



Weight Watchers Cookbook. Cooking For Two or Just For You. 20 Amazing Recipes for One-Pot Meals From Your Slow Cooker, Skillet & Stockpot: (low calorie ... cookbook, weight watchers cookbook, Book 1)

N.S. Anderson

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This book will provide weight watchers with twenty one failsafe, simple one pot meals that will feed you and a friend whilst still sticking to a low calorie diet! This does not just mean soups and stews — there are also more exciting recipes

Many people think that cooking whilst on a diet has to be either elaborate and time consuming, or else dull and bland. Nothing could be further from the truth. Often the healthiest meals are the simplest and many cheap foods are very good for you.

Cooking from scratch does not have to require lots of preparation or complicated processes. Many people feel daunted at the idea of coming home and cooking an evening meal, but all of these recipes are quick, straightforward and delicious, with the added bonus of only requiring one cooking pot to create. All the flavours and juices of the food stay together, intensifying the dish and reducing the washing up! For all these meals, all you will need is a sturdy skillet, pot or slow cooker and you can create healthy, quick meals for one or two people to enjoy. If you choose, for some of them you could make double quantities and freeze the remainder, for an even quicker lunch or supper for another day.

Cooking on a diet need not be an endless procession of salads, or boring, repetitive dishes. All of these recipes are so tasty and satisfying that even people who aren't on a diet will enjoy them, and will not even notice that what they are eating is also doing them good!

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Omer Brown:

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