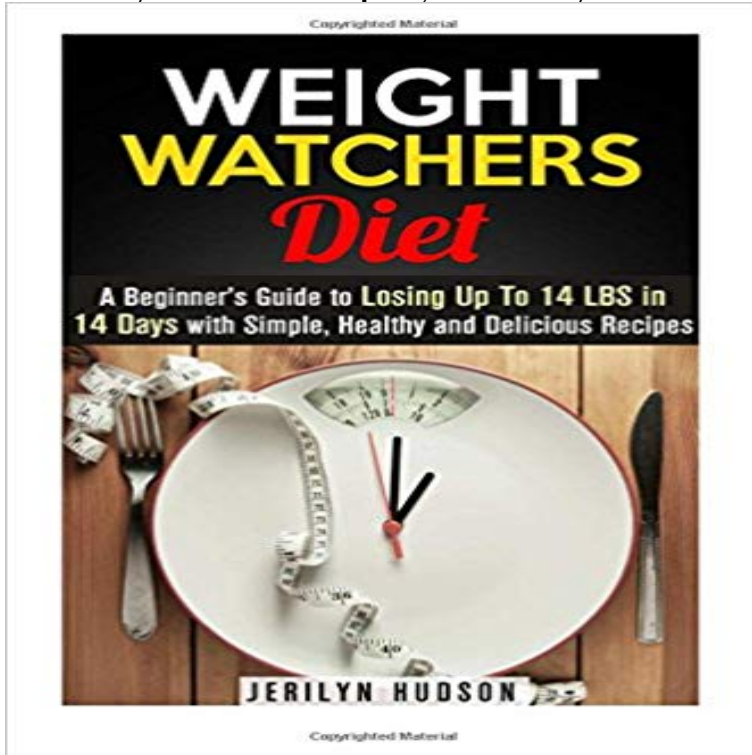


Weight Watchers Diet: A Beginners Guide to Losing Up To 14 LBS in 14 Days with Simple, Healthy and Delicious Recipes (Diet Plan Guide)



Over the years have you added a few pounds? Maybe its more than a few unwanted pounds. Youve tried dieting, but the measuring and calorie counting was too hard. You always feel deprived of the foods you like! Weight Watchers lets you eat every food you like. You just cant eat everything! You make choices every day. Through the PointsPlus system, you get to decide what you eat. You can even enjoy snacks and desserts! The Simple Start program gets you eating healthy and on the way to a new life! Through these easy and delicious recipes you can lose up to 14 pounds in 14 days! Written in easy-to-understand language, this book takes you step-by-step through the process of making simple recipes that are delicious and healthy! Stop dieting and start chosing tasty foods that you enjoy! Inside you will learn How the Weight Watchers program works. A quick method to calculate your daily allowable points. Tips for eating a quick, tasty breakfast even when you dont think you have time! Step-by-step instructions for delicious recipes that are easy to make! Tips for making craving crushing snacks and decadent desserts! Straegies for losing weight while eating out in restaurants. You can do it! With this beginners guide to Weigh Watchers, you can lose up to 14 pounds in 14 days! Stop dieting and start making smart choices!

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