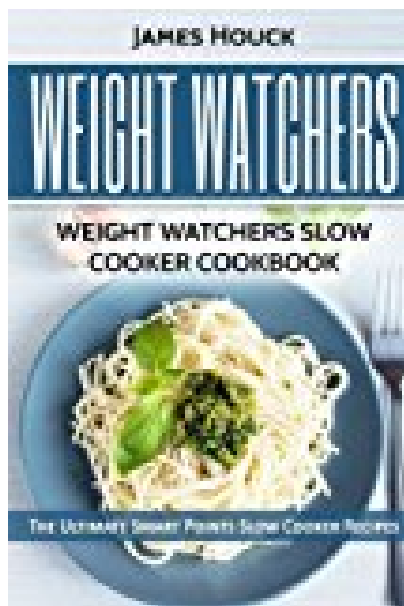


# Weight Watchers Weight Watchers Slow Cooker Cookbook Complete Smart Points and Nutrition Information

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## BOOK DETAILS

- Author : James Houck
- Pages : 94 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 154476040X

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## **BOOK SYNOPSIS**

50 Smart Points Slow Cooker Meals-Slow Cook Yourself Slim! Each tantalizing recipe comes with nutritional information including calories, fat, protein and carbs, as well as Weight Watchers SmartPoints. Looking for easy healthy low calorie crock pot recipes? You've come to the right place. There's not a better kitchen appliance for busy people who cherish home-cooked meals at home without a lot of time and fuss. And if you're serious about weight loss, your slow cooker can be your best friend. Instead of worrying all day about what to make for dinner, you know a healthy and delicious meal will be ready and waiting when you get home. With a just a bit of planning, preparing mouthwatering meals is a snap. An amazing meal can simmer to perfection on its own while you're at work, running errands, or spending time with the family. Buy your copy today! Take The Effort Out Of Meal Planning

### **WEIGHT WATCHERS WEIGHT WATCHERS SLOW COOKER COOKBOOK COMPLETE SMART POINTS AND NUTRITION INFORMATION**

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