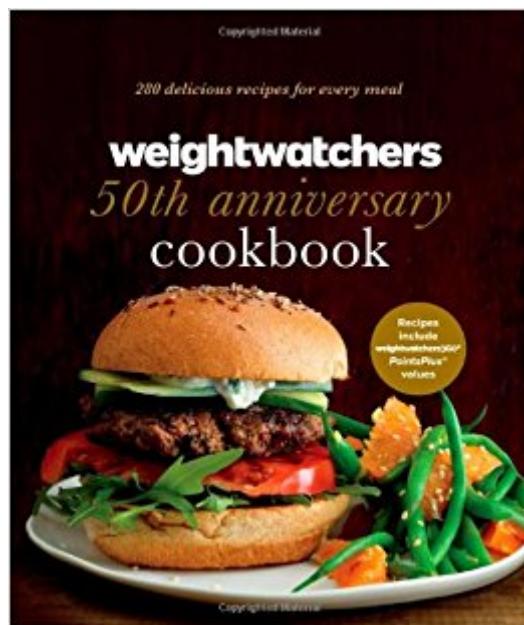


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# Weight Watchers 50th Anniversary Cookbook: 280 Delicious Recipes For Every Meal



## Synopsis

We're having a celebration of food for cooks who love to eat wellâ •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 360Â . Inside you'll findâ ¡â ¢ Classics like Easy Homemade Macaroni and Cheese and Garden Vegetable Soup â ¢ Savory Italian fare such as Sausage Focaccia and Pizza Margheritaâ ¢ Healthy takes on hearty dishes such as Buffalo Chicken Wings and Biscuit-Topped Chicken Pot Pieâ ¢ Bold-flavor favorites such as Asian Noodle Soup with Tofu and Shrimp; and Ham, Pepper and Onion Calzonesâ ¢ Hearty salads that make a meal, like Caesar, Chef, and Cobbâ ¢ Retro faves such as Deviled Eggs and Fudgy Brownie Pudding CakeWeight 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

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## Customer Reviews

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services. Weight Watchers holds almost 45,000 meetings weekly where members

receive group support and learn about healthy eating patterns, behavior modification and physical activity. The leading Internet-based weight management provider in the world, the company also offers a range of products and publications for those interested in managing their weight.

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. Next on our list are the LEMON BARS, sounds yummy with tea, or coffee. A recent Update: We made the CHEESE BLINTZES, which were delicious. These are paper-thin pancakes that are so tasty and easy to prepare. I will be making these again-and-again. They are light, but filled us up in satisfying our hungry cravings. We also made the PEANUT-BUTTER BANANA SMOOTHIE twice, the serving is for 4 people and delicious to say the least. Next, we will make once again the AMBROSIA, which I'm addicted to. So light and very tasty! I am happy with this cookbook, and we will leave updates of the selections we try. The recipes are easy to prepare. Highly recommended! Special Note: This cookbook was Pre-ordered by Prime & delivered yesterday morning.

I have flipped through this cookbook several times and make plans for elaborate dinners that no one would even guess were Weight Watchers inspired. This also helps keep me on track and on plan, as I enjoy cooking but get bored with the same baked chicken and greens all the time. This spiced things up, both literally and figuratively, to allow me to exercise my creative chops in the kitchen, stimulate my palate, and keep my family happy--and healthy--at the same time. The Top Review up there goes in depth for the best recipes so I won't regurgitate that here but she is certainly on point. Highly recommended!

This was a great book to purchase for \$2.99 for my free Kindle reading app on my laptop. I believe that anyone who wants to lose weight could benefit from reading this cookbook and making these recipes. Thank you.

I like the book and have enjoyed some of the recipes. As with all cookbooks, some recipes sound better than others. The layout is nice, especially the point plus value index in addition to a regular index. The binding is tight and I have trouble keeping the page open flat on the counter. I appreciate the extra notes about different substitutions and freezing. Most of the recipes use common ingredients with easy to follow instructions. I would like more pictures.

Would of liked a book with simpler food choices.

love the simple recipes It's just great

I've tried a few recipes so far and am loving them! They're not too complicating or time consuming to put together for a beginner cook like myself, plus they're healthy recipes so I feel fulfilled with what I eat knowing that it's a healthy option as well.

Great book, great meals.

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