

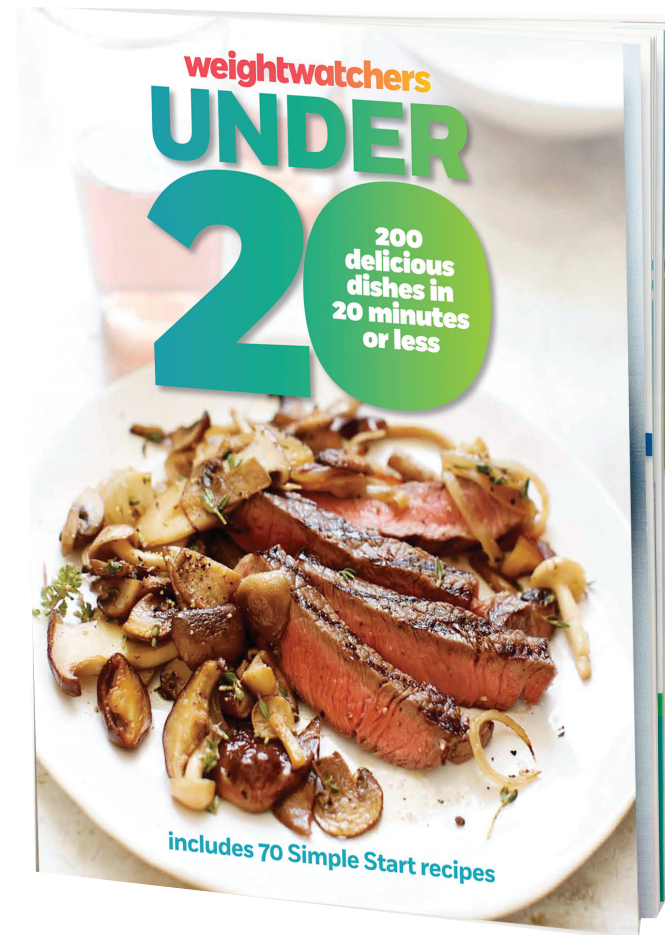
weightwatchers

under 20 weight watchers program cookbook

Got 20 minutes? Then get cooking! These 200 mouthwatering recipes are innovative, truly satisfying meals for easy weeknight and delicious weekend dinners that make the most of your **PointsPlus**® values. With so many quick and tasty options to whip up in minutes, it'll be easy to stay on track!

product highlights

- Includes 70 recipes for Simple Start!
- A list of the best appliances—ever— to speed up your cooking!
- It's packed with everyone's favorites from stews and soups to super-healthy seafood recipes that go beyond a can of tuna, including shrimp, salmon and lobster. Plus, 25 recipes where chicken is the star!



cookbook