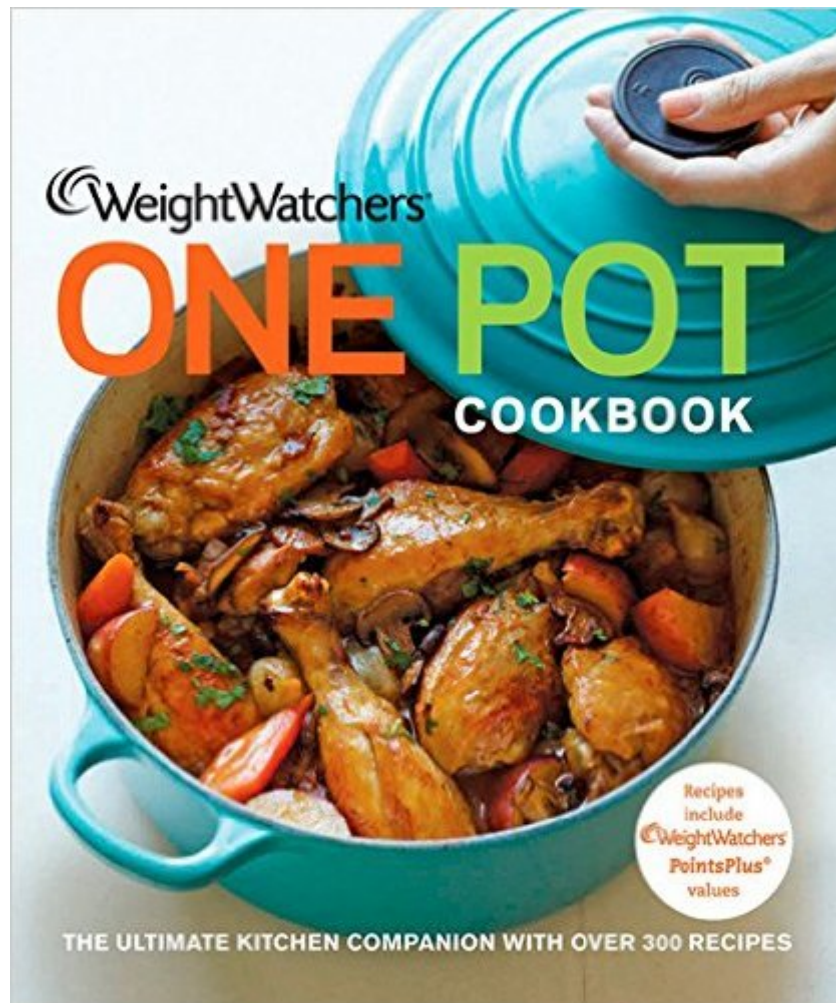


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# Weight Watchers One Pot Cookbook (Weight Watchers Cooking)



## Synopsis

One pot and you're done! "delicious recipes using everyday kitchen equipment With every day so busy, wouldn't you just love to throw everything in one pot and have dinner ready? With Weight Watchers® One Pot Cookbook, you'll find 300 super-tasty and healthy one-dish recipes that the whole family will love. These no-fuss recipes are more than just easy! they are healthy and nutritious, as they come from the culinary experts at Weight Watchers. You'll find over 300 delicious and comforting one-pot recipes that include casseroles, pastas, soups and stews, light stir-fries, and desserts! all accompanied by 100 beautiful, 4-color photographs. Organized by type of cooking vessel! everything from casserole dishes, skillets, woks, saucepans, slow cookers, pressure cookers, even specialty equipment such as fondue pots! this book lets you make the most of your kitchen tools while cooking delicious meals for the whole family. Also included in this ultimate cookbook: All recipes include nutrition information and Weight Watchers PointsPlus values Extra Healthy Tips provide easy suggestions for additions to the recipes Tons of introductory information on each type of pot! from skillets to slow cookers! is also included For great-tasting, nutritious meals that are easy to prepare and quick to clean up, turn to Weight Watchers One Pot Cookbook.

## Book Information

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Average Customer Review: 4.3 out of 5 stars! See all reviews! (296 customer reviews)

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## Customer Reviews

This book needs more reviews- it is ABSOLUTELY worth the \$. The recipes are affordable and easy to make. I have a bunch of cookbooks that I love but I think this might be my alltime favorite. First...

REAL ingredients. By that I mean you can run to your local grocery to get them. There's a few "fancy" things in here but the VAST majority of the book is "doable" for the average person living in the "average" town. That is very attractive to me in a cookbook... with kids, a hungry husband and a hungry friend that is always here that's a big bonus! Second... many are fairly simple and quick... another bonus. Third... the book is HUGE. It's full of gorgeous photos and loads of tasty recipes. They have great seasonings and good serving sizes. I have a family of 4 + my friend so that's 5 I'm feeding.... Tonight I made a Gumbo out of it and we all loved it. It made the house smell wonderful while we waited for it to cook in the crockpot. I'd give this book 20 stars if I could :).

I have quite a few Weight Watcher cookbooks, but this is my ALL-time favorite. The recipes in most of the WW cookbooks are a bit different and take some not-so normal ingredients, but this one is not like that. The ingredients in this cookbook contain typical home ingredients. The recipes are absolutely delicious and easy to prepare, using only one pan! Of course, the points plus value is included so you don't have to figure that out for yourself. Note: This does not include desserts, appetizers, and side dishes. This cookbook features main dishes only. However, you won't need side dishes with these dishes. Each recipe includes protein and vegetables and/or fruits. They're very filling, too. If you are thinking of buying one WW cookbook, buy this one. #1 on my list! This review is based on the book, not the Kindle version.

I have purchased & later given away many WW cookbooks because they didn't seem to offer more than two or three recipes that I would make repeatedly. Not with this one! The pictures are gorgeous but it's the selection of recipes that is the real highlight. What I really like? One Pot doesn't just mean a slow cooker - it's also a casserole, a wok, skillet, etc. So many options make this cookbook a year round resource.

"One Pot Cookbook" presents many low Points Plus recipes that are variations on traditional dishes, including new ones. Some recipes such as for "Meat Loaf with Parmesan & Tomato" are 4 Points Plus a serving. The whole meat loaf is 16 points. Can you eat half a meat loaf for dinner without feeling guilty? A great find for one who is searching for diversity in recipes after losing 50 lbs is 6 months with Weight Watchers. --- Nick B., Reston, VA

I love, love, love to cook. It is my most favorite activity. I joined Weight Watchers a few weeks ago and was worried about not being able to spend time in the kitchen like I used to. I ordered this book

without a lot of expectations. I am actually impressed. The book is beautiful with lots of pictures and the recipes are very easy, but not easy where it's boring. There are many different types of recipes to keep it interesting. I've made about 3 so far (just got it last week) and have many more recipes dog eared to make in the future. Most of the recipes have short ingredient lists and don't require a lot of out of the ordinary purchases at the grocery store.

Some of the Weight Watchers cookbooks I've read in the past have had recipes with unappealing flavors, unfamiliar seasonings, long lists of ingredients, or too much emphasis on Tex-Mex. Not so, this cookbook. Here are recipes that Julia Child would love. And the best part? Each recipe has the exact serving size listed. How many times have you made a stew or casserole, and the recipe says "Serves 6". You have no idea how much to portion out for yourself, unless you fill 6 bowls evenly. Sometimes you just want one portion, and you save the rest. Anyway, I really love the book.

Purchased this book trying to use my crock pot more to give my family less processed foods and have it ready by the time we all are off of work and home from school. This is not the book, wish i could return it because most of the recipes involve more than just the crock pot and some of the receipes are too complicated. I dont have time to use a skillet or two, cook in oven for a while, then add it to crock pot. that isnt one pot, that is cooking a whole meal that eventually ends up in one pot at the end. waste of money.

I just noticed the only other review of this beautiful new cookbook from Weight Watchers complains that her Kindle edition has no photographs. Unless she has a color tablet reader there are no color photographs. The actual book has 100 color photos. It is perhaps the most attractive cookbook Weight Watchers has ever published.

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