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Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes



Synopsis

Are you tired of being overweight? Tired of feeling sluggish with no signs of energy? If you answered yes, then this book is for you! Let's Take a trip around the world from the comfort of your kitchen! Learn how to cook, and the best part, enjoy, delicious chicken recipes that will simply melt in your mouth and much, much more. With enough recipes to keep your cravings in line, this book is full of nutritious, delicious and healthy chicken dishes that you can whip up in just minutes. Cook them, enjoy them and even freeze them for later and enjoy a healthy piece of heaven whenever you want! Have them ready for your post work-out dinners or take them to work for an amazingly healthy lunch! From delicious chicken salads to curries and sandwiches, this book helps you keep track of your daily points and calorie intake, and keeps you looking and feeling amazing! No more guessing games. A meal you can enjoy guilt free and measure with ease all with the help of this amazing cookbook. You deserve the best, and it gets no better than these amazing tasting easy to prepare recipes you're sure to love! Pick it up Today! Here Is A Preview Of What You'll Learn... The Science of Losing Weight What Exactly Weight Watchers Is The Point System Breakdown How to Get the Most Out of the Program Specific, Modified Exercises Delicious, Point Friendly Recipes Making It a Lifestyle Much, much more! Download your copy today!

Book Information

File Size: 473 KB

Print Length: 69 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 10, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00IDVRKO2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #351,203 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #119

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Customer Reviews

This book gives you everything you need to know about cooking the recipes including the pictures and ww points. I definitely enjoy the fact the recipes are simple.

gives you more ideas that just the plain 'ol baked chicken. I'm interested in the tandoori chicken, my favorite so far the chicken taco

This is a great little cookbook, especially for \$2.99, I recommend it, lots of nice recipes that look worth a try

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