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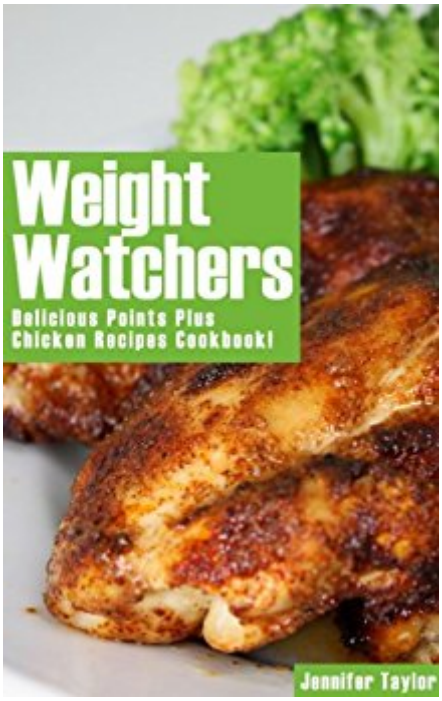
Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes



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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 theworld 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 WeightWhat Exactly Weight Watchers IsThe Point System BreakdownHow to Get the Most Out of the ProgramSpecific, Modified ExercisesDelicious, Point Friendly RecipesMaking It a LifestyleMuch, much more!Download your copy today!

Book Information

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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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