

[PDF] Weight Watchers New Complete Cookbook (Slow Cooker Bonus Edition) (Weight Watchers (Wiley Publishing))

Weight Watchers - pdf download free book

Books Details:

Title: Weight Watchers New Complete

Author: Weight Watchers

Released: 2012-12-10

Language:

Pages: 448

ISBN: 1118476530

ISBN13: 978-1118476536

ASIN: 1118476530



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

Sample Recipes from Weight Watchers New Complete Cookbook, 4th Edition

From the Back Cover

Weight Watchers New Complete Cookbook

A Healthy Cook's Best Kitchen Companion—Now with 40 Bonus Slow Cooker Recipes!

At Weight Watchers, we believe that change is good—and we've made Weight Watchers New Complete Cookbook even better by adding a bonus section of slow cooker recipes—perfect for anyone who loves to eat and wants to embrace a healthier lifestyle.

Here's a peek at what's inside:

- The original 500 delectable recipes filled with nutritious and wholesome lean meats, whole grains, fruits, and vegetables so you'll stay fuller, longer
 - A new chapter with 40 easy-on-the-cook slow cooker recipes
 - More than 60 beautiful color photographs including helpful how-to's, plus new photos for slow cooker recipes
 - Smart ways to swap out ingredients and still create lighter meals with lots of flavor
 - Must-know kitchen basics, including stocking a healthy pantry, kitchen tools, important food safety advice, and measuring pointers
 - More than 100 Healthy Extra tips boasting ideas for side dishes and satisfying add-ons
 - Kitchen tricks and techniques that will make you a culinary pro in no time
 - Complete nutritional analysis for each recipe, including sodium and fat counts and a **PointsPlus** value for each recipe
-

- Title: Weight Watchers New Complete Cookbook (Slow Cooker Bonus Edition) (Weight Watchers (Wiley Publishing))
 - Author: Weight Watchers
 - Released: 2012-12-10
 - Language:
 - Pages: 448
 - ISBN: 1118476530
 - ISBN13: 978-1118476536
 - ASIN: 1118476530
-