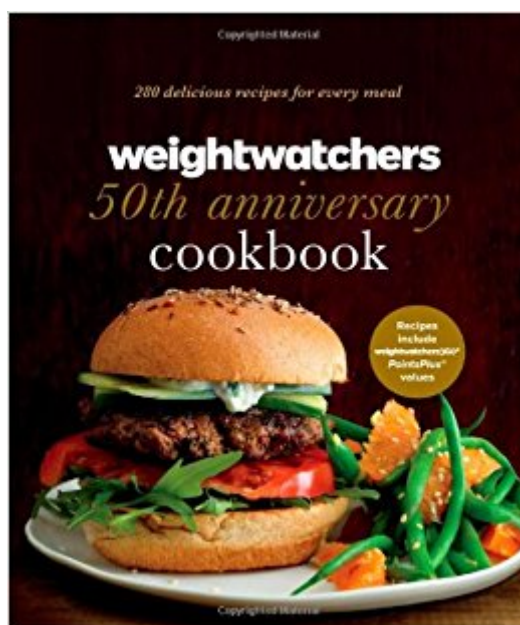


The book was found

Weight Watchers 50th Anniversary Cookbook: 280 Delicious Recipes For Every Meal



Synopsis

We're having a celebration of food for cooks who love to eat well and eat smart! Weight Watchers cookbooks are trusted by anyone who is excited about cooking delicious, healthy food. And with the more than 280 recipes in Weight Watchers 50th Anniversary Cookbook, healthy cooks (and anyone who aspires to be one!) everywhere now have the opportunity to sample a collection of many treasured favorites. These delicious dishes have been updated, featuring fresh ingredients, how-to tips, Weight Watchers lore, and nutritional info and PointsPlus® values for the newest program, Weight Watchers 360. Inside you'll find Classics like Easy Homemade Macaroni and Cheese and Garden Vegetable Soup and Savory Italian fare such as Sausage Focaccia and Pizza Margherita and Healthy takes on hearty dishes such as Buffalo Chicken Wings and Biscuit-Topped Chicken Pot Pie and Bold-flavor favorites such as Asian Noodle Soup with Tofu and Shrimp; and Ham, Pepper and Onion Calzones and Hearty salads that make a meal, like Caesar, Chef, and Cobb and Retro faves such as Deviled Eggs and Fudgy Brownie Pudding Cake. Weight Watchers 50th Anniversary Cookbook is a great resource, whether you're in search of a quick-fix dinner for tonight or planning a week's worth of menus. Every single recipe works like a charm and tastes great!

Book Information

Hardcover: 352 pages

Publisher: St. Martin's Griffin; Anv edition (April 30, 2013)

Language: English

ISBN-10: 1250036402

ISBN-13: 978-1250036407

Product Dimensions: 8.3 x 1.4 x 9.8 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.3 out of 5 stars See all reviews (246 customer reviews)

Best Sellers Rank: #74,507 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #266 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #1183 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

This is one of the best cookbooks I have purchased, because it offers a great deal. It is a delightful resource for a quick-fix-it dinner, planning for the week, or special occasions. These delicious

recipes are budget-friendly, each recipe has a PointsPlus Value, there are helpful tips, and much more. We tried the BAKED ZITI WITH MEATBALLS, the ROASTED-GARLIC MASHED POTATOES, and the ORANGE DREAMSICLE SHAKE. They were all tasty, and satisfied hungry cravings. We plan to try next: The GREENBEAN CASSEROLE, which has French-fried onions and cheddar cheese in the recipe. There are 321 pages, not including the index, and more than 280 recipes. This is a collection of treasured favorites, with fresh ingredients, how-to tips, and nutritional information. In addition, there is information provided for Weight Watchers, which I've used in the past years, and the program works. This cookbook also includes: BREAKFAST ALL DAY, omelettes, smoothies, and more. MIDDAY MEALS, soups, salads, sandwiches, and breads. CLASSIC STARTERS, tasty light bites and dips. FAMILY ENTREES, meats, poultry, and seafood. MEATLESS MAINSTAYS, vegetarian entrees. Our plans for next week will be CHICKEN PARMIGIANA, and AMBROSIA. There is a huge selection of mouth-watering delights such as LINGUINE WITH RED CLAM SAUCE, ORANGE CHICKEN, SWEET POTATO PIE, and many more choices. The colorful photos are inviting. An Update: We made the BUFFALO CHICKEN WINGS over the weekend, my daughter's favorite choice, very tasty. Also, I made LAMB CHOPS WITH MINT PESTO, is as delicious as it sounds. We enjoyed the GREENBEAN CASSEROLE so much, I made it again. Of course, no leftovers. The KEY LIME PIE is light and refreshing, recipe is simple. This book also offers a section on Classic Desserts.

Weight Watchers itself needs no introduction but it may be a surprise to note that they are celebrating their 50th anniversary. This is a thick cookbook to celebrate, promising 200 recipes suitable for every meal (and probably every waistline). Some of the recipes might surprise the uninitiated, such as fish and chips or pizza, being available as one tends to associate these as being not a typical thing a dieter should enjoy. Other recipes may surprise by being more esoteric, more "upscale" than one may similar imagine, such as Moroccan swordfish with couscous! Needless to say this is a pleasant book, capable of giving much even if you never intend to undertake a Weight Watchers dietary programme. Matters start with a good general introduction which covers healthy eating tips as well as, of course, a brief history of Weight Watchers. The right balance was reached with providing an interesting read without it turning out to be a tiresomely-long advertising monologue. Then it is time to get cooking! The recipes are split into key chapters of breakfast all day; midday meals; classic starters; family entrées; meatless mainstays; Italian favourites; side stories and best-in-show. A few little niggles exist with this book: there is no mini index at the start of each section for ease of navigation, no clear estimation of a typical preparation

and cooking time and all the units are solely in U.S. measures. The latter is an unforgivable oversight nowadays and burying a conversion table deep in the book is not acceptable. Similarly for such a celebratory book would it have been so much to ask for a picture of each dish?

[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 50th Anniversary Cookbook: 280 Delicious Recipes for Every
Meal 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: 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: 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) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal
Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Weight Watchers All-Time
Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers
Cooking) Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for
the Healthy Cook's Kitchen (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 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 Watchers: Delicious Weight
Watchers Points Plus Chicken Recipes Meal Prep: The Essential Guide To Quick And Easy Meal
Prepping With 50 Delicious Recipes For Weight Loss (Meal Planning, Batch Cooking) Weight
Watchers: The Smart Points Cookbook Guide™ with over 100+ Approved Dessert Recipes
(Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: The Smart Points
Cookbook Guide™ with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid
Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) 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) 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 Watchers: 3 in 1 Box Set - The Smart Points Cookbook GuideÂ© with over 480+ Approved Recipes (Start The Points Plus Meal Plan, Weight Loss Bundle) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle)

[Dmca](#)