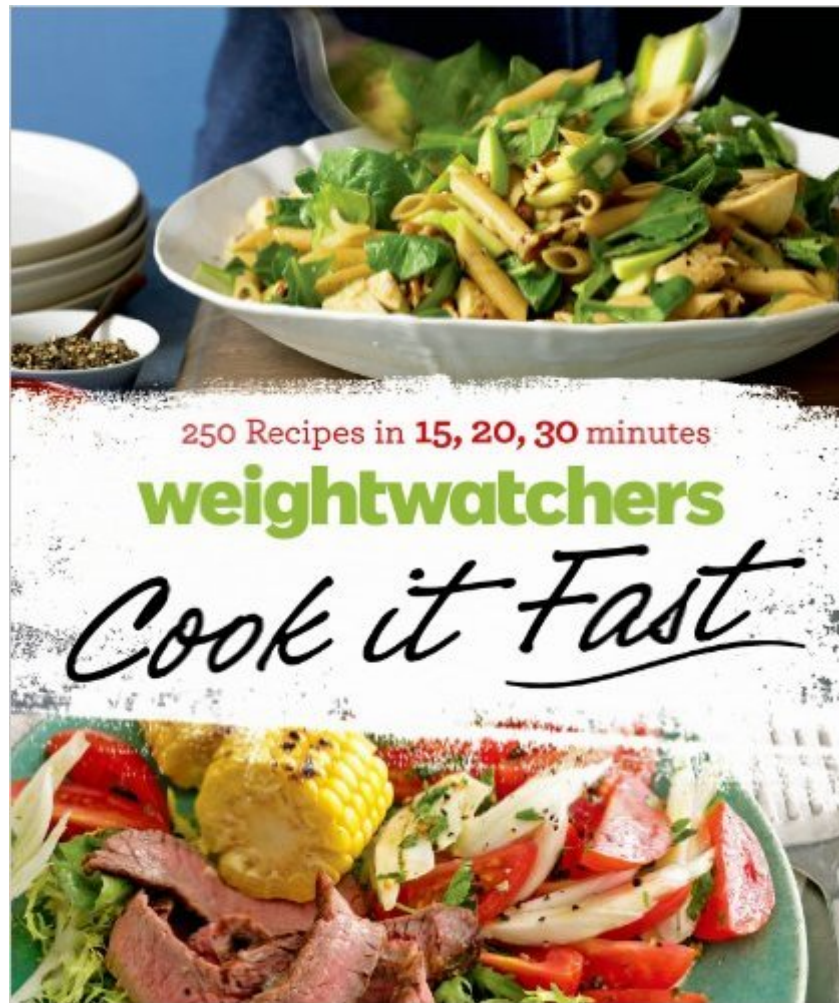


The book was found

# Weight Watchers Cook It Fast: 250 Recipes In 15, 20, 30 Minutes



## Synopsis

Really hungry? In a rush? *Weight Watchers Cook It Fast* has 250 delicious, healthful, quick and easy recipes that will help you put food on the table in thirty minutes or less. *Weight Watchers Cook It Fast* has you covered for every meal of the day--and desserts too! You'll find ideas for \* Breakfasts that will get you going\* Lunches that can be enjoyed at home or brown-bagged\* Robust dinners for the times you're really, really hungry\* Slow cooker meals with no fuss\* Snacks and desserts to satisfy your cravings in no time*Weight Watchers Cook It Fast* relies on fresh fruits and vegetables, lean meats and seafood, and whole grains to create tasty, satisfying dishes to fit your busy lifestyle.

## Book Information

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Product Dimensions: 7.9 x 0.9 x 9.4 inches

Shipping Weight: 2.3 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (79 customer reviews)

Best Sellers Rank: #67,237 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#) #252 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #352 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

Nowhere in the product page is this statement contained:"Note: Many recipes in this book were previously released in the *Momentum Cookbook* and *Pantry to Plate*, both *Weight Watchers* meeting room cookbooks."One must buy the cookbook and look at the copyright page to discover this fact. And in the Kindle edition, the copyright page is at the BACK of the book, so it doesn't appear in the sample book.Although there are interesting and yummy-sounding recipes contained in this title, and they are quick and mostly simple, since I own both of the cookbooks cited as the source of "many" recipes, I'm not willing to part with \$9.99.Further, the Apple iBooks version is completely formatted attractively. If I decide I really want this title, I'll buy it in iBooks.As with too many "repurposed content" eBooks, the Index lists all of the index titles from the print book but none

of them are hyperlinked making a search, always slow in Kindle, necessary.

I do like it alot, theres probably 50-75 keepers in here, just seems like a lot of the receipes are generic items that dont need to be published. like a plain salad with chopped veggies and low fat dressing...BUT for people who are brand new to healthy eating and havent touched much of anything green in a long time. this is a great book to get you on track and help ween you into healthy cooking. The time element is huge, a big reason I used to have a terrible diet was convenience, i didnt want to spend 1 hr preparing a super healthy tasty meal, when i could slap together a burger and fries in 15 minutes. This book makes it tougher to find a reason to 'cheat'.

Another great addition to my other cookbooks. I love the split up in the book of 15, 20, 30 and slow cooked meals lets you pick something great to eat in the time frame you have , you will love this book!

I love pictures in recipe books and this one has plenty. Everyday type ingredients fun and easy. Quite a few Simply Filling recipes too.

The recipes were good, but not outstanding . Wish it had more meal pictures. I am very visual when deciding if I am interested in making a new recipe and more often than not, I skip a recipe with no photo. Would not have purchased if I had seen it in person at the bookstore.

Bought as gifts. The two people I bought it for said it was the best and easiest cookbook they ever used. They love it and use it every day!! This from people who don't really like to cook.

Super easy to make, easy to find everyday ingredients, delicious meals!! Helps make it super easy to stay on track. Highly recommend this book!

This cookbook gives recipes that are easy to follow and cross referenced to other pages. It is a "must have" for Weight Watcher members who want to stay on target.

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