



Your Own Weight Watcher: Weight Watcher's Recipes Quick Reference: Simple Start Plan To Lose 21 Lbs in 2 weeks (Weight Loss For Beginners, Simple Weight Watcher's Cookbook)

Tina Moore

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Are you currently trying to lose weight? Have you tried to lose weight in the past but struggled? Have you lost weight but are trying to lose more? Are you curious about Weight Watchers and how you can use it on your own weight loss journey? If you're reading this, it's quite likely you answered "yes" to one or more of the previous questions and if you did, then this book can not only help you but be a great educational tool to help you lose weight!

Weight is such an important issue in our everyday lives. So much of what we wear and eat as well as how we think of ourselves is based on our weight and how we look. Weight (and how it makes us look) is important to us because how we look and therefore, how we feel, relays a message to everyone who sees us throughout our daily life.

If you are feeling or have felt, uncomfortable with your weight and are looking to make a serious life change, then this book is a great choice for you! Losing weight and keeping it off is an extremely difficult thing to do! It is always easier when you have something or someone to help you stick with the commitment. This book can not only help you preserve but it can also serve as a guide to educate you on what to eat, when to eat it and how this will affect your weight loss. This book includes:

- Helpful information that can assist you in losing weight
- An introduction to Weight Watchers
- Three Weight Watchers Recipes for a smart breakfast
- Three Weight Watchers Recipes for a healthy lunch
- Three Weight Watchers Recipes for a satisfying, yet nutritious dinner
- Three Weight Watchers Recipes for desserts

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Rebecca Kurtz:

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Cheree Kramer:

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Lou Bryant:

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