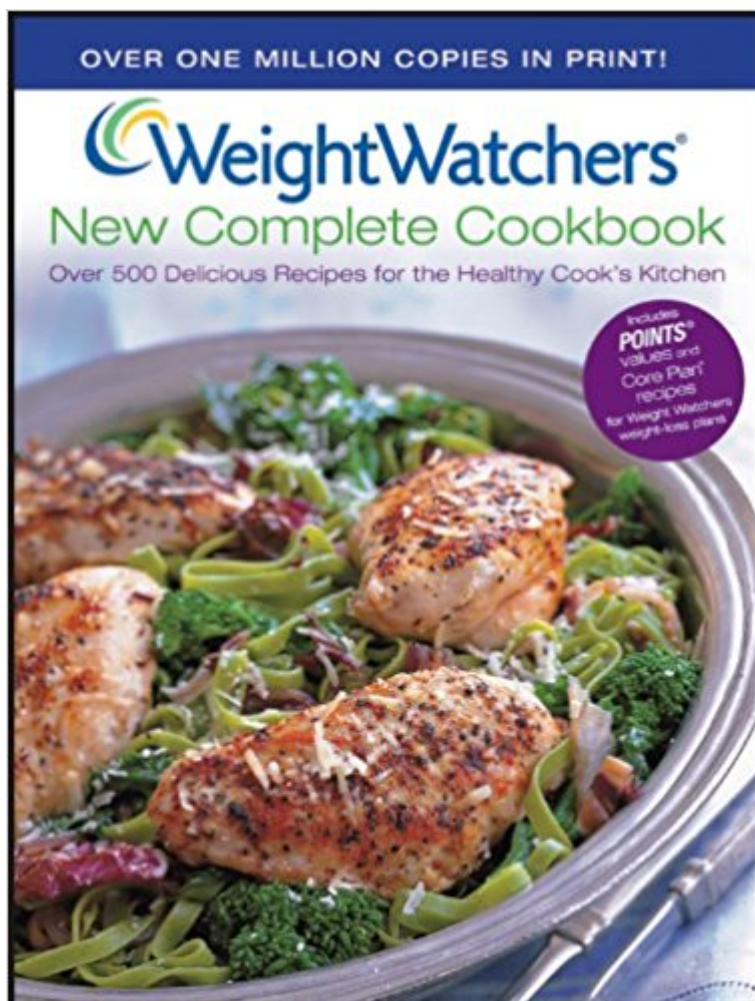




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# Weight Watchers New Complete Cookbook, Third Edition



## Synopsis

The Healthy Cook's Best Kitchen Companion Eating well and losing weight have never been easier or more delicious! This comprehensive Weight Watchers cookbook is packed with more than 500 fresh and flavorful recipes for every meal and virtually every occasion. With countless cooking tips, helpful how-to's, and sixty color photographs, Weight Watchers New Complete Cookbook is the all-in-one kitchen resource you'll turn to again and again for great ideas and inspiration. Whether you're looking for a quick and easy weeknight dinner or something special to spice up a weekend brunch, you'll find a variety of recipes to choose from on every page, ranging from classic comfort foods to zesty international dishes. Throughout, Weight Watchers nutrition and cooking experts offer you simple, flexible ways to achieve your weight-loss goals without giving up favorite foods. Here's what is inside: More than 500 healthy recipes, including Core Plan recipes and POINTS values for every recipe Information on Weight Watchers' popular Flex Plan A brand-new holiday baking chapter, with recipes from around the world Handy recipe icons (for Core Plan, 20 minutes or less, spicy, and 5 POINTS values or less) Complete nutrition information including trans fats Valuable tips, how-to's, substitutions, and leftover ideas And much more

## Book Information

Plastic Comb: 464 pages

Publisher: Houghton Mifflin Harcourt; 3 edition (November 21, 2007)

Language: English

ISBN-10: 0470170018

ISBN-13: 978-0470170014

Product Dimensions: 7.6 x 0.8 x 9.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 167 customer reviews

Best Sellers Rank: #451,329 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #922 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

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.

I'll write here the same review as for another WW cookbook that I use almost everyday (called Great cooking everyday). I also bought another WW book that I don't recommend as it has no picture, which gives you no joy in looking for a recipe and cooking it, and whose recipes are not as good and creative, called "Simply the best". I bought that book because my fiancé is on a WW diet. It is a great book : all the recipes are absolutely delicious (the only thing I corrected is salt. I use a pinch of it instead of 1/8 tspoon), creative, diverse and super easy to cook. Even my fiancé, who had never cooked before, use it and achieves great meals. I would say that a fourth of the recipes have illustrations that let you know what it will look like. This also gives you some pleasure to go through the book when the daily question arises : "what will we eat today?". The portions are the weight watchers portions. This means that it fits to a regular slim woman, but I double it for a bigger male eater. We don't eat meat, and very little fish. Still, a lot of recipes can be used if you are a vegetarian. Some meat recipes can also be done, using meat substitutes. I am used to French food and I love this American cookbook. I recommend it to anybody.

Well, although I read multiple reviews (this is what I get lol) I still was surprised on how little pictures were in this book. I think the idea of a cook book, is to show the person that's cooking, what the finished product should look like. This is more like, cook it, and we'll take a stab in the dark of what it should look like lol. That said, I have tried a few recipes and some I like, some I don't. I tried to stick with what I know, so as not to have too many surprises, but still, was not happy with half of the ones I tried. My fault for not just going to the store, and looking for a cook book myself. Other than that, if you like cooking and guessing what it's supposed to look like, or better yet, if you have a sense of displaying your food on a plate with garnish, then by all means, this is the perfect book for you.! Bon Appetit.

Whether or not you're doing Weight Watchers, whether or not you're even on a diet, this book is an excellent addition to any cook's library. The variety of recipes within is excellent, from elaborate to simple, for both carnivores and vegetarians, all prepared using healthy ingredients and

methods. From a purely practical standpoint, this is an easy cookbook to use. The pages are durable enough to withstand a bit of splatter and splash (why yes, I am a messy cook, thanks for asking!), and they are bound separately so that the book can be opened flat on the countertop to the page you want to see, or even removed completely to be put back later. The book is nicely organized into categories so that if you have only a general idea of what you want or what's available in the fridge, you can find recipes that fit easily. Ingredients and instructions are laid out nicely on each page, with nutrition information if you need it. For those who are doing the Weight Watchers Flex plan, the Points value per serving for each recipe is also clearly marked. Basics such as pizza dough and pie crust are included, as well as more elaborate and complete meals. Since I've gotten this cookbook, it's become my go-to source for ideas and good food. I've tried many recipes from it so far, ranging from Chicken Hash to Spinach and Cheese Quiche, and so far I have not been disappointed. If you're trying to eat healthy, there's lots of excellent and tasty choices here. If you're just looking for some inspiration, don't let the WW logo on the cover scare you off...there's lots of good stuff in here for everyone! Off to get ready for dinner... tonight, Vegetable Fried Rice! Can't wait!

This is a great addition to our cook book collection. The best thing about this book is the spiral binding. The book lays nice and flat making it much easier to use. Having a good scale also helps. We have the Polder Pocket Size Digital Scale and it is perfect for weighing out small amounts. If you have the older Weight Watcher's cook books it is time to update to the newer version and get more variety (how many red onion salads can you eat anyway!). This covers the usual point system and core plan systems and includes all the necessary nutritional info. The tips and side bars are great! Lots of good info. We have tried the BBQ pork with mop sauce and Roast pork Puertorriqueno, But the coolest thing that we have enjoyed are the 2 Bread machine recipes. Caraway Rye and Cinnamon Raisin. both extremely yummy! The only negatives are it seems that every WW cook book have too many salad recipes in them. The only thing that amps them up are the different types of dressings. They could have condensed all of the different dressings on a few pages and left more room for other dishes. We ALL know how to make a salad. I would have liked to see more bread machine recipes. The other negative is the quality of the pages. The paper used is VERY thin and rips easily. Still well worth the 12-17 dollars. Get it.

disappointed, not many recipes I would use.

its okay

Just as expected. Delicious recipes that anyone can do. Great for beginners or accomplished cooks.

I absolutely LOVE this cookbook! It is full of all the basic recipes that one needs to know to cook well and also has many excellent, healthy, good-tasting creations. After I joined Weight Watchers I had to learn how to cook differently. I had always used the Joy of Cooking as a guide, but I needed to learn how to cook with lower fat and calories. I checked out many cookbooks, but this was the best one by far for good, basic "how-to" recipes (sauces, soups, etc.) with lots of calorie-saving and flavorful ideas I would have never thought of. It is wonderful to have "diet" food that everyone loves! Many familiar recipes done differently and lots of new and international ideas too. I got the ring-bound version which stays open while you are using it, which some of the newer WW books don't have. Nice photos too. An excellent investment!

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