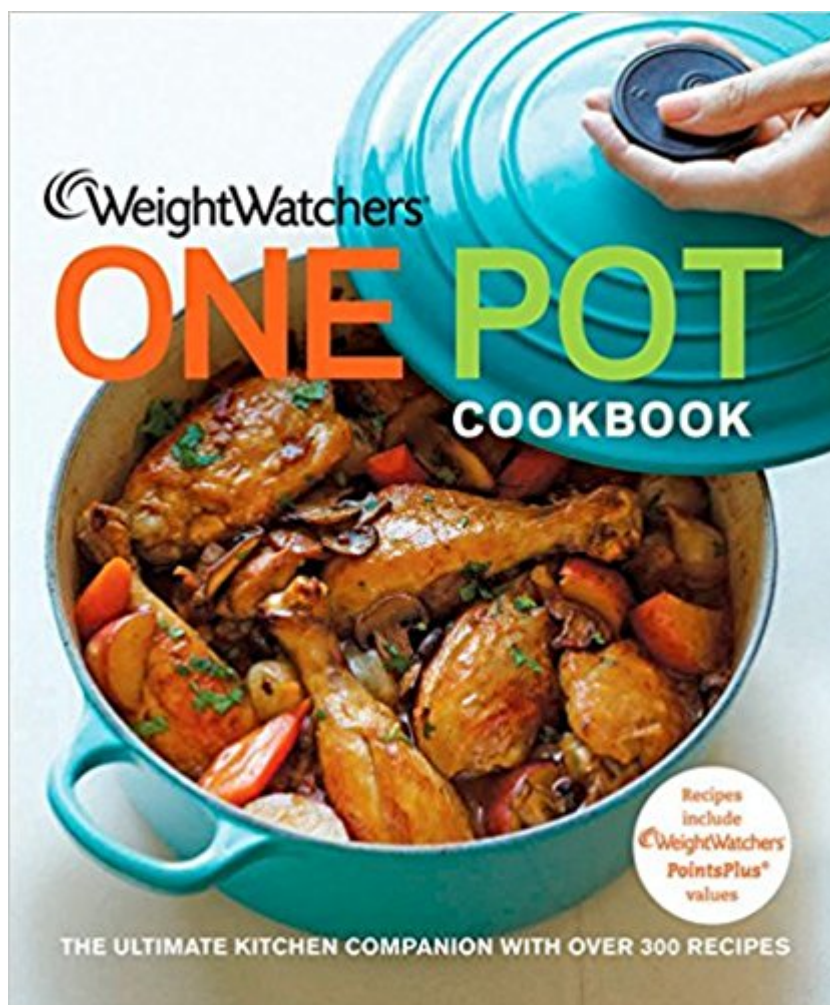


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Weight Watchers One Pot Cookbook (Weight Watchers Cooking)



Synopsis

One pot and you're done! •delicious recipes using everyday kitchen equipment With every day so busy, wouldn't you just love to throw everything in one pot and have dinner ready? With **Weight Watchers® One Pot Cookbook**, you'll find 300 super-tasty and healthy one-dish recipes that the whole family will love. These no-fuss recipes are more than just easy! •they are healthy and nutritious, as they come from the culinary experts at Weight Watchers. You'll find over 300 delicious and comforting one-pot recipes that include casseroles, pastas, soups and stews, light stir-fries, and desserts! •all accompanied by 100 beautiful, 4-color photographs. Organized by type of cooking vessel! •everything from casserole dishes, skillets, woks, saucepans, slow cookers, pressure cookers, even specialty equipment such as fondue pots! •this book lets you make the most of your kitchen tools while cooking delicious meals for the whole family. Also included in this ultimate cookbook: All recipes include nutrition information and Weight Watchers PointsPlus values Extra Healthy Tips provide easy suggestions for additions to the recipes Tons of introductory information on each type of pot! •from skillets to slow cookers! •is also included For great-tasting, nutritious meals that are easy to prepare and quick to clean up, turn to **Weight Watchers One Pot Cookbook**.

Book Information

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WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services, operating globally through a network of Company-owned and franchise operations. Weight Watchers holds almost 50,000 meetings each week where members receive group support and learn about healthy eating patterns, behavior modification and physical activity. WeightWatchers.com provides innovative, subscription weight management products over the Internet and is the leading Internet-based weight management provider in the world. In addition, Weight Watchers offers a wide range of products, publications and programs for those interested in weight loss and weight control. Since October 2015, Oprah Winfrey has been a part-owner and spokesperson for the program.

This cookbook offers more than just crock pot cooking, which is what comes to mind when you consider a one-pot cookbook. From roasted chicken to mini cheesecake recipes, this is a terrific cookbook for those following the WW smart points plan. It's actually quite a good cookbook for anyone looking for healthier meals and recipes for yourself, your family, or a gathering of friends. The mini cheesecake recipe alone has been a huge hit with many friends in the last few months, regardless whether they are watching their diet or not! Wish this book was available in a spiral bound option, but just put a heavy pot on the book and it'll stay on the page you need just fine.

I was looking for delicious recipes that would be healthy for my family, but also would also be easy and fast to prepare after I came home from work. I'm made approximately 30 recipes from this book so far and haven't been disappointed yet. It's a great cookbook! These recipes do not taste like "diet food." This cookbook really does a good job of incorporating a variety of fruits and veggies, which I tend to under-use in my meals. Perfect for our family!

Recipes are easy to read and understand. They tell you the serving size amount and how many points for each serving size. Not a lot of pictures. But the book is set up by chapters for each type of pan. One chapter is all recipes to use in a pot. One chapter for a fry pan. One chapter for crockpots. Overall, totally worth it!

I work full time and go to school full time. It is hard to try and eat healthy and I am doing Weight Watchers. This book came up when I did a search for slow cooker cookbooks. I made the mistake

of buying it without looking at the index page image, because it is not a slow cooker cookbook in the slightest--there are only a few of those in the book. I looked through the entire book and found a few other recipes to try. However, most require tons of prep work or hard to find ingredients. Many of the recipes are not true one pot cooking where you toss all the uncooked ingredients in and they cook together. When I finish school I will try some of the other recipes as I will have more free time. The ones I have made are quite tasty.

I've had this cookbook for a little over a month and so far every recipe I've tried has been fantastic! They've all been easy to make and really, really delicious. This cookbook makes following the WW PointsPlus system so easy. The recipes are delicious enough for no one to notice that they are "weight watchers". In my family I am the only one on the plan and everyone else has really enjoyed everything we've tried. I am excited to fire up the grill and get started on those recipes next!

I'm not even on weight watchers, but this cookbook is fantastic. It's the one we go back to over and over. I've had this for a few years now and we're still always coming back to this book. The recipes are great and easy to follow. Highly recommend!

It has some good recipes but others, like the Indian spiced chicken, is not worth the page it was written on. Overall, it was disappointing and worse, the recipes are not synched to the app so you have to independently add details. The Asian pork loin is good. Not a book if you are vegetarian or eat kosher. Overall, it was disappointing.

We are already busy enough in our daily lives that people often look at me like I'm nuts when I tell them I also do Weight Watchers. "You go to a meeting?" "You weigh in front of people?" "You write down EVERYTHING you eat?" Well, yes. My dad is a Type I Diabetic with heart disease and my mom's side have all died from cancer. So yes, I do. Which makes this One Pot Cookbook phenomenal. I can get fancy with some of the recipes and others are simple and basic. None of them are complicated, though, and the ingredients are readily available at my local Farm Fresh (although not Food Lion). My kids are 4 & 5 and they too like the recipes from this book, as well as my semi-picky husband who has become far less picky over the years as he has learned that to eat, he must eat what is on the table. Therefore I like this cookbook even more because the recipes are good, they're healthy, and it takes the guesswork out of the nutritional and PointsPlus values.

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