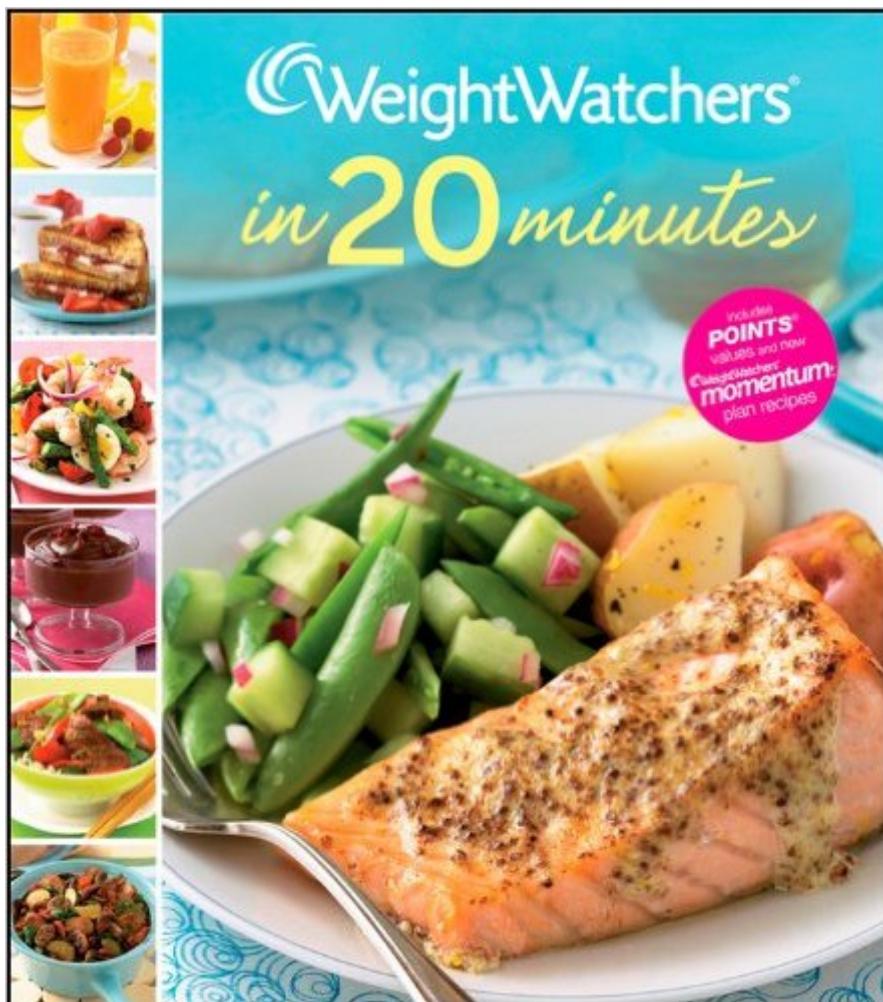


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# Weight Watchers In 20 Minutes (Weight Watchers Cooking)



## Synopsis

Book annotation not available for this title. Title: Weight Watchers in 20 Minutes Author: Weight Watchers International (COR) Publisher: John Wiley & Sons Inc Publication Date: 2008/12/22 Number of Pages: 336 Binding Type: HARDCOVER Library of Congress: 2008022808

## Book Information

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Average Customer Review: 4.3 out of 5 stars Â See all reviews Â (112 customer reviews)

Best Sellers Rank: #47,220 in Books (See Top 100 in Books) #20 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #194 in Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Healthy flavorful recipes made from ingredients you probably already have, or will be easily found in the local grocery store. Most recipes come with a Time-Saver tip or a suggestion for a side dish. Each recipe ends with a breakdown of per serving: calories, fat, sat fat, trans fat, cholesterol, sodium, carbs, fiber, protein, and of course, points. A lot of the recipes are for suitable for lunches or dinners. There are very few for breakfast, soups, salads, or desserts. (This actually suits me just fine.) The spiral bound spine allows the book to lie flat on the counter. Sturdy hard cover. Appetizing pictures. So why only 4 stars? For some odd reason, the ingredient lists are printed in a light grey color. The instructions are normal black color. I find my tired old eyes squinting to read the ingredients. Annoying. Not annoying enough to dampen my enthusiasm or lessen my recommendation for my newest favorite cookbook!

I have several weight watchers cookbooks and I'd have to say that this one is the best so far. The recipes are indeed quick and do produce yummy results. Everything has tasted great. I don't like spending a lot of time or effort in making daily meals. However, I know as a life time member of

weight watchers (and as a person interested in eating healthy food) how it's important to eat good meals at home. Plus in this economy, you can save much money by making it yourself instead of doing takeout. The one thing that I don't do is quick cooking rice because it tastes weird to me. I remedy that problem by starting the rice first thing in my wonderful rice cooker. It's just as easy that way. This cookbook has already paid for itself several times over in just the month or so that I have had it. It has my highest recommendation.

The recipes in this book really take 20 minutes or less and are really delicious. These recipes are family friendly. With our hectic schedule this book makes it easy to plan a week's worth of meals. The family favorite is the "Sausage, Mushroom, and Tomato Stew." With my life I need "fast" and Weight watchers came through with a great cookbook.

I bought this book at the beginning of January 2009, and I bought it because I am a WW member and thought it might aid me in my weight loss journey. Little did I know that I would discover some of my new favorite recipes as well! I have tried about 45 of the book's over 200 recipes thus far, and I have been impressed by almost all of them. The dinner ideas are filling and delicious, and quite easy to make (I'm not sure if I make them all in 20 minutes or less, but they still don't take that long to make!). My favorites so far are the "Turkey Sausage Fajitas," "Greek Style Chicken with Yogurt Sauce," and the "Garlicky Beef with Snow Peas." Of course, as with any recipe book, I often add a few extra spices here and there, but the recipes in this book are also great without any "revisions"! For those of you following the WW plan, many recipes have "add-on" points, if you are looking to increase the points value of a meal (i.e. a recipe might make a note to "add 1/2 cup of quick cooking brown rice to each serving for an additional 2 points). I highly recommend this cookbook, not only for fellow Weight Watchers, but for anyone else looking to try some new and healthy recipes that can be prepared in a reasonable amount of time.

The first recipe I tried, Chicken Breast in Mushroom Port Sauce, was a home run. It was tasty, easy, quick and healthy! Salmon Cakes with Red Pepper Mayonnaise was a hit too. I haven't found a recipe that was below average and can't wait to serve the Chicken Breast in Mushroom Port Sauce to dinner guests. Unlike other so called "20 minute" recipes, these can actually be done by a non-professional cook in, yes, 20 minutes. The ingredients for each recipe are readily found at your local grocery store. There are a few pictures which realistically depict the results. They don't appear to be overly touched up or enhanced. Servings, calories, fat, sat fat, trans fat, cholesterol, sodium,

carbs, fiber, protein, and Weight Watchers' points are included with each recipe. The book is conveniently spiral bound within a hard cover. Even if you're not in Weight Watchers, I give this cookbook my highest recommendation!

I bought this cookbook to try to make my dieting a little more enticing while still not having to spend all my free time in the kitchen preparing dishes that may taste good, but required too much prep time. Little did I realize at the time of purchasing this book that it would indeed live up to its promises. I have been using the cookbook for almost every meal for the past 2 weeks and I absolutely love it. Most of the dishes I have tried, I would rate at least 4 stars out of 5. (5 would be the full calorie / full fat version, which would defeat the purpose of a method of eating better.) All of the dishes are very quick. Most live up to the promise of 20 minutes, but a few may take 30 minutes if you take your time a bit and don't work at break-neck speed. My husband has been the recipient of many of the meals and he too, has loved everything he has eaten. I highly recommend this book for people who want to have flavor, feel satisfied after every meal, and want simple delicious recipes that can be prepared in 20-30 minutes. This book has given me hope that I can finally get control of my food consumption and really still enjoy every meal while finally making the scales go down.

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