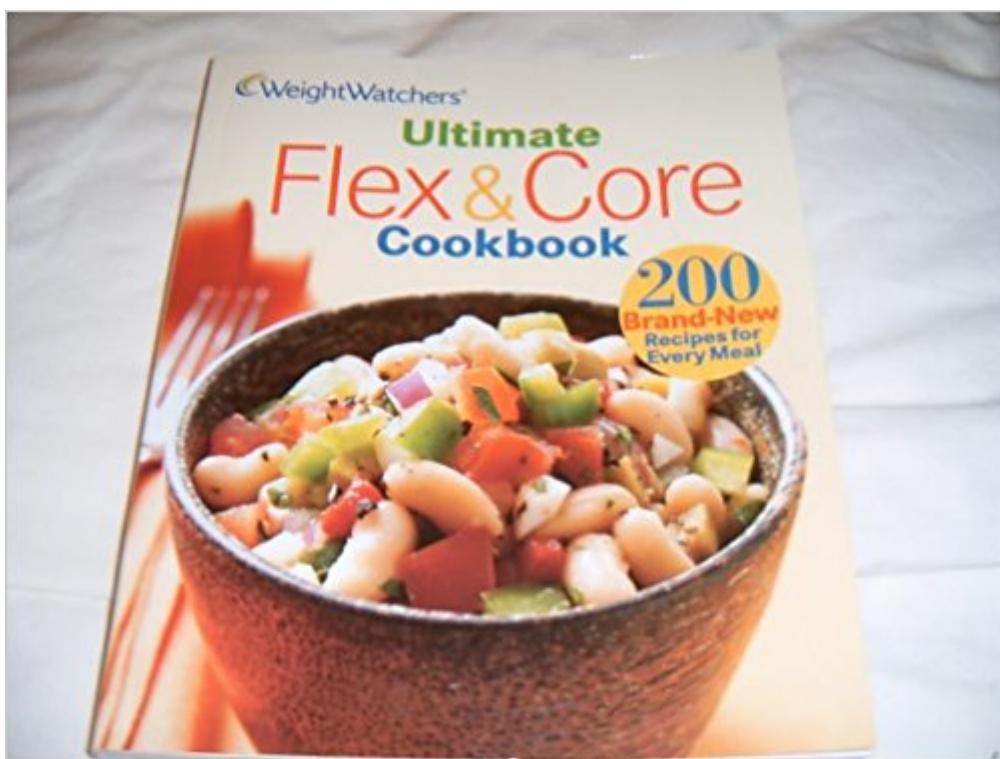


The book was found

Weight Watchers Ultimate Flex & Core Cookbook



Synopsis

THIS cookbook is your initial cookbook given out these days. I'm selling it for very cheap in case anyone wants to try WW without actually joining and paying the weekly fees.

Book Information

Mass Market Paperback: 304 pages

Publisher: Weight Watchers International, Inc. (2006)

ASIN: B000JUOEQM

Package Dimensions: 6.8 x 4.2 x 1 inches

Shipping Weight: 11.8 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #869,669 in Books (See Top 100 in Books) #127 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

THIS cookbook is your initial cookbook given out these days. I'm selling it for very cheap in case anyone wants to try WW without actually joining and paying the weekly fees.

I borrowed this book from my brother-in-law two weeks ago when my husband and I joined Weight Watchers' for the first time. Then my brother-in-law joined again. I guess I better return the book, but first I started marking recipes to copy first. There were so many that I decided to buy the book. We just had the Manhattan Clam Chowder tonight, and it was delicious. I got the idea to eat low-fat graham crackers with marshmallow fluff from this book, and it has given me a chance to have a sweet treat when I only have a couple of points left at the end of the day. I'm looking forward to trying some more recipes. I am learning about more spices this way too. I never took the time when we ate my same old recipes over and over. Happy healthy eating!

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