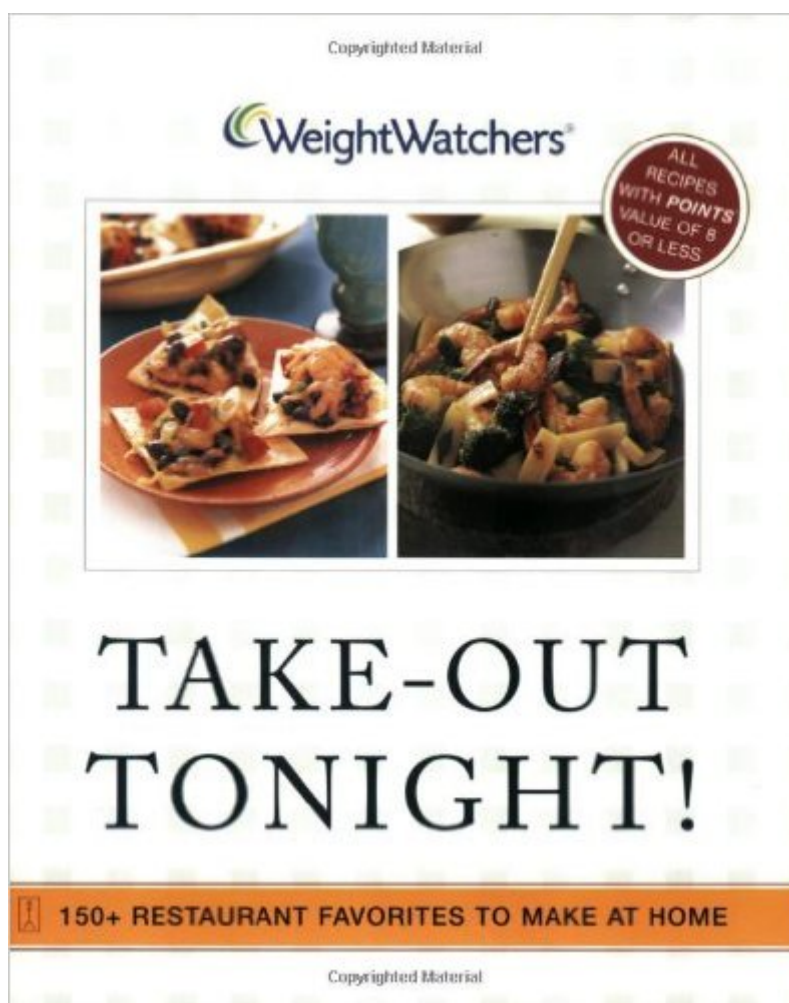


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# Weight Watchers Take-Out Tonight!: 150+ Restaurant Favorites To Make At Home--All Recipes With POINTS Value Of 8 Or Less



## Synopsis

Now you can have take-out tonight and every night and still lose weight! Craving Chinese, Mexican, Thai, or even Japanese for dinner? No problem and no need to worry about the fat and calories thanks to Take-Out Tonight! Based on the Weight Watchers Winning Points® weight loss plan, Take-Out Tonight! serves up more than 150 mouthwatering recipes that reinvent all of America's most-loved take-out dishes -- all 8 POINTS or less! Few people consider, before they stop in for take-out or pick up the phone to call for delivery, how these made-to-order meals fit into their lives if they're trying to lose weight. Truth is, they don't. So let Take-Out Tonight! help you prepare healthy, delicious meals for you and your family using the smart cooking hints people have come to expect from Weight Watchers cookbooks. Take-Out Tonight! includes: CHINESE CLASSICS, like Shrimp-and-Pork Wontons, Chinese Barbecued Pork, and Szechuan Chicken with Peanuts; MEXICAN MUST-HAVES, like Family-Style Chicken Enchiladas, Chimichurri Steak with Jicama Salsa, and Nachos Supreme; DELI SPECIALS, like Crunchy Chicken Salad Wraps, Reuben Sandwiches, and Crumb-Topped Jumbo Bran Muffins; TOTALLY THAI, like Shrimp Pad Thai and Coconut Rice Pudding; ITALIAN DELIGHTS, like Pizza with the Works, Spaghetti and Meatballs, and Cannoli Each recipe offers easy how-tos, tips, and complete nutritional information, as well as POINTS per serving. With Take-Out Tonight! there's really no reason to order out -- so get cooking!

## Book Information

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## Customer Reviews

This may be the best book published under the Weight Watchers' umbrella. It is a wonderful collection of favorite recipes from eight culinary genres. Chinese, Mexican, Indian, Thai, Italian, Greek, Japanese and Deli cuisine is featured. I love food (that's my problem) and delights such as General Tso's Chicken, Chicken Saltimbocca, Spanakopita, Shrimp Pad Thai and Moo Goo Gai Pan are now healthy, tasty and guiltless. You will not believe that these recipes are all 8 points or less. What is even more remarkable is that the family or guests will not suspect that these recipes came from Weight Watchers. This is a great leap forward for Weight Watchers as it makes the most popular restaurant meals not only available in your home, but healthy and delicious. The book, unlike some earlier Weight Watchers' cookbooks, is very well laid out. The chapters are color coded and the index is arranged by cooking cuisine, with the recipes listed alphabetically. There are many beautiful illustrations as well. Many of the recipes come with a box called Clever Cook's Tips that give the user some useful suggestions, techniques and recipe substitutions. You don't have to be a Weight Watchers' client to appreciate this book. The recipes are just good, dieting or not! Buy this one...you won't be disappointed.

I must say, this cookbook is outstanding. Every recipe I've tried has come out incredibly good, and most of the recipes I've tried are only 4 or 5 points (Weight Watchers will know what I mean!). This is a collection of ethnic recipes that you might be able to order take-out, but they are done the Weight Watchers healthy way. Although, I must admit that my local Thai restaurant doesn't have all of these great dishes! The Coconut Curry Pork Satay is to die for, as is the Thai Velvet Corn Soup! And there are great Indian, Mexican, Deli, Italian, and Chinese recipes too. I can imagine that, depending on where you live, some readers may find some of the ingredients hard to find, but here on the West Coast, our local supermarkets carry Thai fish sauce, coconut milk, and the like. The cookbook is designed really well, attractive and easy to read with photos to guide you. Full of interesting flavors, these recipes are pretty quick to make. I'm impressing the heck out of my family with these exotic dinners, and I'm not telling them that they are quick and easy!--I'll just let them be impressed!

I was just starting WW and it was going well, but I was bored. I had found a bunch of safe foods with just the right point values, but BOY was I craving take-out food and all those yummy things you can only get when cheating on a diet! I wanted Thai food most, which is notoriously filled with coconut cream and salt. Argh! When I found this book at , I immediately ordered it... and thank goodness I did! Not only does it have Thai, but Italian, Indian, Japanese, Mexican, Greek -- and more. There

are foods in here that I never thought I'd be able to have while on Weight Watchers! The recipes are straightforward and actually authentic -- I was worried that they would be too far from the originals but have been pleasantly surprised. The Thai "fresh" spring rolls (also known as Vietnamese Goi Cuon) are SPOT ON! I've even served them to guests, who couldn't stop complimenting them. One of the best things about this book is that not only do they provide the nutritional information about each serving, but they actually say the size of each serving. This seems like such a small thing - but in another WW book I ordered, the recipe only tells you how many servings for the whole recipe. Maybe I'm just not good at dividing, maybe I'm lazy... but just knowing that I can have a 1-cup serving of something \*before\* I start making something is helpful. I'm usually one of those "make it up as you go" people with cooking (this could be why I'm on WW!) but I find myself actually using this cookbook quite often! Hope this helps!

This is a great cookbook! I just bought it a few weeks ago and already I have made six recipes from it. This cookbook would appeal not only to those looking to lose weight but also aspiring cooks who are hooked on take-out. I would say that although these recipes are not exactly authentic versions of the take-out favorites, they are even better! I especially love the "clever cook's tips" that are featured on most of the recipes that tell you what substitutes to make in order to make the dish vegetarian or how to change a dish to make it better. The Spicy Orange Chicken so far is my favorite. Bon appetit!

This is a super cookbook! My boyfriend and I love spicy food: Thai, Mexican, Chinese, Indian. But we also want to eat healthy and lose weight. (I'm doing Weight Watchers Online.) This book satisfies our need for "take-out"-flavored food but with lower calories and saturated fat. We just had the Shrimp Pad Thai for dinner tonight, and it's terrific! So many lowfat recipes taste bland, but the pad Thai had a great kick from the chili sauce. All the recipes make at least 4 servings, so we have plenty of leftovers for healthy lunches! So we save money on dining out too! This is a great value. Finally, there are many recipes for appetizers that make a whole lot of servings, so I can make tasty hors d'oeuvres that I can eat without guilt! This book is great for anyone who wants to enjoy great-tasting lowfat food. Enjoy!

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