



Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook Guide© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan)

Blake Mason

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If Creative Weight Watcher Slow Cooker Recipes are What You Seek, then Look No Further.
Over 65+ Delicious Weight Watcher Approved Slow Cooker & Crockpot included in this Book!

Introducing The Ultimate Weight Watcher's Slow Cooker Guide...

Why Use a Slow Cooker?

Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Weight Watchers meal.

Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola!

Your Dinner is ready without any mess or dishes to clean!

The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy.

Finally, an easy way to prepare delicious meals without the extra time and effort!

Why Weight Watchers?

Weight Watchers Diet ranked #1 in Best Weight-Loss Diets, evaluated from 38 other popular diets!

Follow this Lifestyle and You'll drop up to 2 pounds weekly EFFORTLESSLY.

This program is the FASTEST way to lose weight GUARANTEED!

Why?

There's more to weight loss than counting calories – if you make healthy choices that fill you up, you'll eat less.

Weight Watchers Program assigns a Smart Points value to each recipe based on its nutritional density.

Smart Points is a simple counting system that nudges you towards nutritious, wholesome foods so that you make the correct dietary decisions and encourage you to eat cleaner, feel better, have more energy and of course shed those pounds.

Choices that are healthy and fill us up “cost” the least, meaning nutritionally dense foods cost less than empty calories.

The backbone of the plan is multi-model Access to Support from people who've lost weight using Weight Watchers and kept it off.

This book will use a step-wise approach to take you through the Weight Watchers Program and further beyond into the practical application of making healthy and super tasty recipes.

You will find a FULL nutritional breakdown at the end of each recipes, as well as Smart Points conveniently calculated!

Click the Cover and view the WEALTH of practical Information presented inside.

Think of the Weight Watcher Program like pushing the 'reset' button with your overall health, relationship with food and your lifestyle habits.

This book will teach you exactly what you need to know about the Weight Watcher Program as well as it's many Advantages and Health Benefits.

Some of the Profound Benefits You will Experience when consuming these Weight Watcher Recipes:

- Accelerated Fat Loss
- Increase Energy Levels & Vitality
- Appetite Control
- Improved Mental Focus
- Stabilised Blood Sugar Levels
- Lower Cholesterol
- Hormonal Balance

Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book:

- Andalusian Seafood Fricassee
- Asturias Sirloin Beef Stew
- Authentic Seafood Mix Stew
- BBQ Button Mushrooms
- Beef and Green Chiles Stew
- Beef Stew with White Turnips
- Beef, Zucchini and Green Chiles Stew
- Delicioso Fish Stew
- Delicious Sesame Beef
- Italian Sausages and Beans Soup
- Lentils with Chicken Meatballs
- Medley Vegetable and Chickpeas Soup
- Parsley, Parsnip and Sausage Casserole

All meals contain Smart Points values as well as FULL nutritional Breakdowns!

Over 65+ Amazing Recipes, Two For Every Day of the Month!

Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

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