



Weight Loss Beginners Guide to Smart Points: The Best Proven Tips, Tricks Recipes to Simple Start (Paperback)

By Natalie Kordon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is the ultimate cookbook to cook for your family every day. In this book, you will learn the difference between the Count and No Count versions of Weight Watchers Smart Points. You ll learn how to make the most of your Smart Points; how you can earn extra points; how to make smart choices in your diet; you ll learn what the sensible amount of weight you should be losing per week; you ll learn about foods which it is better for you to eat; you ll learn about super foods and what these do to your body and mind; you ll become familiar with the Smart Points value of some of your favourite foods; you ll have various meal options pre-worked out for you. With Weight Watchers apportioning less points to foods that are naturally healthier for you, the plan is that you ll eat more healthy foods, in order to use your Smart Points more wisely. Here s what you ll find inside the book: -What is this the Weight Watchers (WW) program -How fast can you lose...



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