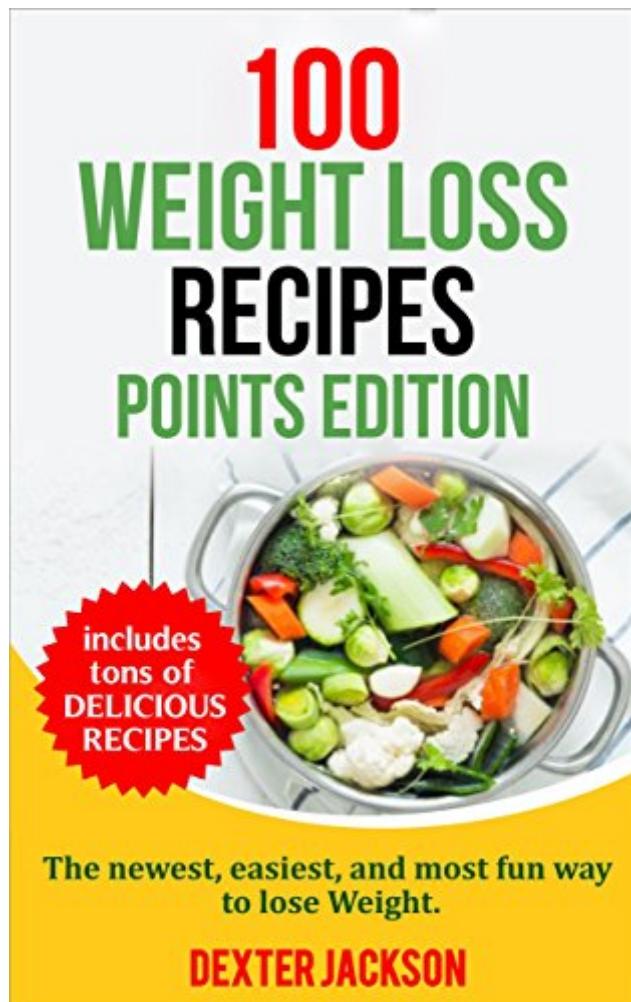


The book was found

100 Weight Loss Recipes - Smart Points Edition: Weight Loss Points Cookbook: The Newest, Easiest, And Most Fun Way To Lose Weight. (Includes Slow Cooker And Instant Pot Recipes)





Synopsis

Voted as the #1 Way to Lose Weight in 2017!...Buy the Paperback version of this book, and get the Kindle eBook version included for FREE! ... See what all the hype is about! Get these 100 recipes with smart points information and everything, and see how thousands of people are eating, and still losing weight! This Weight Loss Program relies on a point system for it's restriction or other dietary restrictions, to help it's followers lose weight. When you follow this Weight loss program, you are allowed to eat a certain number of "points" each day. This book includes 100+ Weight loss Points Recipes. Points encourage you to make food choices that are healthier, more nutritious, and will leave you feeling better and with more energy. You can calculate how many points you are allowed to eat per day, by using an online calculator where you will need to include your weight, height, weight loss goals etc. This is your points budget, and you can decide for yourself how you choose to spend your points. Foods that are higher in saturated fat and sugar are given higher point totals, while other foods that contain lean protein have lower point values. Points are calculated on 4 components of each food and that is calories, saturated fat, sugar, and protein. So naturally, you are steered towards healthier foods choices on a daily basis. Every food/meal/recipe is assigned a point value and this is what the weight loss program is based upon. Its incredibly simple, and that's part of the beauty of it. Simplicity yields results. These are the very basics of how the Weight loss points program works, now lets get into some amazing recipes for you to take advantage of on your weight loss journey. Some of the Recipes inside include: Candy Corn Fruit Parfait Instant Pot Pineapple Pork Slow Cooker Sloppy Joes Strawberry Waffle Shortcake Cheesy Chicken and Rice Casserole Low Fat Cranberry Crumble Bars Crock Pot Meatball Soup And 93 more Recipes! Do yourself this favor and make your weight loss journey that much easier, and that much more enjoyable with these 100 recipes!

Book Information

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Customer Reviews

The guide has delicious recipes and easy step by step guidelines on how to cook. The instructions are simple and easy to follow and the procedure is well laid out. These recipes are easy to make and call for mostly on-hand or easy-to-get ingredients. So far my favorite was the healthy baked pumpkin doughnuts. Must-have in the kitchen.

If you are having hard time to lose weight I really advice to try this book. With an original approach, based on point this book will help you control your food intake and lose weight. plus it is filled with easy delicious recipes

Great for those days when you need to eat light but healthy...don't have to be a Weight Watcher to enjoy this book.

Willing to try some of the recipes in the book-

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