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BY JEAN NIDETCH



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Weight Watchers Program Cookbook

Jean Nidetch



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Weight Watchers Quick Success Program Cookbook Jean Nidetch, Weight Watchers International, 1988 Features three hundred recipes and fourteen weeks of menu planners all geared toward rapid weight loss via a diet that is high in complex carbohydrates and low in cholesterol [Weight Watchers Program Cookbook](#) Jean Nidetch, 1976

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well 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 friends holidays or everyday with these tempting recipes that both beginners and experienced cooks will love This newest edition has everything you'll need to cook and eat 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 images Features more than 500 recipes including essential basics breakfasts lunches soups and stews vegetarian meals baked goods and desserts Now with more whole grain and vegetable dishes that help you eat healthier and stay full longer New design adds a fresh and contemporary spin to this trusted classic

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