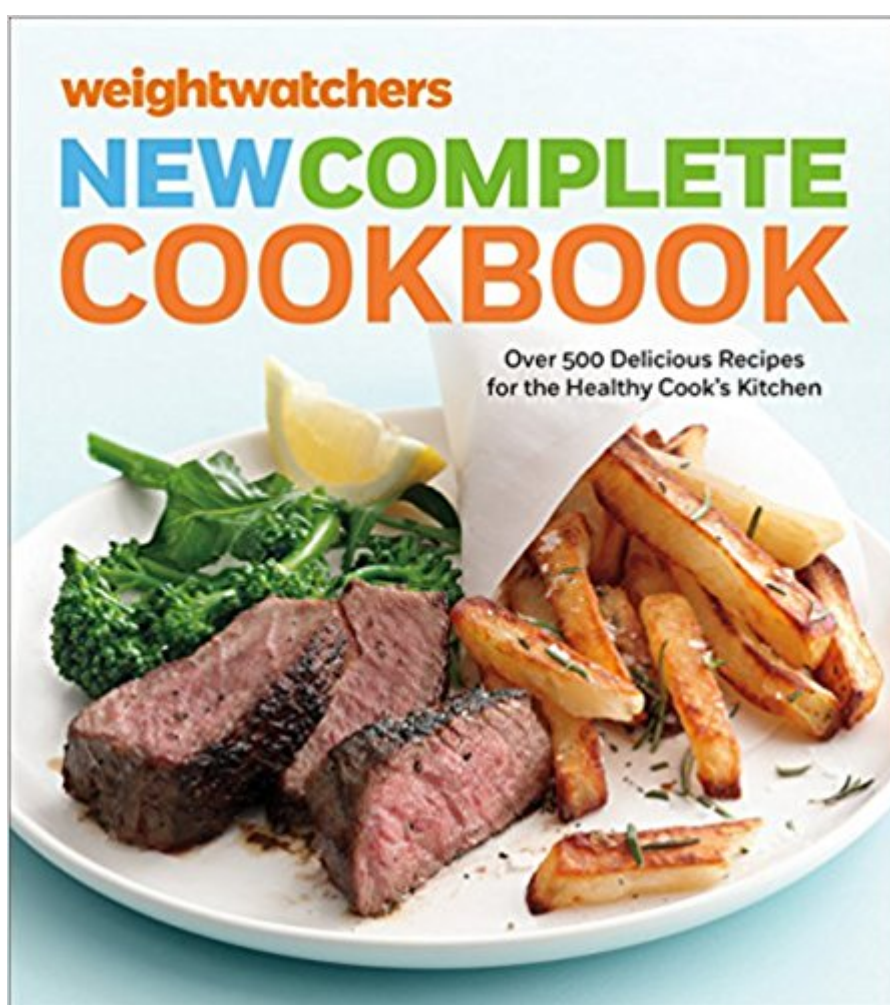


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Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes For The Healthy Cook's Kitchen



Synopsis

The newest and fully revised edition of one of America's best-selling cookbooks showcases delicious recipes for people who love to eat while embracing a healthier lifestyle. Weight Watchers knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, you'll discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on appetizers and beverages, featuring a no-cook cocktail party; small plates for creating tapas for light meals; recipes for the grill; 20-minute main dishes, including advice on shopping and streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.

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.

I love this cook book! I started Weight Watchers back in September and am always looking for delicious recipes that are quietly disguised as healthy. This cook book contains just that! Everything in this cook book is appealing to both the inner and not so inner overweight girl (that's me!). The recipes are easy to read, instructions easy to follow and the points plus/nutrition values are assigned on each recipe. Most recipes even contain little extras letting you know how many additional points suggested sides are with each dish. The meal types included are as follows:- Breakfasts and Brunches- Beverages and Appetizers- Salads: Sides and Main Dishes- Soups: Starters and Main Dishes- Small Plates: Dishes to Mix and Match for Creative Meals- Beef, Pork and Lamb Main Dishes- Poultry Main Dishes- Seafood Main Dishes- Vegetarian Main Dishes- Meals from the Grill- 20-Minute Main Dishes- Slow-Cooker Favorites- Vegetable Sides- Grain and Pasta Sides- Cakes, Pies, Holiday Breads and Cookies- Fruit and Frozen Desserts, Puddings and More. I've promised myself to make at least one of these main dishes each week. So far I've had the Garlic Roasted Chicken with Gravy and it was soooooo good! Whether you're on WW or not, this is a great cookbook. I'd recommend it to anyone, dieting or not.

Disappointing that the new points values are only available online and the recipes in this book are NOT included in the online WeightWatchers data base. If you want to use these recipes you have to manually enter them to do it rather than being able to easily pull them up in your tracker.

I bought one of the first WW cookbooks which I like so much better! I don't know but I haven't found that the recipes in this one are that "appetizing" and so I have not been inclined to try them, whereas I've almost worn out my other WW cookbook. Just my opinion. The positive about this cookbook is the layout and design and that you can lay it flat because it's like a ring binder. Otherwise, unless you're a die-hard WW cookbook collector, I'd skip it and use the earlier editions.

It appears that I am one of the few that is not that impressed with this book. I love that it is able to lay flat when I am cooking. It does have some good recipes just not enough for 5 stars. I do like that it lists simple ingredients that are easy to find and has all the nutrition information by the recipes. But most of these are recipes that just exchange ingredients to low fat or omit a few things that would cause the calories or fat to increase. If you are an avid follower of weight watchers or do not have any previous weight watchers cookbooks then you will probably be very happy with this. I already have some weight watchers cookbooks and I am familiar with their program so this cookbook just didn't have many new recipes for me.

This cookbook offers great healthy, alternative recipes for common daily dishes. The quiche and the vegetable mac and cheese are my top picks. I've tried a few recipes that didn't turn out quite right, but overall this is a very helpful book. It offers a good variety for a amateur cooking level and is easy to follow.

While the recipes are good, be careful to check the point totals from the book as compared to the current Weight Watchers Recipe Builder and points. We've had two meals, out of the last 5, that have different totals in the calculator than in the book. One recipe stated in the book that it was 11 points, but when we did it on the website, it was 14 points. This book has a publication date of 2014, and I'm guessing WW has changed their calculations since the last time my husband was on the program.

The recipes are great, the book is a binder-style cookbook with helpful colorful tabs, and it includes lots of tips. However, I'm the kind of person that not only tends to select recipes that have pictures, but I also like to compare my final product with the picture to ensure that I did everything the correct way. This cookbook has intermittent photos, but it varies from one every three pages at most to one every eleven pages. Unfortunately that's not enough for me, but that may be perfect for the more experienced cook that doesn't need the pictures.

I really love this cookbook! I cannot say enough about this. There are so many recipes that look yummy to try and are yummy once cooked. I haven't tried everything, but I have tried a bunch of the dinners and desserts. I love french toast, but I do not like it plain. I decided to try the stuffed french toast recipe and it was delicious. I highly recommend this book to anyone who is following Weight Watchers and also anyone just trying to follow a low calorie diet. The cookbook includes the number

of calories and other nutrition information such as fat and carbs for anyone who doesn't use the point system, then also gives points as values for those that do. This is a great cookbook to help you get on track and also have fun with your meals!

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