omit a few things that would cause the calories or fat to increase. If you are an avid follower of weight watchers or do not have any previous weight watchers cookbooks then you will probably be very happy with this. I already have some weight watchers cookbooks and I am familiar with their program so this cookbook just didn't have many new recipes for me.

This cookbook offers great healthy, alternative recipes for common daily dishes. The quiche and the vegetable mac and cheese are my top picks. I've tried a few recipes that didn't turn out quite right, but overall this is a very helpful book. It offers a good variety for a amateur cooking level and is easy to follow.

While the recipes are good, be careful to check the point totals from the book as compared to the current Weight Watchers Recipe Builder and points. We've had two meals, out of the last 5, that have different totals in the calculator than in the book. One recipe stated in the book that it was 11 points, but when we did it on the website, it was 14 points. This book has a publication date of 2014, and I'm guessing WW has changed their calculations since the last time my husband was on the program.

The recipes are great, the book is a binder-style cookbook with helpful colorful tabs, and it includes lots of tips. However, I'm the kind of person that not only tends to select recipes that have pictures, but I also like to compare my final product with the picture to ensure that I did everything the correct way. This cookbook has intermittent photos, but it varies from one every three pages at most to one every eleven pages. Unfortunately that's not enough for me, but that may be perfect for the more experienced cook that doesn't need the pictures.

I really love this cookbook! I cannot say enough about this. There are so many recipes that look yummy to try and are yummy once cooked. I haven't tried everything, but I have tried a bunch of the dinners and desserts. I love french toast, but I do not like it plain. I decided to try the stuffed french toast recipe and it was delicious. I highly recommend this book to anyone who is following Weight Watchers and also anyone just trying to follow a low calorie diet. The cookbook includes the number of calories and other nutrition information such as fat and carbs for anyone who doesn't use the point system, then also gives points as values for those that do. This is a great cookbook to help you get on track and also have fun with your meals!

[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 New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) 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, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen Weight Watchers New Complete Cookbook, SmartPoints™ Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes 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 The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, desserts) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) 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: The Complete Guide to Weight Watcher Plan: The Smart CookBook to Losing Weight in Two Weeks with Over 30+ Delicious Recipes Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) 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) Healthy Meal Prep: Healthy Cookbook Recipes for Weight Loss, Paleo Diet, Summer Recipes, American Cooking, Cookbook of Fish, Meat, Chicken, Vegetarian, Vegan, Soups & Stews - Cooking Recipe Anthology Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes

[Contact Us](#)

DMCA

Privacy

FAQ & Help