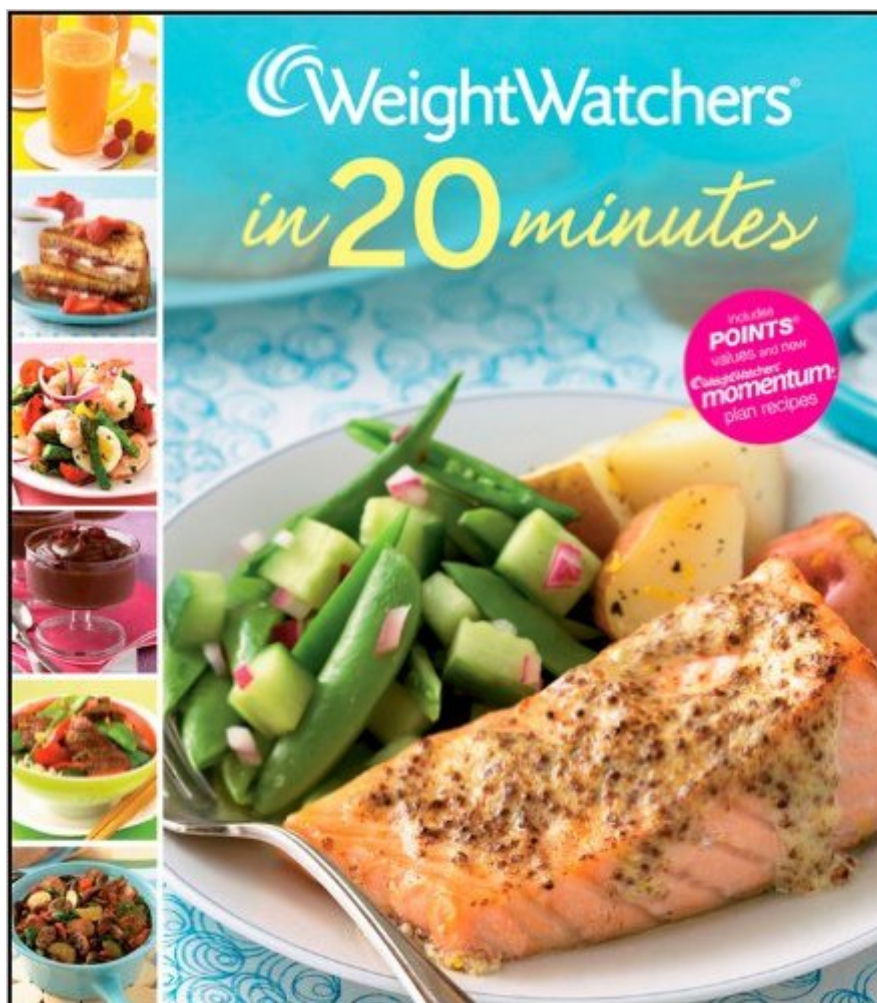


The book was found

Weight Watchers In 20 Minutes (Weight Watchers Cooking)



Synopsis

Book annotation not available for this title.Title: Weight Watchers in 20 MinutesAuthor: Weight Watchers International (COR)Publisher: John Wiley & Sons IncPublication Date: 2008/12/22Number of Pages: 336Binding Type: HARDCOVERLibrary of Congress: 2008022808

Book Information

Series: Weight Watchers Cooking (Book 27)

Hardcover-spiral: 336 pages

Publisher: Houghton Mifflin Harcourt (November 21, 2008)

Language: English

ISBN-10: 0470287454

ISBN-13: 978-0470287453

Product Dimensions: 8.9 x 2 x 10.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (112 customer reviews)

Best Sellers Rank: #47,220 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #194 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Healthy flavorful recipes made from ingredients you probably already have, or will be easily found in the local grocery store. Most recipes come with a Time-Saver tip or a suggestion for a side dish.Each recipe ends with a breakdown of per serving: calories, fat, sat fat, trans fat, cholesterol, sodium, carbs, fiber, protein, and of course, points.A lot of the recipes are for suitable for lunches or dinners. There are very few for breakfast, soups, salads, or desserts. (This actually suits me just fine.)The spiral bound spine allows the book to lie flat on the counter. Sturdy hard cover. Appetizing pictures.So why only 4 stars? For some odd reason, the ingredient lists are printed in a light grey color. The instructions are normal black color. I find my tired old eyes squinting to read the ingredients. Annoying.Not annoying enough to dampen my enthusiasm or lessen my recommendation for my newest favorite cookbook!

I have several weight watchers cookbooks and I'd have to say that this one is the best so far. The recipes are indeed quick and do produce yummy results. Everything has tasted great. I don't like spending a lot of time or effort in making daily meals. However, I know as a life time member of

weight watchers (and as a person interested in eating healthy food) how it's important to eat good meals at home. Plus in this economy, you can save much money by making it yourself instead of doing takeout. The one thing that I don't do is quick cooking rice because it tastes wierd to me. I remedy that problem by starting the rice first thing in my wonderful rice cooker. It's just as easy that way. This cookbook has already paid for itself several times over in just the month or so that I have had it. It has my highest recommendation.

The recipes in this book really take 20 minutes or less and are really delicious. These recipes are family friendly. With our hectic schedule this book makes it easy to plan a week's worth of meals. The family favorite is the "Sausage, Mushroom, and Tomato Stew." With my life I need "fast" and Weight watchers came through with a great cookbook.

I bought this book at the beginning of January 2009, and I bought it because I am a WW member and thought it might aid me in my weight loss journey. Little did I know that I would discover some of my new favorite recipes as well! I have tried about 45 of the book's over 200 recipes thus far, and I have been impressed by almost all of them. The dinner ideas are filling and delicious, and quite easy to make (I'm not sure if I make them all in 20 minutes or less, but they still don't take that long to make!). My favorites so far are the "Turkey Sausage Fajitas," "Greek Style Chicken with Yogurt Sauce," and the "Garlicky Beef with Snow Peas." Of course, as with any recipe book, I often add a few extra spices here and there, but the recipes in this book are also great without any "revisions"! For those of you following the WW plan, many recipes have "add-on" points, if you are looking to increase the points value of a meal (i.e. a recipe might make a note to "add 1/2 cup of quick cooking brown rice to each serving for an additional 2 points). I highly recommend this cookbook, not only for fellow Weight Watchers, but for anyone else looking to try some new and healthy recipes that can be prepared in a reasonable amount of time.

The first recipe I tried, Chicken Breast in Mushroom Port Sauce, was a home run. It was tasty, easy, quick and healthy! Salmon Cakes with Red Pepper Mayonnaise was a hit too. I haven't found a recipe that was below average and can't wait to serve the Chicken Breast in Mushroom Port Sauce to dinner guests. Unlike other so called "20 minute" recipes, these can actually be done by a non-professional cook in, yes, 20 minutes. The ingredients for each recipe are readily found at your local grocery store. There are a few pictures which realistically depict the results. They don't appear to be overly touched up or enhanced. Servings, calories, fat, sat fat, trans fat, cholesterol, sodium,

carbs, fiber, protein, and Weight Watchers' points are included with each recipe. The book is conveniently spiral bound within a hard cover. Even if you're not in Weight Watchers, I give this cookbook my highest recommendation!

I bought this cookbook to try to make my dieting a little more enticing while still not having to spend all my free time in the kitchen preparing dishes that may taste good, but required too much prep time. Little did I realize at the time of purchasing this book that it would indeed live up to it's promises. I have been using the cookbook for almost every meal for the past 2 weeks and I absolutely love it. Most of the dishes I have tried, I would rate at least 4 stars out of 5. (5 would be the full calorie / full fat version, which would defeat the purpose of a method of eating better.) All of the dishes are very quick. Most live up to the promise of 20 minutes, but a few may take 30 minutes if you take your time a bit and don't work at break-neck speed. My husband has been the recipient of many of the meals and he too, has loved everything he has eaten. I highly recommend this book for people who want to have flavor, feel satisfied after every meal, and want simple delicious recipes that can be prepared in 20-30 minutes. This book has given me hope that I can finally get control of my food consumption and really still enjoy every meal while finally making the scales go down.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start,
Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight
watchers 2016, weight loss) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers
Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers
2016, Recipes) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To
Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight
watchers for beginners) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the
Weight Watchers Test Kitchens (Weight Watchers Cooking) WEIGHT WATCHERS RECIPES:
Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for
Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Weight
Watchers In 20 Minutes (Weight Watchers Cooking) Heart Health: Heart Healthy Cookbook: 30
Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight
maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watchers New
Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen

(Weight Watchers Cooking) Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens Weight Watchers: The Smart Points Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)

[Dmca](#)