



Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen

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Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen By Weight Watchers

The newest and fully revised edition of one of America's best-selling cookbooks showcases delicious recipes for people who love to eat while embracing a healthier lifestyle

Weight Watchers knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, you'll discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on appetizers and beverages, featuring a no-cook cocktail party; small plates for creating tapas for light meals; recipes for the grill; 20-minute main dishes, including advice on shopping and streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.

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Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen By Weight Watchers Bibliography

- Sales Rank: #100855 in Books
- Published on: 2014-12-30
- Released on: 2014-12-30
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 2.45" w x 6.63" l, .0 pounds
- Binding: Loose Leaf
- 464 pages



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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.

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Ruth Davis:

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