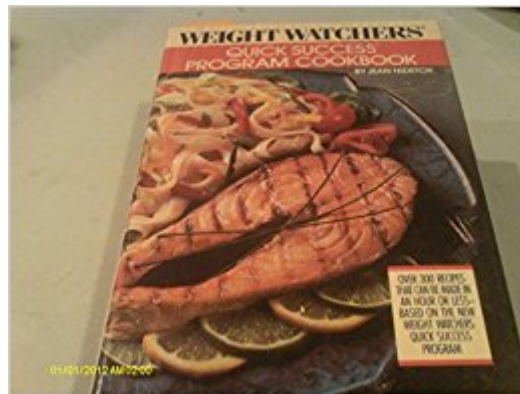


The book was found

Weight Watchers' Quick Success Program Cookbook



Synopsis

This book presents the advantages of the dynamic Quick Success Program--potential faster weight loss, greater flexibility and variety, and more freedom of choice. With over 300 recipes and 14 weeks of menu planners. 24 pages of 4-color photographs; line art. --This text refers to an out of print or unavailable edition of this title.

Book Information

Hardcover: 440 pages

Publisher: New American Library (January 17, 1989)

Language: English

ISBN-10: 0453010164

ISBN-13: 978-0453010160

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #180,471 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#) #8377 in [Books > Cookbooks, Food & Wine](#)

Customer Reviews

This book is great for those who want to use the old Weight Watchers program. I love it! It is complete with program guidelines, food lists, menus and recipes. Highly recommended.

Weight Watchers Quick Success Program Cookbook (Plume) This book is EXACTLY what you are looking for if you are trying to do the old weight watchers exchange program. Don't be fooled by the word "COOKBOOK" in the title as this book includes the quick success program as well and explains in full detail the information needed to follow the exchange plan. For example, the book explains the different food exchange categories, how many of each category is allowed daily, meal menus, full lists detailing the equivalency of one exchange for each food item, and recipes for foods that are healthy and keep you on program. I am thrilled I finally found a book with HOW to do the program!

This is a great book for those who want to use the past Weight Watchers Program. It is complete with daily food amounts, food lists, menus, and recipes. I use it like a Bible. The only thing it is missing is a food journal but I type one up on my computer and now my program is complete.

Before going on Weight Watchers and starting with this cookbook, I truly thought delicious food had to be complicated. The recipes in here totally turned my thinking around. I now realize that little needs to be done to any food item to really enhance it. The soups in this are excellent, the protein dishes delicious (meat/fish/beans), the vegetables great. A subsequent Weight Watchers cookbook was good, too, but couldn't hold a candle to this one!

I finally got a hold of the entire 1988 Weight watchers plan!!!! Nice Hardback book with recipes plus all THE EXCHANGES AND VALUES AND DIET PLAN that worked so well for me in 1989!!!! Hurraaaay. This book is awesome! I am not a major cook and this book is worth it alone because it has the hard to find diet program of 1988 with all the exchanges and the actual diet program!!!!

This book is exactly what I was looking for. It is all that I need to in order to follow The exchange plan that I followed back in the nineties and had wonderful success with. The book is in perfect condition. It has such a nostalgic feeling, It really brings you back to the basics. The exchange plan is so much simpler and easier than the point system. Thank you for a great book Quick delivery and in such great condition.

This book is great. It really spells out everything and makes it simple! It has meal suggestions and realistic recipes for everyones tastes

I got this book on a whim from the library...trying to come up with a food plan to help me loose weight. After going by this book for two months, I ordered my own copy. Maybe it was a number of factors, (metabolism, genetics, etc.) but I lost weight, and kept it off, by using this book. At first I used the book when I could not exercise, but I lost noticeable weight in two week. Then, when I incorporated jogging while using this book, the weight flew off! I only gained the weight back after giving birth to kids. After the first kid, I used this book, and it came off. I now have kid number two and keep trying to go by this book, only to have "motherhood" and work interrupt me. Most of the foods are filling and the menu is diversified... you get steak and baked potato at times, not to mention puddings, parfaits, monkey bread, etc. I don't call it a diet, when I go by this book. I call it a regime. My copy is so tattered. I have to buy a new one before too long. I hope there will always be copies available.

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