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Weight Watchers Five-Ingredient 15-Minute Recipes Winter 2017



Book Information

Single Issue Magazine

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Average Customer Review: 4.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #356,600 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Very simple recipes with instructions and point values making it much easier to succeed in your weight loss - good buy

Great Recipes! Even if you aren't on Weight Watchers. I don't use pre-chopped, packaged vegetables, so the recipes take a few minutes longer, but they are still fast and SO good. My husband loves them.

Every weekend I choose the recipes I want to use and make sure I have the ingredients on hand. After that, dinner is a snap every night after work and the food tastes surprisingly good.

I'm not into fancy, over the top recipes and this book was really what I wanted and needed. Starting on Weight Watchers made me want to start with new recipes and this was a great book to start with!

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