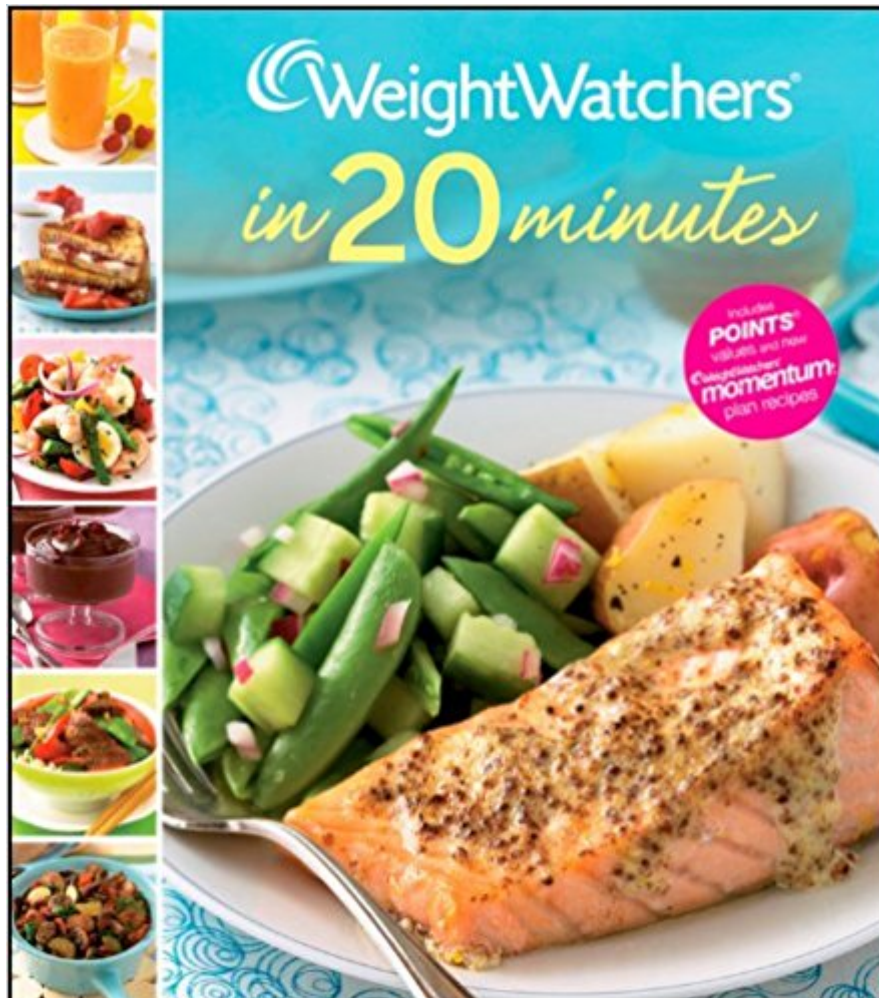


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Weight Watchers In 20 Minutes (Weight Watchers Cooking)



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

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Customer Reviews

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, its 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

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.

This is the cookbook I have been waiting for! I've tried a bunch of the recipes in this collection, and they are fast, easy, healthy, and delicious. Even with my limited cooking skills, these are straight forward and easy. If you really don't like to fuss with elaborate recipes (but want fast, healthy & yummy), try this cookbook.

This cook book is filled with many good and nutritious recipes that are quite easily prepared. We have enjoyed several since it arrived a couple of weeks ago. Many ingredients are things most pantries have on hand, making meal planning easy. Since it is a Weight Watchers product, all recipes come with complete nutritional information and of course points.

Just what I wanted and needed.

I have recently rejoined WW and am dedicated to losing even more weight this time around. These recipes make that goal a reality: they taste great, have ingredients that are in my pantry (mostly) and best of all, are quick and easy to fix. Friends don't know I'm fixing them healthy foods!

Awesome recipes

You have to be an experienced cook to use this book. Some of the recipes proportions are way off.

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 wierd 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.

Great book to go along with the WW program. Quick and easy recipes with points already determined for you. My daughters and I all joined WW and we use this book to plan our meals for the week. We've marked our favorites (to go back). Some of our favorites so far: Lemon Pancakes w/Raspberry Sauce, Fruit & Cheese Stuffed French Toast, Sloppy Joes Tex-Mex Style, Buffalo Chicken Strips, & Tropical Fruit Salad. Everything is quick (20 mins or less) and very convenient for the 3 of us who all work full time and don't have a lot of time for preparation and cooking each night.

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