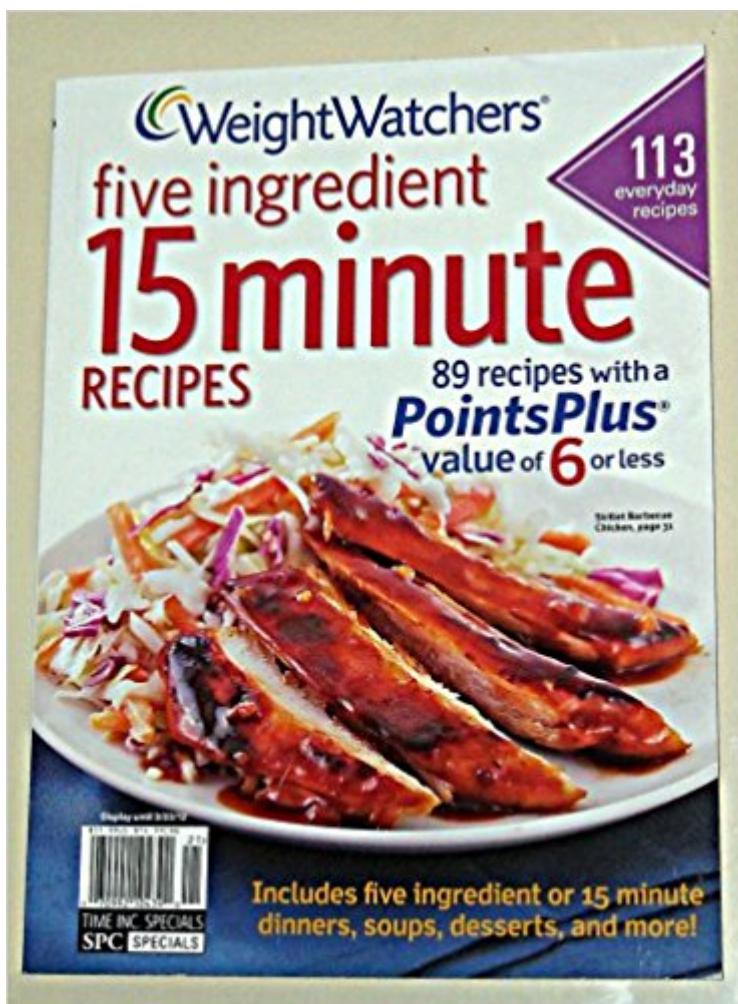


The book was found

Weight Watchers Five Ingredient 15 Minute Recipes 113 Recipes, 89 With Pointsplus Value Of 6 Or Less



Synopsis

113 weight Watchers recipes with 89 of them containing 6 PointsPlus or less! Five ingredients or less and only 15 minutes to prepare!

Book Information

Paperback: 96 pages

Publisher: Oxmoor House; 21 edition (2012)

Language: English

ASIN: B00744G5OA

Package Dimensions: 10.8 x 8 x 0.3 inches

Shipping Weight: 12 ounces

Average Customer Review: 3.6 out of 5 stars 4 customer reviews

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Customer Reviews

113 weight Watchers recipes with 89 of them containing 6 PointsPlus or less! Five ingredients or less and only 15 minutes to prepare!

I only found 4 or 5 recipes I will make, but overall it's got some good ideas.

I was so shocked and disappointed to see that for this weight watchers cookbook 5 ingredients was just a selling point. Most of the recipes call for more than 5 ingredients. Had I known this I would NEVER have bought this book.

Good stuff !

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