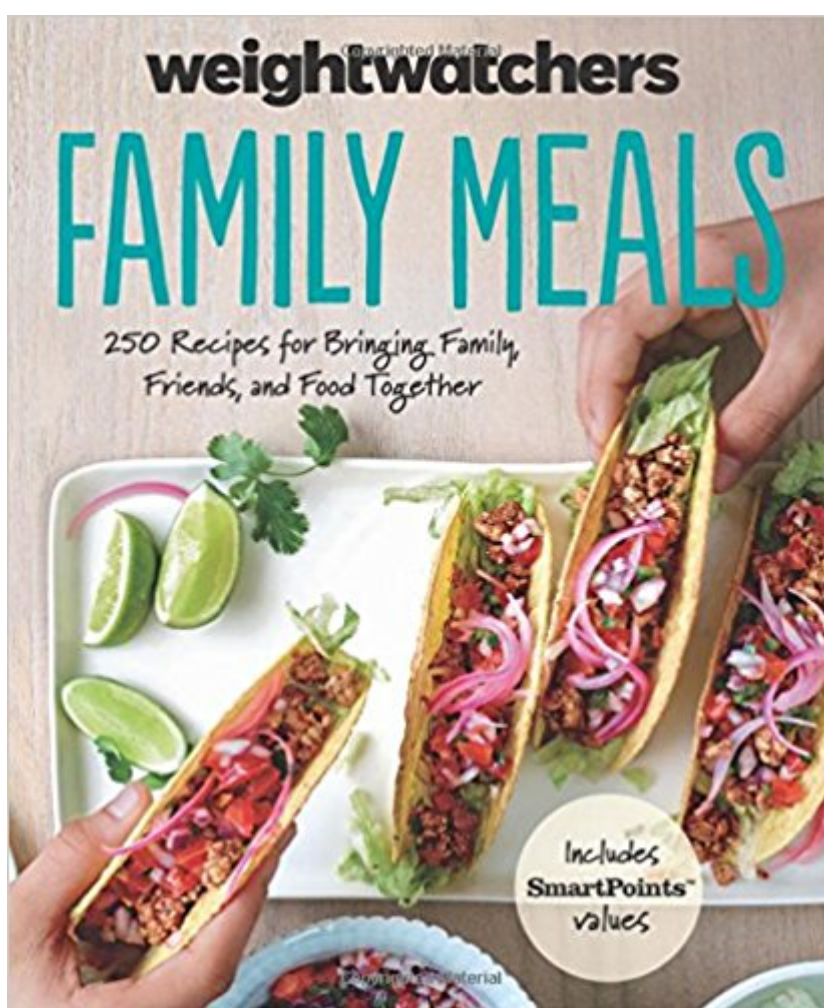


The book was found

Weight Watchers Family Meals: 250 Recipes For Bringing Family, Friends, And Food Together (Weight Watchers Lifestyle)



Synopsis

Weight Watchers provides a simple plan to enjoy meals with friends and family; from weekday meals to special occasions, the recipes make eating together fun and healthy. Want to create healthy, mouthwatering meals for your family, but starved for time? *Weight Watchers Family Meals* makes cooking together a snap and ensures that what you eat is nutritious, delicious, and enticing for everyone (even picky eaters). This isn't diet food: Enjoy Baked Beef Ziti, Meat Loaf with Chive Mashed Potatoes, or Spaghetti Squash with Cherry Tomatoes, Parsley, and Parmesan. And for dessert? Goody Rocky Road Bars! Food should be a celebration, so we include menus for entertaining and theme nights, along with easy-to-cook recipes that let kids take part in the fun. You'll also get tips on how to pack healthy lunches for school and the office, creating a game plan for eating around the holidays, and stocking the pantry for quick dinners. No matter how busy you are, *Weight Watchers Family Meals* is your new go-to source for cooking inspiration.

Book Information

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Best Sellers Rank: #26,963 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #8 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #110 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Southwestern Green Chile Cheeseburgers from *Weight Watchers Family Meals* Serves 4 | 20 Minutes or Less Directions 1. Mix together beef, salsa, chili powder, and salt in large bowl just until combined well. With damp hands, shape mixture into 4 (½ -inch-thick) patties. 2. Spray grill pan with nonstick spray and set over medium heat. Put patties in grill pan and grill until browned. Turn burgers; top with Swiss cheese and grill until cheese is melted and instant-read

thermometer inserted into side of burger registers 160° F, about 5 minutes longer. 3. Place lettuce and burgers on bottoms of English muffins. Top each with 2 tomato slices, 2 onion slices, and tops of muffins. Cook's Tip: For a touch of smokiness, use chipotle chile powder instead of regular chili powder. Chipotles are jalapeños that have been dried and smoked over a fire.

Nutrition Information Per serving (1 garnished burger): 318 Cal, 7 g Total Fat, 3 g Sat Fat, 775 mg Sod, 29 g Total Carb, 7 g Sugar, 6 g Fib, 35 g Prot. SmartPoints value: 6.

Ingredients 1 pound ground lean beef (7% fat or less) 1/4 cup fat-free salsa verde 1-1/2 teaspoons chili powder 1/2 teaspoon salt 4 (1/2-ounce) slices reduced-fat Swiss cheese 4 small green leaf lettuce leaves 4 light whole wheat English muffins, split and toasted 8 thin tomato slices 8 thin slices sweet onion, such as Vidalia

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. Since October 2015, Oprah Winfrey has been a part-owner and spokesperson for the program.

I've been on WW since January, and I've been frustrated by how few recipes are available for the new SmartPoints program. I wouldn't make all of these recipes on a daily basis, but I appreciate the variety. I am cooking for one, but most of the recipes are easy enough to adjust portions accordingly. I appreciate that book is large and beautifully presented. The photographs are great and the recipes are easy to follow. Would highly recommend to anyone looking for SmartPoints inspiration.

When I saw the two previous, kind of negative reviews for this book, I felt compelled to comment. This book is terrific! I read a lot of cookbooks, and this is well-done. On the basic level: it is well-illustrated, has thick pages, opens easily and stays on the cookbook stand. Each recipe also lists the nutritional values as well as the new Smart Points for each dish. The recipes have a very manageable amount of ingredients and instructions in easy-to-understand language. I have four

children - teenagers and college students. Even my picky-meat-and-potatoes guy would eat most of these recipes. The division of the book into sections is great; they're entitled: Cooking with Staples from Your Pantry, Super-Easy No-Cook Recipes, Make It Ahead, Shortcut Dishes, Slow-Cooker Chilies/Stews/Roasts/and More, Have Breakfast for Dinner. There are main dishes and side dishes. I am not a gourmet cook and regularly avail myself of meal-kit services (e.g. Plated), precooked grocery meals and carryout. This is a welcome addition to anyone who is trying to adhere to the Weight Watchers food plan but also for everyone who wants to serve their family healthy dinners.

I was super excited to finally see this on my doorstep! This hard back book has a variety of recipes for any occasion, simple to elegant and includes Smart Point values. I feel it was a great value and I'm buying another for my WW buddy :)

Bought this cookbook for my mothers for Mother's Day. She has lost 30 pounds with weight watchers and is always looking for new recipes. She loved this and has made several recipes from it and enjoyed them all. Great gift. Substantial book.

Great recipes! Makes it easy for anyone on Weight Watchers or counting calories because the point values and calorie counts are on every recipe.

There are so many great recipes in this cookbook, we don't know what to make first! The biggest problem with Weight Watchers is planning meals every week, and this book really helps. Excellent recipes for a family of four or to make for two people and then have leftovers for another meal. We are really looking forward to making many of these meals!

Purchased because it is up to date with Smart Points. Great variety of recipes.

It is not the best weight watches cook book that I have purchased.

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