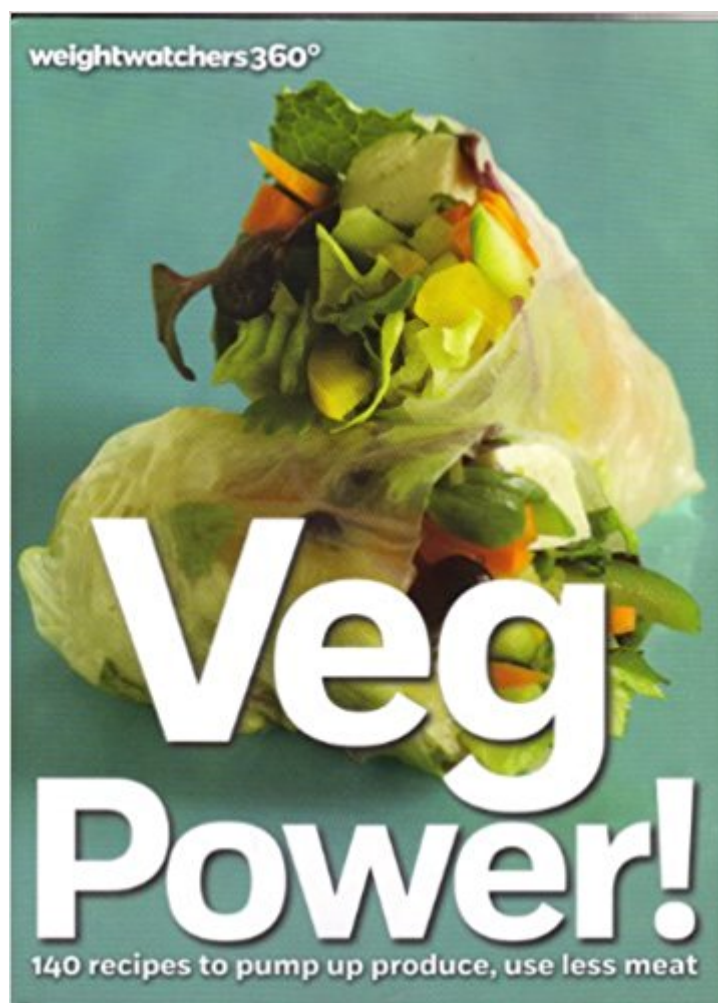


The book was found

WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook



Synopsis

Like New, with appearance of little or no use. Free of any tears, curling, writing or highlighting. Pages are clean and not marred by notes or folds of any kind. Spine has no signs of creasing. Fast shipping, delivery tracking number, no-hassle return policy - your satisfaction is guaranteed!

Book Information

Paperback: 210 pages

Language: English

ASIN: B00BC6DVXY

Package Dimensions: 8.9 x 6.5 x 0.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #492,893 in Books (See Top 100 in Books) #66 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

Like New, with appearance of little or no use. Free of any tears, curling, writing or highlighting. Pages are clean and not marred by notes or folds of any kind. Spine has no signs of creasing. Fast shipping, delivery tracking number, no-hassle return policy - your satisfaction is guaranteed!

a go to guide for those who are on weight watchers or just watching their weight. This is great, as it gives you a directory of points per recipe, so if you are on the plan, you can look up recipes by point value. Great idea towards the end of the day, when dinner comes and you've blown your points on fast food lunch.

Lots of great recipes

Great

It was sent in a timely manner but I didn't care for the content.

I'm not sure what the other reviewer is saying...more vegetables and less vegetarian food...doesn't compute. I've cooked 10 recipes in the book so far and each one is delicious. The recipes include bright colored vegetables full of antioxidants, and whole grain recipes (quinoa, wheat berries etc),

and they are super quick. A lot of the recipes have just a few basic ingredients that if you have those around the house, even better. (onions (red and yellow), Greek yogurt, lemon, lime, garlic, cumin, curry powder, salt, pepper, olive oil, and tofu). With a few exceptions, the main ingredients you need to invest in are vegetables and sometimes fruit. This is clean living.

This is my absolute favorite vegetarian cookbook. It covers all the bases: breakfast, lunch, dinner, slow cooker favorites, and a whole section on how to use non-meat substitutes in dishes that usually take chicken. I love that it gives a complete nutrition profile for every single recipe, and also has a "Can't Commit?" comment at the bottom of a few recipes that offer suggestions for including meat for family members who can't/won't do without it. Even if you don't do Weight Watchers, you should buy this book!

I only found one recipe I could use. Wish I could have seen some of the content before purchasing. I really thought it would give more recipes for vegetables, and not just a vegetarian cookbook.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers: Weight Watchers Cookbook - Smart Points Edition - Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers: Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) 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) Weight Watchers PointsPlus Plan 2012 Dining Out Companion Book Points Plus (2012) Weight Watchers My QuikTrak Diary - 12 Week Core & Flex (Weight Watchers TurnAround Program, QuikTrak) Weight Watchers Program: Beginners Weight Watcher Diet Plan Guaranteed To Help You Lose Weight and Stay Healthy

Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders
Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight
Watchers One Pot Meals DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four
Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan,
Dukan, Belly Fat) Weight Watchers Points Plus Cookbook Instant Pot Cookbook: 60 Delicious
Smart Points Recipes That Shape Your Body (instant pot recipes,pressure cooker cookbook,smart
points recipes,weight loss cookbook) Weight Watchers One Pot Cookbook (Weight Watchers
Cooking) Weight Watchers Cookbook:Pressure Cooker Recipes For Quick & Easy, Weight
Watchers One Pot Meals Weight Watchers New Complete Cookbook, Fifth Edition: Over 500
Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)