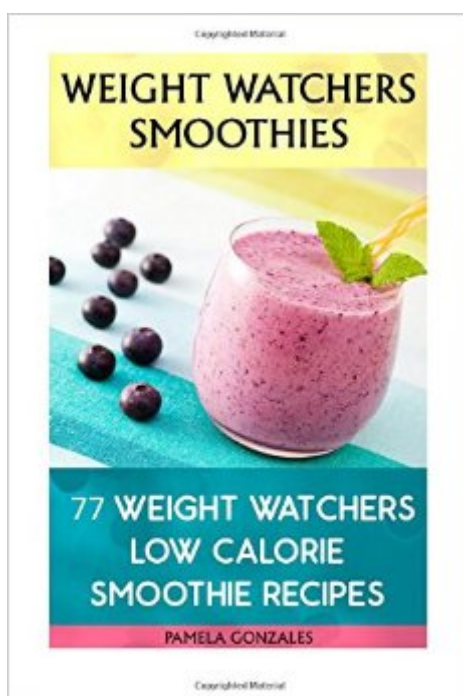


The book was found

Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers For Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting)



Synopsis

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Weight Watchers Smoothies (FREE Bonus Included) 77 Weight Watchers Low Calorie Smoothie Recipes If you are looking to loose some excess pounds and gain some great nutrients in a fast and easy wayâ "smoothies are the way to go. You can make so many different yummy tasting power drinks that will do wonders for your overall health and well-being as they will be packed with goodness! In this book you will have a great collection of smoothie recipes to choose from. You can drink a different smoothie ever day for a month! If you are like myself and are not much of a breakfast personâ "rather than run on empty having a smoothie is so quick and easy, but most of all so healthy for you! I love the way these healthy drinks tasteâ "they are made out of pure good natural healthy components. Many of us live fast lifestyles where we are rushing from one thing onto the nextâ "having a smoothie will allow you to get the healthy benefits of a meal in a fraction of the time. It will take you seconds to down a smoothie when you are in a rush. It is much better and healthier than going without a meal. Smoothies are great in helping improve your digestive system, it is much easier for your body to absorb the nutrients from a smoothie compared to a meal. Enjoy this savory collection of smoothie recipes that will fill you with nutrients and great taste! Download your E book "Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: slow cooking for one, slow cooking for two, cooking for two, low calorie cookbook, low calorie, low calorie diet, low calorie recipes, low calorie meals, low calorie slow cooker cookbook, low calorie cooking, low calorie foods, weight watchers cookbook, weight watchers recipes, weight watchers diet plan, one pot meals, one pot cookbook, one pot recipes, one pot meals for two, one pot dinners, cooking for one, cooking for two cookbook, coking for 1, cooking for one cookbook, recipes for one, skillet cookbook, skillet recipes, skillet meals, skillet dinners, slow cooker, slow cooker recipes, slow cooker cookbook, slow cooker diet, slow cooker weight watchers cookbook

Book Information

Series: Weight Watchers Meal Plan, Weight Watchers Recipes, Weight watchers for Dummies, Simple Diet Plan With No Calorie Counting

Paperback: 42 pages

Publisher: CreateSpace Independent Publishing Platform (September 29, 2015)

Language: English

ISBN-10: 1517608244

ISBN-13: 978-1517608248

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 2.8 out of 5 stars See all reviews (4 customer reviews)

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Customer Reviews

1. This is NOT a WeightWatchers® International publication. While there are numerous diet books on the market bearing the term "Weight Watchers", many are NOT affiliated with or sponsored by WeightWatchers® International, the highly successful weight loss life style started by Jean Nidetch and promoted by Oprah Winfrey. See: [...]

2. This statement from the introduction "...you do not have to worry about counting points..." may lead one to believe that these are all WeightWatchers® 0 points. The "Buttermilk & Banana Smoothie", recipe number 6, is 19 points. As adherents to the real WeightWatchers® program know, this is a VERY high point value for a single item.

3. Not all of the recipes are low-calorie. The same "Buttermilk & Banana Smoothie" contains 608 calories. (This was calculated using "The Complete Book of Food Counts", 6th edition, by Corrine T. Netzer.)

4. Despite the above reservations, I give the book 3 stars. I will use the recipes for inspiration AND count WeightWatchers® points, using 4-5 point recipes for a snack, 7 - 9 points as a small meal, and 9 -12 points as a larger meal.

waste of time and money. gave no point values

Save your money

If you are looking to loose some pounds and gain some great nutrients in a fast and easy way, this book are the way to go. Smoothie recipe is very effective, if you are beginners you should try too.

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Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) The Smoothie Maker Recipe Book: Delicious Superfood Smoothies for Weight Loss, Good Health and Energy - Works with Any Personal Blender or Smoothie Maker Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Forever Fat Loss: Escape the Low Calorie and Low Carb Diet Traps and Achieve Effortless and Permanent Fat Loss by Working with Your Biology Instead of Against It The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support for Wellness & Weight Loss DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Green Smoothie Recipe Bible: 80+ Green Smoothie Recipes for Weight Loss and Wellbeing for your Bullet Style Blender BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Low Carb: The Low Carb Dessert BIBLEÃÂ© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss)

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