



Weight Watchers Recipes: 50 Weight Watcher Slow Cooker Recipes for Quick Easy, One Pot, Healthy Meals

By Kristina Newman

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to prepare easy, delicious and healthy recipes and follow your Weight Watchers then this recipe book is for you. Throughout this recipe book, you will find 50 different Weight Watchers slow cooker recipes that are not only nutritious, they are delicious and satisfying as well. The beauty of the slow cooker method of preparation is that you do not have to stand over any hot burners or pans and wait for your food to cook. With a slow cooker, you merely prep and load all of your ingredients into the base of the slow cooker, set the timer and the desired heat, and walk away until your food is ready to eat in a few hours! These Weight Watchers recipes are designed to ensure that you are able to stay on the diet without sacrificing taste and flavor from some of your favorite dishes. As you progress through the recipe book, you will notice that there are a variety of different preparation ideas for your meals; some you might recognize, while others will be a...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

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