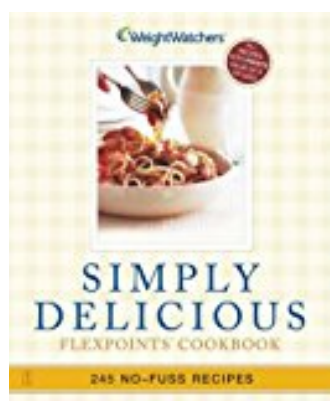


[PDF] Simply Delicious: 245 No-Fuss Recipes--All 8 POINTS Or Less

Weight Watchers - pdf download free book



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Description:

Excerpt. © Reprinted by permission. All rights reserved. Introduction

New Year's resolutions. For some people, they act as a road map to help navigate the year ahead. For others, they're nothing more than a nuisance and reminder of past -- and present -- missteps. Yet as the holiday hoopla winds down, before you start mulling the resolution issue, ask yourself this question: What can I do to make my life healthier in the coming year? Let's face it: Being healthy has

a trickle-down effect on your life. If you're in good shape, you can do more and feel it less. Your state of mind also reaps a benefit or two -- when everything is working smoothly, there's less for you to worry about, and that improves your overall quality of life.

We suggest that you start thinking seriously about taking on the number-one resolution of the majority of people in this country: losing weight. Our guess is that if you've picked up this cookbook, you're probably already on the weight-loss path; we're here to provide you with a little fuel so you can stay the course.

Weight Watchers Simply Delicious was created with you in mind. Based on *Weight Watchers Winning Points* program, we focused on recreating familiar recipes with deliciously different tastes and flavors. We even kept that popular resolution in mind: No recipe is more than **8 POINTS** per serving. We've also streamlined the ingredients and directions so you can whip up any one of the lunches, brunches, snacks, entrees, or sides whether you have a half an hour or half a day to get a meal on the table. We also think these recipes will become staples for your family because they taste simply delicious.

Good luck in staying the course and reaching all your healthy goals!

Nancy Gagliardi

Creative & Editorial Director

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