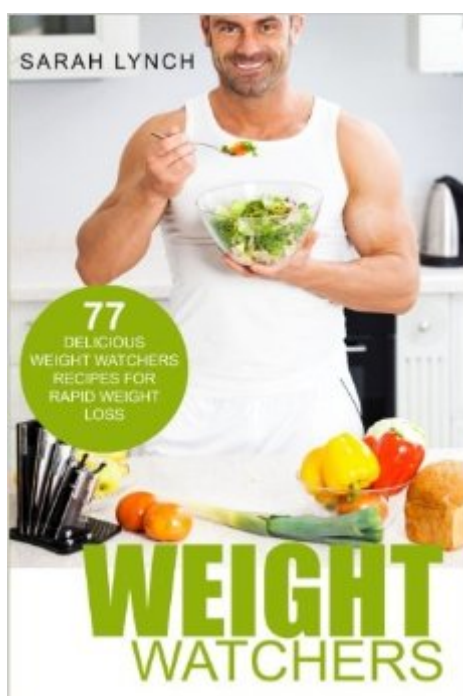


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# **Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes)**



## Synopsis

DISCOVER: 77 Healthy Recipes That Actually Taste Good For Weight Loss Quick Questions! Do you feel like you just don't have the time to make healthy meals? Do you want to get rid of your belly and even your thigh fat for good? Do you also want a variety of quick and easy to make recipes? Look No Further. In This Book, You'll Discover... Why the Weight Watchers Diet Is For You How Much Food You Need To Eat For You To Lose Belly Fat 77 Finger Lickin' Good Recipes (Soups, Salads, Breakfast Dishes, Main Dishes, Appetizers, And Even Desserts) Snacks With Under 4 Smart Points Foods With Zero Smart Points! Much, much, more! What Others Had To Say...

"After a fine dialogue with the reader on why Sarah champions this program she offers over seventy recipes that are not only nutritious but also delicious and aimed at resulting in weight loss. Even for those who have ignored the noisy ballyhoo of Weight Watchers will find recipes well worth creating. Sarah present a solid posit for following her guidance." - Grady Harp (Top #100 Reviewer, Hall of Fame Reviewer) "It is not easy to lose weight. Different ways are provided but following them is completely a big challenge. However, weight watchers provide great tips that are really effective. Great recipes are provided which are healthy, mouth-watering and easy to prepare. This is a must to read and try." - Raquel R. Take Action Today, Scroll Up And Buy Your Copy Now

## Book Information

Series: Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes

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Average Customer Review: 3.5 out of 5 stars Â Â See all reviews Â (106 customer reviews)

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## Customer Reviews

Certified Holistic Life Coach Sarah Lynch comes to her mission of improving the nutrition, spirituality an emotional brain teaching with toe doctorate degrees â “ an MD from Baylor College of Medicine

and a PhD from John Hopkins University: her preparatory studies were secured with a BA in Nutrition Science from the University of Chicago. This is her second book (the first being BONE BROTH DIET) and focuses on the Weight Watchers Plan (despite the now new ownership by less than asthenic Ms. Winfrey!). Written with fine intellectual style but maintaining an accessible stance, Sarah opens with her reason for supporting the Weight Watchers concept: "This book contains proven steps and strategies on how to why the Weight Watchers plan is best for a nutritional food program. It is chock-full of enticing, easy recipes that follow the SmartPoints plan, many are even crockpot dump recipes so that you can eat properly with a busy weekday schedule. Weight Watchers encourages a lifestyle change, not a temporary fix to your weight dilemma. Choosing a healthy eating plan will enhance your energy and invigorate your health. When you follow their suggestions for meals and snacks, eating at the proper times with the suggested portions, you will achieve your weight loss goals." Weight Watchers was designed by Jean Nidetch in the early 1960's, so it is not a new, fad diet. It has a proven success record for over fifty years, with thousands of testimonials from men and women like you. People who are stressed but very concerned about their weight. People that want to lose but don't want a lot of hassle figuring out the rules of the program.

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