



Weight Watchers In 20 Minutes (Weight Watchers Cooking)

By Weight Watchers

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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

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Editorial Review

Amazon.com Review

Even if your lifestyle is crazy-busy, a great meal is only a short time away with this tasty collection of the newest Weight Watchers recipes. You'll find recipes that you can make in a snap in the microwave, a chapter of favorites that go from kitchen to table in a mere 15 minutes, fast dinners that you can prepare with just 5 ingredients, and more, illustrated throughout with beautiful color photos. With the 250 fast, irresistible recipes you'll find here, it's easy to stay on target while enjoying all the dishes you love.

Exclusive Recipe Excerpts from *Weight Watchers In 20 Minutes*



Glazed Ham Steak with Summer Fruit Relish



Double Mushroom Broth with Soba Noodles



Moroccan-Style Beef Kebabs

From the Back Cover

Even if your lifestyle is crazy-busy, a great meal is only a short time away with Weight Watchers in 20 Minutes. Here you'll find a tasty collection of the newest Weight Watchers recipes and these irresistible features:

- Speedy meals that you can make from ingredients you probably have in your pantry
- Recipes that you can make in a snap in the microwave
- A chapter of favorites that go from kitchen to table in a mere 15 minutes
- Fast dinners that you can prepare with just 5 ingredients
- Great tips that suggest how to satisfy hunger by filling up with healthy low-POINTS® value foods

With Weight Watchers in 20 Minutes and Weight Watchers Momentum™ plan, it's easy to count POINTS values and stay on target while enjoying all the dishes you love, such as these favorites:

- Mixed Berry French Toast
- Onion-Smothered Sirloin Steak
- Chicken and Mushroom Bolognese
- Lamb Burgers with Garlicky Yogurt Sauce
- Salmon Cakes with Red Pepper Mayonnaise
- Sautéed Bananas with Rum and Brown Sugar
- Exclusive Bonus

Ten recipes that make two meals from one—easy dishes that do double duty by providing the makings for a tasty second meal

About the Author

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of Company-owned and franchise operations. Weight Watchers holds almost 50,000 meetings each week where members receive group support and learn about healthy eating patterns, behavior modification and physical activity. WeightWatchers.com provides innovative, subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications and programs for those interested in weight loss and weight control. Since October 2015, Oprah Winfrey has been a part-owner and spokesperson for the program.

Users Review

From reader reviews:

Kim Armstrong:

Have you spare time for any day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a walk, shopping, or went to typically the Mall. How about open or maybe read a book eligible Weight Watchers In 20 Minutes (Weight Watchers Cooking)? Maybe it is for being best activity for you. You understand beside you can spend your time with the favorite's book, you can better than before. Do you agree with it has the opinion or you have additional opinion?

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Michelle Favors:

Is it a person who having spare time and then spend it whole day simply by watching television programs or just lying on the bed? Do you need something new? This Weight Watchers In 20 Minutes (Weight Watchers Cooking) can be the reply, oh how comes? A book you know. You are so out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these ebooks have than the others?

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