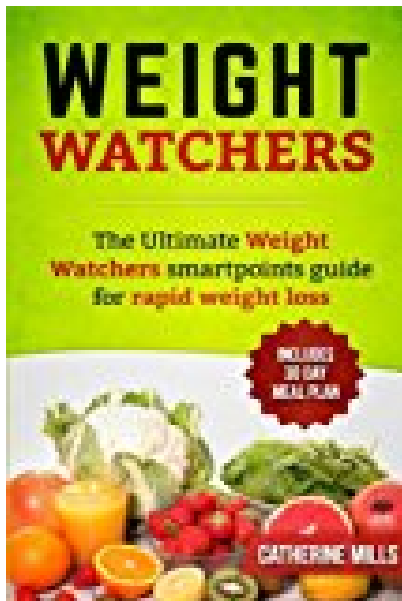


# Weight Watchers The Ultimate Weight Watchers Smartpoints Guide For Rapid Weight Loss

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## BOOK DETAILS

- Author : Catherine Mills
- Pages : 118 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542697522

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## BOOK SYNOPSIS

This Book Includes Weight Watchers, Weight Watchers Cookbook Included inside are the following:-Weight Watchers: The No B.S. SmartPoints Starter Guide For Rapid Weight Loss - Including Beginners 31 Day Meal Plan-Weight Watchers Cookbook: The Ultimate SmartPoints Cookbook for Rapid Weight Loss - Includes 70+ Approved Recipes for Beginners Inside Weight Watchers: The No B.S. SmartPoints Start Guide For Rapid Weight Loss - Including The Beginners 31 Day Meal Plan You Will Learn: \* A brief history of the Weight Watchers program\* An explanation of the current Weight Watchers SmartPoints system\* How to calculate your daily SmartPoints total\* A delicious 31 Day meal plan made up from more than 20 different meals\* Step by step instructions for how to cook delicious and healthy meals\* Advice and instructions from a Weight Watchers member for more than ten years\* Recipes from all different styles of cuisine Inside Weight Watchers Cookbook: The Ultimate SmartPoints Cookbook for Rapid Weight Loss - Includes 70+ Approved Recipes for Beginners You Will Learn: \* Weight Watchers approved recipes\* SmartPoints of every recipe\* Breakfast, lunch, dinner and dessert\* And plenty more So what are you waiting for? scroll up and click the "Buy now with 1-Click (r)" Button now!

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