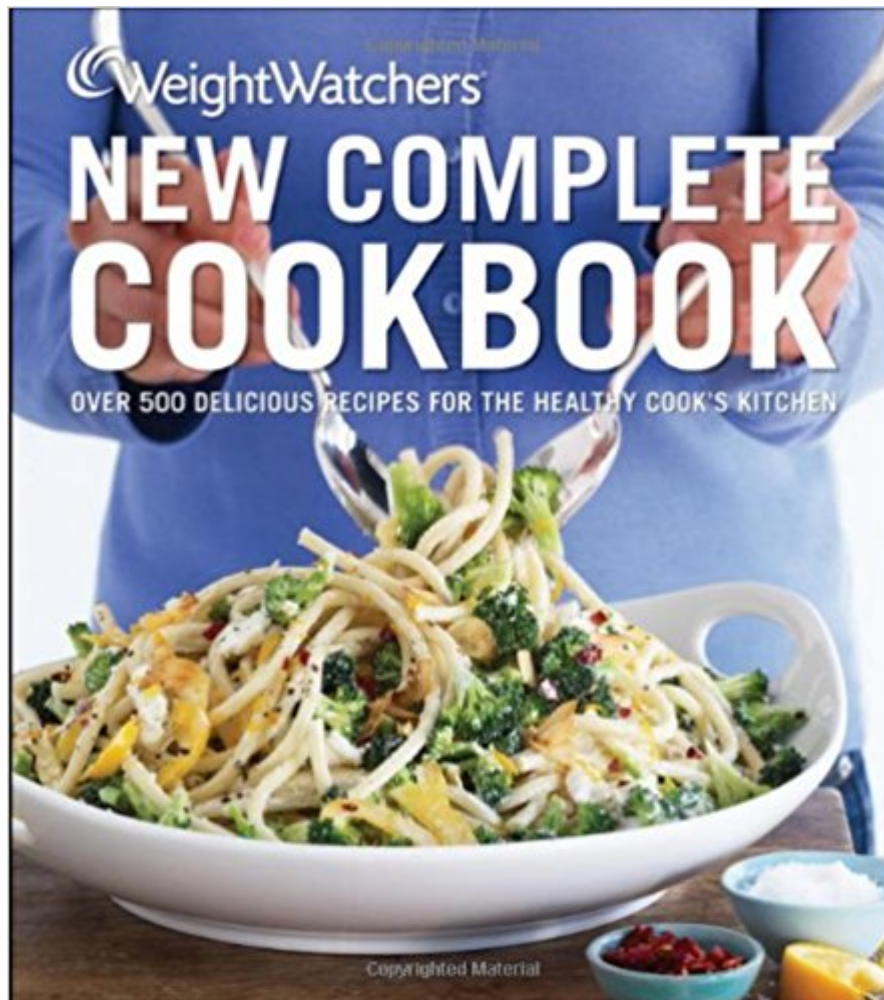




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Weight Watchers New Complete Cookbook, Fourth Edition



Synopsis

The most trusted name in healthy lifestyle, Weight Watchers leads the way to eating 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 (Included with your purchase is a 1-year subscription to WeightWatchers magazine. A \$9.99 value. See the Business Reply Card inside the book when you receive your purchase for subscription and refund details.)

Book Information

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Weight Watchers New Complete CookbookA Healthy Cook's Best Kitchen CompanionAt Weight Watchers, we believe that change is good – and Weight Watchers New Complete Cookbook, featuring our new PointsPlus program, is very good for anyone who loves to eat and wants to embrace a healthier lifestyle. Here's a peek at what's inside: More than 500 appealing recipes filled with nutritious and wholesome lean meats, whole grains, fruits, and vegetables so you'll stay fuller, longer Over 60 beautiful color photographs including helpful how-to's Smart ways to swap out ingredients and still create lighter meals with lots of flavor Must-know kitchen basics, including stocking a healthy pantry, kitchen tools, important food safety advice, and measuring pointers Over 100 Healthy Extra tips boasting ideas for side dishes and satisfying add-ons Kitchen tricks and techniques that will make you a culinary pro in no time Complete nutritional analysis for each recipe, including sodium and fat counts and a PointsPlus value for each recipe

I got this for my wife as a Christmas gift and she really liked it for a few different reasons. For one, it has the updated program information in it and goes along those lines, so she liked that. It also is set up nice with good strong pages and sort of a spiral book set-up. One review I read called this book more of a folder, which I have to totally disagree. This thing is about 1.5 inches thick and is well made. I have no doubt this can survive a lot of cooking in the kitchen. I am not the one that does most of the cooking so I can't comment totally on some aspects, but it was well received and seems to be the right price. I think I paid around \$15 on this site.

I am a little bit obsessed with this book. My fiance keeps laughing at me for constantly having it by my side. Let me preface by saying that I have a bad habit of cookbook impulse buying. I have a stack of them on my kitchen counter; I'd say the majority of them I've made literally nothing from. The others, I've made maybe two things from. What I end up finding out in these cookbooks is that the recipes are unhealthy, or have ingredients I wouldn't normally have around, or involve a crazy time-consuming technique or gadget that I don't have. And trust me when I say I am an avid cook- I'm just also a budget-conscious one who doesn't have a Food Network kitchen. Why is this important? Because I took special care to research this book so that it would not become another cookbook statistic in my life. But this book is ... well, it's magical. I tried WW for the first time earlier

this year, and I tried to do it all on my own. I was constantly tracking, measuring, counting ingredients, building recipes, etc. It was exhausting. I got discouraged. And the minute grad school started heating back up, there was just no way I had time for it. If only I had known this book existed...All the guesswork is gone. There are full breakfasts, lunches, dinners, sides, meat, vegetarian, desserts, slow-cooker recipes, breads. You name it- and they're all Points Plus calculated, so as long as you follow the directions (which are simple), you don't have to sit there and count and calculate. I am a foodie. My fiancé is an aspiring foodie. Our favorite thing about this cookbook is that we would happily eat these recipes whether we were on WW or not. They are fantastic! The other night we had the chicken fajitas, and for only six points, we were STUFFED. Tonight I'm making burgers and sweet potato wedges with chipotle mayo. Does that sound like diet food to you? I read a lot of the reviews before I bought this book, and quite honestly I don't understand the negative ones at all. People said "It's a glorified folder with tabs." - This is ridiculous. It's a hardcover binder, the tabs are already sectioned out for you with very clear Table of Contents at each section, and the quality is just fine. No one can complain that there isn't enough variety with over 500 recipes. Here's the bottom line: if you're just starting out on Weight Watchers, and you're overwhelmed by creating recipes, counting points, and the constant tracking and measuring, LET THIS BOOK DO THE WORK. You won't regret it!

I'm a relatively new WW Online member (just a few weeks in) who was excited about the program and finally getting healthy, but was finding logging every little thing and adding my own recipes to the Tracker tool day after day exhausting. Even though I work from home and might have more free time than somebody a bit more on the go, I was worried about dropping off the plan for lack of time to Track. So, so glad I found this cookbook. What a great tool in your weight loss arsenal! I am a foodie who loves to cook and bake (those cooking channels are "go to" staples on my TV) and I love that this cookbook has recipes from every genre and skill level. How about something with an Asian flavor tonight, or maybe Mediterranean? No? I know...lets have Mexican! Soups, breads, desserts, salads, and slow cooker recipes, etc. are easily found divided by meal category and also listed in a handy glossary that can be searched by food type, points values, and recipe name. PointsPlus values, serving portions, and nutrition info are clearly listed at the bottom of each recipe and there are a smattering of tempting color pictures throughout the book. A HUGE timesaver, you just "quick add" the points value of the meal to your Tracker and portions eaten, and viola! Done Tracking in seconds. One of the nice things I found was that while some of the recipes will be something you've never tried before, there are plenty of recipes for things you probably already

make. For example, scalloped potatoes with cheese, mac & cheese, burgers, meatloaves, vegetable or noodle soups, spaghetti and meat sauce, "oven fried" baked chicken dishes are included and taste amazing while substituting healthier ingredients. I have yet to try a recipe that was a real dud, and even my picky "meat and potatoes" hubs is liking the new stuff coming out of the kitchen. Yay! No more finding yourself making two separate dinners because the spouse won't eat "diet" food. Last night I tried the Mulligatawny ("No soup for you!" ~sorry, gratuitous Seinfeld reference) for the first time at only 3 Points per serving. Nary a drop left after everybody went back for seconds! One last note: I read other reviewers complaining about the binding/quality of the book, or lack thereof. It isn't great, but it is far from horrible. The front and rear covers are made of laminated cardstock and the inside pages are glossy paper like the pages of a nice quality magazine. The binding is one of those heavy plastic spiral thingies. My cookbook did arrive with the back cover having been creased from bending in a couple of places, but I was so impressed with the contents that I was unwilling to send it back and wait on a new copy. Overall, this is a wonderful product. Easily, my best cookbook purchase in years. It is filled with sensible, but delicious recipe ideas that will leave your taste buds happy and your tummy satiated. After having paged through this cover to cover, I can honestly say that I'd have liked/been tempted to try around 8 out of 10 recipes (c'mon...not everybody likes every food!) even if they weren't WW approved. This has a little something for everyone and the convenience of Tracking helps keep me resolved and cranking great meals out of my kitchen.

This was a nice book to have when I was trying to get some ideas about what to eat and cook on Weight Watchers. Some of the recipes were not to my liking. I am slow to leave my comfort zone so that ore so why I didn't think the fit was for me. I guess if I had a more open mind to actually loosing weight I would have been more in love with this book. I found I was more in love with the thoughts of this book then actually following through. I wish anyone trying to diet the best of luck. It is very rewarding thing to do not just health wise. I just wasn't strong enough to go through it.

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