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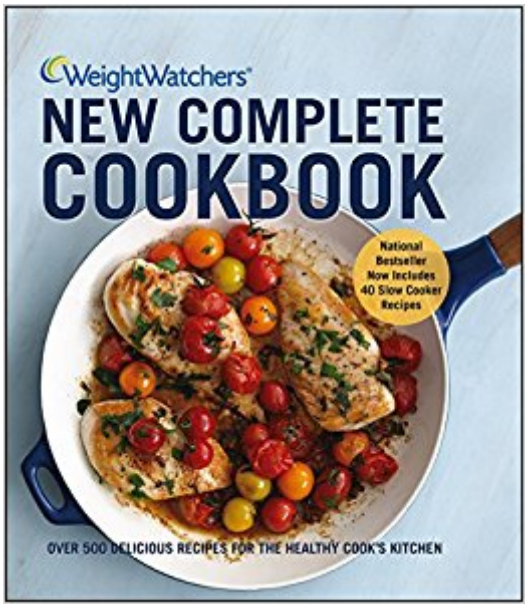

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Synopsis

The trusted classic from Weight Watchers, now with a bonus section of 40 slow cooker recipes The most trusted name in healthy lifestyle, Weight Watchers leads the way to eating wellÃ¢â ¬â •and losing weight. Packed with 500 recipes for every occasion, this book is delicious proof that healthy eating means you don’t have to give up your favorite foods. It’s so easy to enjoy meals with family and friendsÃ¢â ¬â •holidays or everydayÃ¢â ¬â •with these tempting recipes that both beginners and experienced cooks will love.This newest edition has everything you’ll need to cookÃ¢â ¬â •and eatÃ¢â ¬â •in a healthier way: included is a new chapter with slow cooker recipes, hundreds of tips, helpful how-to photography, sidebars filled with must-have advice, and plenty of fresh ideas for breakfast, lunch, dinner, and beyond. An added feature: all recipes have been tagged for skill level. This book has been completely redesigned and boasts all new photography. And, of course, this revised edition includes the latest information on the popular and successful Weight Watchers program.Includes more than 60 gorgeous full-color recipe photos and instructive how-to imagesFeatures more than 500 recipes, including essential basics, breakfasts, lunches, soups and stews, vegetarian meals, baked goods, and dessertsNow with more whole grain and vegetable dishes that help you eat healthier and stay full longerWith a bonus section of 40 slow cooker recipes

Book Information

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Customer Reviews

Sample Recipes from Weight Watchers New Complete Cookbook, 4th Edition Pork Roast with Winter Vegetables Click here for the recipe Classic French Onion Soup Click here for the recipe

Lemon-Lime Cheesecake Click here for the recipe

Weight Watchers New Complete CookbookA Healthy Cook's Best Kitchen Companion—Now with 40 Bonus Slow Cooker Recipes!At Weight Watchers, we believe that change is good—and we've made Weight Watchers New Complete Cookbook even better by adding a bonus section of slow cooker recipes—perfect for anyone who loves to eat and wants to embrace a healthier lifestyle.Here's a peek at what's inside:The original 500 delectable recipes filled with nutritious and wholesome lean meats, whole grains, fruits, and vegetables so you'll stay fuller, longerA new chapter with 40 easy-on-the-cook slow cooker recipesMore than 60 beautiful color photographs including helpful how-to's, plus new photos for slow cooker recipesSmart ways to swap out ingredients and still create lighter meals with lots of flavorMust-know kitchen basics, including stocking a healthy pantry, kitchen tools, important food safety advice, and measuring pointersMore than 100 Healthy Extra tips boasting ideas for side dishes and satisfying add-onsKitchen tricks and techniques that will make you a culinary pro in no timeComplete nutritional analysis for each recipe, including sodium and fat counts and a PointsPlus value for each recipe

Great for us chefs on the Weight Watchers program because it gives us the Points Plus values for the recipes, which I really wanted in a cookbook. I was disappointed however that most of the crockpot recipes found in this cookbook were not easy, fix it and forget it which is about all I have time for. Still, it’s a beautiful cookbook with great illistrations and easy to follow recipes.

Weight Watchers has produced cookbooks for probably 40 years, and the New Complete Cookbook is a wonderful companion to the WW 360 Points Plus Program. You’re not a registered Weight Watcher? Doesn’t matter! This cookbook is a wonderful choice for anyone wanting to cook healthy meals. The book has gorgeous photos, is formatted for easy use and is presented in a loose-leaf binder. The main criticism I have, which prevents a full five star rating, is that the holes in the pages are not reinforced, so the user needs to be careful when looking through the book and may not hold up well to constant usage.The publishers have added a special crock pot section for those of us who have busy and/or unusual schedules, and the recipes use widely available ingredients. Cooking instructions are clear and easy to follow, so even new cooks can produce healthy, tasty meals. It’s a nice addition to any kitchen and especially nice for new Weight Watcher members.

good book

I love this book! Good recipes! I’m very happy!

This cookbook is excellent for sticking with the plan and cooking light. Chocked full of not only easy recipes but ones that don’t take up much of your evening, these are sneakily decadent and tasty, with cutting out a lot of the calories. My only complaint is that many of the recipes contain items that you won’t find at "big bulk" or brand name stores so I had to modify spices on several occasions while cooking in a small town.

Was disappointed with the recipes and could not believe that the slow cooker recipes were nothing special. I wished I had previewed the book at a local book store before I purchased it,

Even if you aren’t on WW, and you are looking for great, simple meals to cook for your family, I would recommend this cookbook. My family consists of me, my husband and our two children (ages 6 & 8), everything we’ve made out of this cookbook has been a hit with everyone!

Good basic recipes. I modify them a bit to obtain the serving sizes and specific ingredients I use. It would be nice if each ingredient came with a point value, rather than the current ’per serving’ point value to make it easier to calculate correctly when modifying the recipes.

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