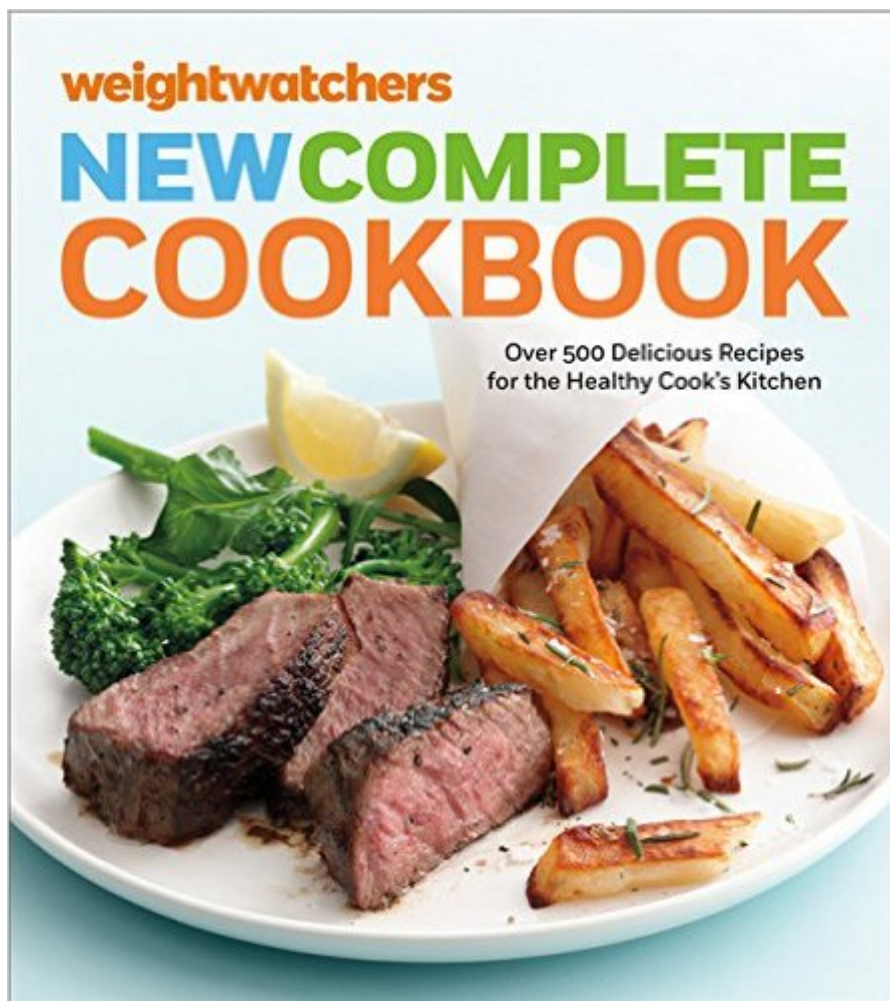


The book was found

Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes For The Healthy Cook's Kitchen



Synopsis

The newest and fully revised edition of one of America's best-selling cookbooks showcases delicious recipes for people who love to eat while embracing a healthier lifestyle. Weight Watchers knows the secrets for pairing good nutrition with great taste. From hearty breakfasts to flavorful dinners, you'll discover new recipes that rely on lean meats, whole grains, and fresh produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins and Sicilian Sausage-Stuffed Pizza. Reflecting the current trends in food, this edition boasts new chapters on appetizers and beverages, featuring a no-cook cocktail party; small plates for creating tapas for light meals; recipes for the grill; 20-minute main dishes, including advice on shopping and streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.

Book Information

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Best Sellers Rank: #8,418 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #50 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #99 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

As a professional chef I am always on the lookout for recipe cooks that can help with meal preparation. After a long day in the kitchen I'm usually one to find a quick and easy way to prepare healthy meals, and with a picking family with kids, 8, 10 & 12 meals they like are at a premium. That's not to say I follow the recipes exactly, I usually tweak even these recipes and find myself changing dried herbs to fresh herbs, using low sodium when possible and adding in yogurt instead of sour cream at times. To assist with that the Weight Watchers plan is covered in detail in

the first several pages, and it makes it easy to follow and work with recipes, much more so than some of the complicated cook books I've reviewed that would give a budding home cook nightmares. From another reviewer there are:- Breakfasts and Brunches- Beverages and Appetizers- Salads: Sides and Main Dishes- Soups: Starters and Main Dishes- Small Plates: Dishes to Mix and Match for Creative Meals- Beef, Pork and Lamb Main Dishes- Poultry Main Dishes- Seafood Main Dishes- Vegetarian Main Dishes- Meals from the Grill- 20-Minute Main Dishes- Slow-Cooker Favorites- Vegetable Sides- Grain and Pasta Sides- Cakes, Pies, Holiday Breads and Cookies- Fruit and Frozen Desserts, Puddings. It's a loose leaf binder system that allows you to take recipes out of the book as you need them or to lay the book flat without having to prop it open with a piece of fruit or rolling pin. The information is well laid out and easy to follow and should be enjoyable to anyone that purchases it regardless of the level of kitchen expertise.

Weight Watchers has a good reputation for helping people lose weight. Between their packaged meals, point systems and peer groups they have helped many people achieve results. I was aware that there were Weight Watchers cookbooks but this is the first one to which I have been exposed, and so far I like what I see. I will start by stating that this is not a standard bound cookbook with a hard or soft cover. Instead, this is a loose-leaf 5-ring binding that allows for removing individual sheets and for laying the book flat on the counter. I greatly dislike when a book gets a crease in the spine due to being open to a specific page and the spine was stressed; this binding style eliminates that concern. However, this type of binding does not lend itself to turning the pages as easily as others and it is easy to get bent and torn pages if not careful. I have other cookbooks that are bound this way and all of them required some assembly, but this one was already completely assembled, ordered and ready to go. I will not regurgitate the table of contents here, as other reviewers have already given that information. However, I will say this - this cookbook has every category covered, from meats to fruits and vegetables to pasta to desserts. There is some overlap between the sections which should be fairly obvious. Each recipe is designed to be healthy without a huge sacrifice in flavor. Many of them have subtle changes from "mainstream" recipes - Egg Beaters instead of eggs, for example. Others rely on aromatic spices and more savory ingredients to pack in the flavor. Every recipe comes with nutrition information (which is getting to be more and more common in cookbooks). They also come with very specific serving sizes so there is no guesswork on that.

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