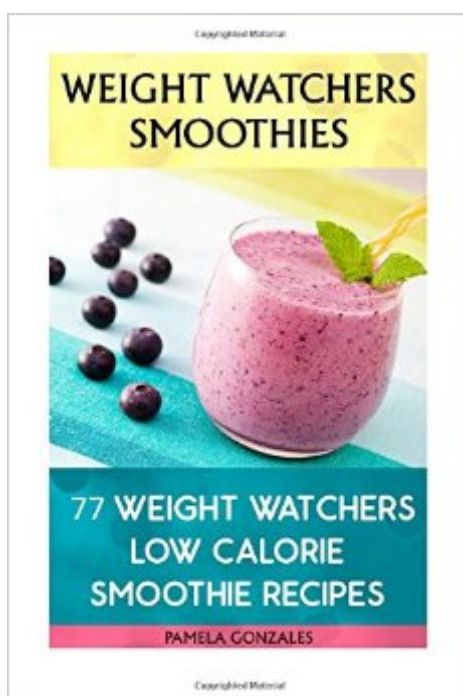


The book was found

Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers For Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting)



Synopsis

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. **Weight Watchers Smoothies (FREE Bonus Included) 77 Weight Watchers Low Calorie Smoothie Recipes** If you are looking to loose some excess pounds and gain some great nutrients in a fast and easy wayâ "smoothies are the way to go. You can make so many different yummy tasting power drinks that will do wonders for your overall health and well-being as they will be packed with goodness! In this book you will have a great collection of smoothie recipes to choose from. You can drink a different smoothie ever day for a month! If you are like myself and are not much of a breakfast personâ "rather than run on empty having a smoothie is so quick and easy, but most of all so healthy for you! I love the way these healthy drinks tasteâ "they are made out of pure good natural healthy components. Many of us live fast lifestyles where we are rushing from one thing onto the nextâ "having a smoothie will allow you to get the healthy benefits of a meal in a fraction of the time. It will take you seconds to down a smoothie when you are in a rush. It is much better and healthier than going without a meal. Smoothies are great in helping improve your digestive system, it is much easier for your body to absorb the nutrients from a smoothie compared to a meal. Enjoy this savory collection of smoothie recipes that will fill you with nutrients and great taste! Download your E book "Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: slow cooking for one, slow cooking for two, cooking for two, low calorie cookbook, low calorie, low calorie diet, low calorie recipes, low calorie meals, low calorie slow cooker cookbook, low calorie cooking, low calorie foods, weight watchers cookbook, weight watchers recipes, weight watchers diet plan, one pot meals, one pot cookbook, one pot recipes, one pot meals for two, one pot dinners, cooking for one, cooking for two cookbook, coking for 1, cooking for one cookbook, recipes for one, skillet cookbook, skillet recipes, skillet meals, skillet dinners, slow cooker, slow cooker recipes, slow cooker cookbook, slow cooker diet, slow cooker weight watchers cookbook

Book Information

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Average Customer Review: 2.8 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #831,827 in Books (See Top 100 in Books) #153 in Â Books > Cookbooks, Food & Wine > Entertaining & Holidays > Tablesetting #155 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #423 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two

Customer Reviews

1. This is NOT a WeightWatchersÂ Â® International publication. While there are numerous diet books on the market bearing the term "Weight Watchers", many are NOT affiliated with or sponsored by WeightWatchersÂ Â® International, the highly successful weight loss life style started by Jean Nidetch and promoted by Oprah Winfrey. See: [...]

2. This statement from the introduction "...you do not have to worry about counting points..." may lead one to believe that these are all WeightWatchers Â Â® 0 points. The "Buttermilk & Banana Smoothie", recipe number 6, is 19 points. As adherents to the real WeightWatchersÂ Â® program know, this is a VERY high point value for a single item.

3. Not all of the recipes are low-calorie. The same "Buttermilk & Banana Smoothie" contains 608 calories. (This was calculated using "The Complete Book of Food Counts", 6th edition, by Corrine T. Netzer.)

4. Despite the above reservations, I give the book 3 stars. I will use the recipes for inspiration AND count WeightWatchersÂ Â® points, using 4-5 point recipes for a snack, 7 - 9 points as a small meal, and 9 -12 points as a larger meal.

waste of time and money. gave no point values

Save your money

If you are looking to loose some pounds and gain some great nutrients in a fast and easy way, this book are the way to go. Smoothie recipe is very effective, if you are beginners you should try too.

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