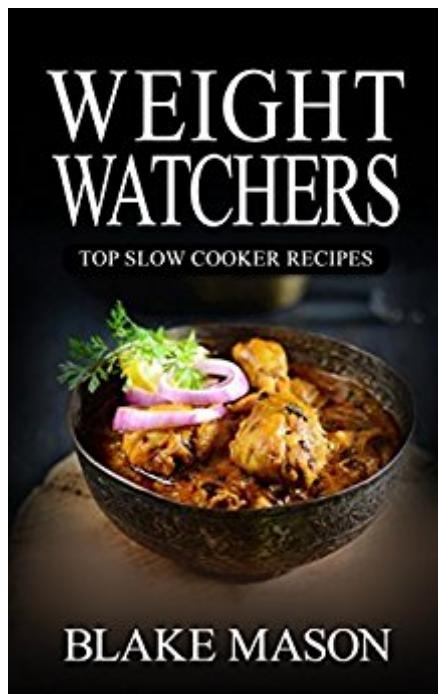


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# Weight Watchers: The Smart Points Cookbook Guide® With Over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan)



## Synopsis

If Creative Weight Watcher Slow Cooker Recipes are What You Seek, then Look No Further. Over 65+ Delicious Weight Watcher Approved Slow Cooker & Crockpot included in this Book! Introducing The Ultimate Weight Watcher's Slow Cooker Guide... Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Weight Watchers meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Dinner is ready without any mess or dishes to clean! The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy. Finally, an easy way to prepare delicious meals without the extra time and effort! Why Weight Watchers? Weight Watchers Diet ranked #1 in Best Weight-Loss Diets, evaluated from 38 other popular diets! Follow this Lifestyle and You'll drop up to 2 pounds weekly EFFORTLESSLY. This program is the FASTEST way to lose weight GUARANTEED! Why? There's more to weight loss than counting calories – if you make healthy choices that fill you up, you'll eat less. Weight Watchers Program assigns a Smart Points value to each recipe based on its nutritional density. Smart Points is a simple counting system that nudges you towards nutritious, wholesome foods so that you make the correct dietary decisions and encourage you to eat cleaner, feel better, have more energy and of course shed those pounds. Choices that are healthy and fill us up – the least, meaning nutritionally dense foods cost less than empty calories. The backbone of the plan is multi-model Access to Support from people who've lost weight using Weight Watchers and kept it off. This book will use a step-wise approach to take you through the Weight Watchers Program and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipes, as well as Smart Points conveniently calculated! Click the Cover and view the WEALTH of practical Information presented inside. Think of the Weight Watcher Program like pushing the 'reset' button with your overall health, relationship with food and your lifestyle habits. This book will teach you exactly what you need to know about the Weight Watcher Program as well as its many Advantages and Health Benefits. Some of the Profound Benefits You will Experience when consuming these Weight Watcher Recipes: Accelerated Fat Loss, Increase Energy Levels & Vitality, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Andalusian Seafood Fricassee, Asturias Sirloin Beef Stew, Authentic Seafood Mix Stew, BBQ Button Mushrooms, Beef and Green Chiles Stew, Beef Stew with White Turnips, Beef, Zucchini and Green Chiles Stew, Delicioso Fish Stew, Delicious Sesame Beef, Italian Sausages and

Beans SoupLentils with Chicken MeatballsMedley Vegetable and Chickpeas SoupParsley, Parsnip and Sausage CasseroleAll meals contain Smart Points values as well as FULL nutritional Breakdowns!Over 65+ Amazing Recipes, Two For Every Day of the Month!Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

## **Book Information**

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## **Customer Reviews**

This is a Wonderful Book of Recipes using Slow Cooker and by Weight Watchers. For me, this is truly a unique and wonderful book talking about Weight Watchers, Slow Cooker and many delicious recipes. Blake Mason started the book with explaining about the Weight Watchers Program. There are lots of benefits included in this program like the community, evolution, commitment to fitness, and the Smart Points, as Blake says. I also like what Blake talks about Weight Watchers. Blake says, "Weight Watchers stresses the importance of exercise and physical fitness in addition to proper nutrition and 'changing your way of thinking' when it comes to food is yet another reason for their widely known success." I love that phrase.. "changing your way of thinking". Truly, that's one of the secrets of Weight Watchers that's why they become successful up until now. Also included in the book is the Slow Cooker that Blake introduced, wherein it will be used in cooking Weight Watcher

Friendly Slow Cooker Recipes.In each recipe, there is the servings, Smart Points (which make this book 'Unique'), ingredients, instructions, cooking times, and nutritional facts.And among all the recipes in the book, here are my favorites:- Beef & Green Chiles Stew- Delicious Sausages & Beans Soup- Simple Beef Roast- Three Ingredients Beef RoastOverall, this is a Wonderful Book of Recipes, together with Slow Cooker and Weight Watchers.I highly recommend this book to every part of Weight Watchers, or those who wanna become a part of it, and those who wants to use Slow Cooker in cooking a Weight Watchers Friendly Slow Cooker Recipes.With that, I would give Blake Mason and Weight Watchers a Very High and Sumptuous 5-Star.

This book is the perfect guidebook for those who are conscious of their weight and appearance. True enough, there is nothing more important than having a healthier and a sexier body. The author shared lots of recipes that are perfectly designed to work with Weight Watchersâ™ new point system called the Smart Points.This provides the necessary recipe to get you started. This diet book can really help you to do your food the way you wanted to. The book lists information about Weight Watchers, and why it works, as well as plenty of tips for weight loss. This weight watcher book will give you the perfect diet plan to have a rapid weight loss and achieve the body you want in a short period of time. Overall, it's a great helpful guide.

It is not easy to lose weight fast because our metabolism is getting slower when we get old. I want to lose weight too because I want to get back in shape. I have a friend that suggested me this book and I got it immediately. I inspect every recipe in this book, I can say they are really healthy and they can help lose weight fast when you eat them. I understand now how to lose weight this fast. I noticed that there are no pictures in this book.

This is an excellent diet plan guide. In this book you see a diet plan that can help you lose weight and a list of delicious recipes for rapid weight loss. It may have come to recognize when your daily diet.I would recommend to anyone looking for a very smart points inspiration.Another great book from Weight Watchers. Weight Watchers is a good guide that will help you maintain a standard body weight. Will definitely cook these recipes.

The recipes are all wonderful. Weight Watchers is a good guide that will help you maintain a standard body weight. There are lots of simple but super delicious recipes on this cookbook. This is already my favorite recipe book for weight-conscious cooking. You are going to truly enjoy reading

this book every time you prepare that hearty, healthy and delicious meal for your family. So this is a good guide.

The formulas are so simple, it is anything but difficult to get ready and simple cooking procedures. And the best thing is, it won't trade off my shed pounds plan, and I just put every one of the fixings in one moderate cooker and set for quite a long time and I as of now have a delicious, healthy supper everyday. The data in this book will help me to settle on great solid choice with regards to the dinners.

This is new concept for me. I get knowledge about evolution of weight watchers program. This book let me know reason of using slow cooker. This book is quite different from other cookbook. The recipes discussed in this book will keep away from diseases and help in reducing weight. This contain amazing weight watcher friendly slow cooker recipes. I highly recommend this guide.

Slow cooker recipes are great and nutritious. This book is very helpful in improving my resistance to weight. I really love the recipes written in this book. Now, I wil try all these recipes and also apply those tips that this book has mentioned. This book is really a weight watcher that hates gaining excess weight. Good job for the author.

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