

The book was found

Weight Watchers Cook It Fast: 250 Recipes In 15, 20, 30 Minutes



Synopsis

Really hungry? In a rush? Weight Watchers Cook It Fast has 250 delicious, healthful, quick and easy recipes that will help you put food on the table in thirty minutes or less. Weight Watchers Cook It Fast has you covered for every meal of the day--and desserts too! You'll find ideas for * Breakfasts that will get you going* Lunches that can be enjoyed at home or brown-bagged* Robust dinners for the times you're really, really hungry* Slow cooker meals with no fuss* Snacks and desserts to satisfy your cravings in no timeWeight Watchers Cook It Fast relies on fresh fruits and vegetables, lean meats and seafood, and whole grains to create tasty, satisfying dishes to fit your busy lifestyle.

Book Information

Paperback: 384 pages

Publisher: St. Martin's Griffin (August 5, 2014)

Language: English

ISBN-10: 1250052955

ISBN-13: 978-1250052957

Product Dimensions: 7.9 x 0.9 x 9.4 inches

Shipping Weight: 2.3 pounds

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (79 customer reviews)

Best Sellers Rank: #67,237 in Books (See Top 100 in Books) #31 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #252 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #352 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Nowhere in the product page is this statement contained:"Note: Many recipes in this book were previously released in the Momentum Cookbook and Pantry to Plate, both Weight Watchers meeting room cookbooks."One must buy the cookbook and look at the copyright page to discover this fact. And in the Kindle edition, the copyright page is at the BACK of the book, so it doesn't appear in the sample book.Although there are interesting and yummy-sounding recipes contained in this title, and they are quick and mostly simple, since I own both of the cookbooks cited as the source of "many" recipes, I'm not willing to part with \$9.99.Further, the Apple iBooks version is completely formatted attractively. If I decide I really want this title, I'll buy it in iBooks.As with too many "repurposed content" eBooks, the Index lists all of the index titles from the print book but none

of them are hyperlinked making a search, always slow in Kindle, necessary.

I do like it alot, theres probably 50-75 keepers in here, just seems like a lot of the receipes are generic items that dont need to be published. like a plain salad with chopped veggies and low fat dressing...BUT for people who are brand new to healthy eating and havent touched much of anything green in a long time. this is a great book to get you on track and help ween you into healthy cooking. The time element is huge, a big reason I used to have a terrible diet was convenience, i didnt want to spend 1 hr preparing a super healthy tasty meal, when i could slap together a burger and fries in 15 minutes. This book makes it tougher to find a reason to 'cheat'.

Another great addition to my other cookbooks. I love the split up in the book of 15, 20, 30 and slow cooked meals lets you pick something great to eat in the time frame you have , you will love this book!

I love pictures in recipe books and this one has plenty. Everyday type ingredients fun and easy. Quite a few Simply Filling recipes too.

The recipes were good, but not outstanding . Wish it had more meal pictures. I am very visual when deciding if I am interested in making a new recipe and more often than not, I skip a recipe with no photo. Would not have purchased if I had seen it in person at the bookstore.

Bought as gifts. The two people I bought it for said it was the best and easiest cookbook they ever used. They love it and use it every day!! This from people who don't really like to cook.

Super easy to make, easy to find everyday ingredients, delicious meals!! Helps make it super easy to stay on track. Highly recommend this book!

This cookbook gives recipes that are easy to follow and cross referenced to other pages. It is a "must have" for Weight Watcher members who want to stay on target.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start,

Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers In 20 Minutes (Weight Watchers Cooking) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook Guide™ with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens Weight Watchers: The Smart Points Cookbook Guide™ with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook Guide™ with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)