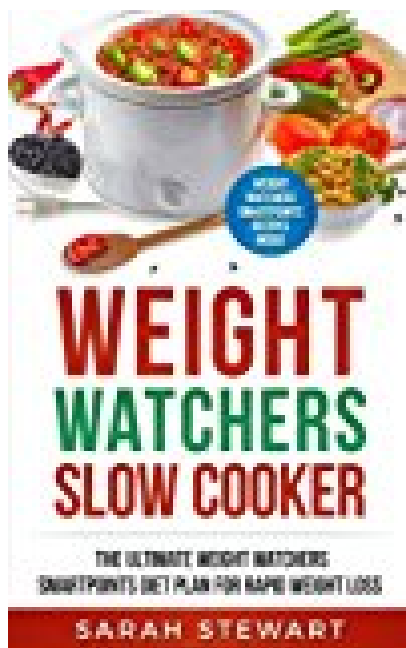


Weight Watchers Weight Watchers Slow Cooker Cookbook The Ultimate Weight Watchers Smartpoints Diet Plan For Rapid Weight Loss Weight Watchers Smart Point Recipes



BOOK DETAILS

- Author : Sarah Stewart
- Pages : 140 Pages
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BOOK SYNOPSIS

Healthy, nutritious, low carbs Slow Cooker Recipes! Prepare delicious and convenient Crockpot Weight Watchers Meals! Smart Points included! One of the biggest challenges we face when it comes to healthy eating is finding the time and energy to make healthy meals from scratch, using wholesome ingredients that complement our diets, rather than sabotaging them. Even a plan like Weight Watchers(r), which is created specifically to achieve results without being overly complicated, can pose challenges at the end of a busy day. This book of slow cooker meals helps to eliminate this problem. This book is full of healthy and delicious recipes that are nutritionally packed and suitable for any sensible, healthy eating plan. Complete with Weight Watchers(r) point values, this book of creative, fix-i-and-leave-it meals will bring new life and inspiration to your healthy eating and weight loss goals. Inside, you'll find: Slow Cooker Tips Delicious soups and stews like the Hearty Beef and Vegetable Soup or the Pork and Tart Apple Stew Satisfying chicken recipes like the Insane Garlic Chicken, the Leek and Bok Choy Chicken or the Summer Chicken Provence Nutritious pork recipes like the Mediterranean Pork Roast or the Balsamic Fig Pork Chops Wholesome beef and lamb recipes like the Gingery Asian Sloppy Joes or the Curried Lamb Vibrant vegetarian recipes like the Colorful Vegetable Risotto or the Veggie Fajita Salad Lets start cooking healthy meals today! Scroll back up and order your copy today! "

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