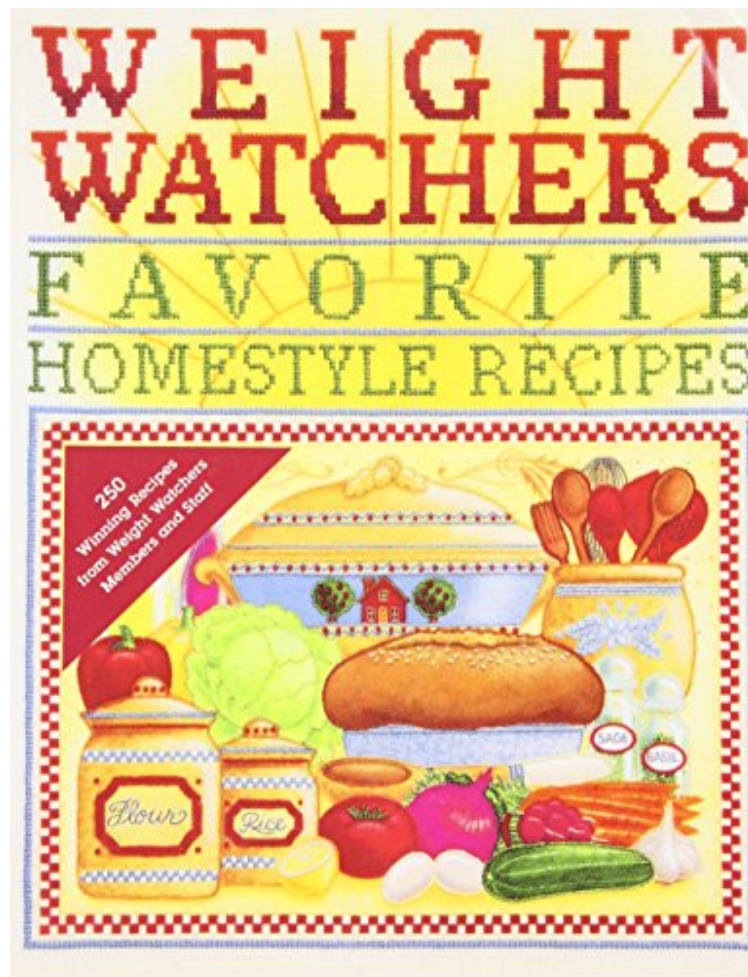


(Free) Weight Watchers Favorite Homestyle Recipes: 250 Prize-Winning Recipes from Weight Watchers Members and Staff

## Weight Watchers Favorite Homestyle Recipes: 250 Prize-Winning Recipes from Weight Watchers Members and Staff

*Weight Watchers International*  
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**Weight Watchers International : Weight Watchers Favorite Homestyle Recipes: 250 Prize-Winning Recipes from Weight Watchers Members and Staff** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Weight Watchers Favorite Homestyle Recipes: 250 Prize-Winning Recipes from Weight Watchers Members and Staff:

0 of 0 people found the following review helpful. Five Stars By Gerigood0 of 1 people found the following review helpful. Down Home Cooking. Bonus, NO Points to Count. By S. Calderon I couldn't find a recipe that I didn't want to eat, right now. As a Weight Watcher from the 1970's, the recipes in this book were equal to some of my more gourmet books, but with a down home feel. Counting POINTS was a NO GO for me. The Points Program never felt like it was

teaching true nutrition. I have become a good judge of recipes after all these years and I highly recommend this book. 1 of 1 people found the following review helpful. Great  
By Lisa McNeill I checked this book out from the library and loved it so much I bought it. I'm enjoying the receipts.

A treasury of 250 of the best recipes submitted to a Weight Watchers contest features recipes for such dishes as No-Guilt Potato Salad, Blueberry-Orange Muffins, Curried Carrot Soup, and Banana French Toast. Reprint. 150,000 first printing.

From Publishers Weekly This newest Weight Watchers cookbook may interest an even broader audience than the association's already burgeoning ranks of members. Culled from the personal files of loyal program fans and staff members, recipes include a wide variety of fun, tasty and filling foods, from an elegant salmon with black beans to a creamy celery and garlic soup, and alluring desserts like ginger pears and homemade ice cream. Their accuracy, though, is questionable. While nutritional information--as well as Weight Watcher program data--is provided for each recipe, portions are inconsistent, and rarely are sizes provided by ounce. A cheese lover's white pizza, created from a 10-ounce refrigerated pizza crust, is portioned into six servings; on the following page, "Peter Piper's" (pepper-strewn) pizza (which also requires the base of a 10-ounce refrigerated pizza crust) is doled into eight servings. Moreover, "weight watchers" who don't attend the program--but expect low-calorie, healthy recipes--must be forewarned. In one example, an easy skillet supper, which is ostensibly portioned for one, calls for six whole eggs, provides 344 mg of cholesterol and nearly half of its calories from fat. Photos not seen by PW. Copyright 1992 Reed Business Information, Inc.  
From Library Journal The latest Weight Watchers cookbook features recipes from members and staff who submitted their favorites in a nationwide contest. The winning recipes were retested and refined to fit the organization's nutritional guidelines. Most seem like good family fare rather than diet food, and there is little reliance on convenience food or ersatz ingredients. The headnotes, which introduce the "real people" who contributed the recipes, have a peppy cheerleading tone and read more like yearbook entries ("Brenda loves painting, knitting, sewing, and vacations"). Expect heavy demand. BOMC, Quality Paperback Book Club, and HomeStyle Books selections. Copyright 1992 Reed Business Information, Inc.