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Mini Series Perfect Pasta

Weight Watchers

Mini Series

Perfect Pasta

**Create satisfying meals in
just 30 minutes or under**

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with this handy book, ideal for midweek suppers and any occasion when you're pushed for time. Packed full of recipes from the best of Weight Watchers cookbooks, you won't believe you can

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cook such delicious food so quickly. Feed the family with a Speedy Shepherd's Pie or Hot Sticky Sausages or enjoy Cantonese Orange Duck or Herb Crusted Salmon for a special supper.

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You may even want to whip up a delicious dessert such as Baked Alaska or Crunchy Apple Crumbles to finish your meal. Whatever you choose, there are plenty of easy but stunning recipes to

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***get you cooking even on the
busiest day.***

***We're having a celebration
of food for cooks who love to
eat well—and eat smart!***

***Weight Watchers cookbooks
are trusted by anyone who***

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***is excited about cooking
delicious, healthy food. And
with the more than 280
recipes in Weight Watchers
50th Anniversary Cookbook,
healthy cooks (and anyone
who aspires to be one!)***

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everywhere now have the opportunity to sample a collection of many treasured favorites. These delicious dishes have been updated, featuring fresh ingredients, how-to tips, Weight

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***Watchers lore, and
nutritional info and
PointsPlus® values for the
newest program, Weight
Watchers 360°. Inside you'll
find... • Classics like Easy
Homemade Macaroni and***

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***Cheese and Garden
Vegetable Soup • Savory
Italian fare such as Sausage
Focaccia and Pizza
Margherita • Healthy takes
on hearty dishes such as
Buffalo Chicken Wings and***

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Biscuit-Topped Chicken Pot Pie • Bold-flavor favorites such as Asian Noodle Soup with Tofu and Shrimp; and Ham, Pepper and Onion Calzones • Hearty salads that make a meal, like

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***Caesar, Chef, and Cobb •
Retro faves such as Deviled
Eggs and Fudgy Brownie
Pudding Cake Weight
Watchers 50th Anniversary
Cookbook is a great
resource, whether you're in***

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***search of a quick-fix dinner
for tonight or planning a
week's worth of menus.
Every single recipe works
like a charm and tastes
great!
No more feeling hungry***

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***when trying to maintain
your weight - enjoy
Satisfying Suppersevery day
with these fabulous recipes
from the best of Weight
Watchers cookbooks. Feed
friends and family with***

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***Thatched Beef Pie,
Vegetable Jalfrezi, Fish
Crumble or Pot Roast
Chicken, or treat a friend to
Oriental-style Fish Parcels or
Leeks and Beans with
Cheese Sauce. From a***

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special meal for two to a family gathering to everyday meals, there is something here to suit every occasion. There are delicious desserts here too - perfect for finishing off a satisfying

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supper.

Showcasing its most popular dishes, the weight-loss gurus present more than two hundred delicious and healthy recipes for both classic comfort foods and

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zesty international specialties, along with complete nutritional information for each recipe, including listings for trans fats, and highlighting those recipes from Weight

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***Watchers' CORE program.
Italian***

***Over 500 Delicious Recipes
for the Healthy Cook's
Kitchen; Smartpoints Edition
The Ice Cream Diet
Weight Watchers Mini***

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***Series: Midweek Meals
Weight Watchers Mini
Series: Best-Ever Chicken
Weight Watchers All-Time
Favorites***

*The newest and fully
revised edition of one*

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of America's bestselling cookbooks for people who love to eat while embracing a healthier lifestyle.

WeightWatchers knows the secrets for pairing good

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*nutrition with great
taste. From hearty
breakfasts to flavorful
dinners, you'll discover
new recipes that rely on
lean meats, whole
grains, and fresh*

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produce. Try new favorites like Cremini Mushrooms with Quinoa and Thyme or Swiss Chard au Gratin, or family standbys like Buttermilk-Blueberry Corn Muffins

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*and Sicilian Sausage-
Stuffed Pizza.*

*Reflecting the current
trends in food, this
edition boasts new
chapters on appetizers
and beverages, featuring*

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*a no-cook cocktail
party; small plates for
creating tapas for light
meals; recipes for the
grill; 20-minute main
dishes, including advice
on shopping and*

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streamlining; plus numerous tips and techniques. With more than 60 color photos, this book will make everyone healthier and happier.

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*Pasta - the ultimate
storecupboard essential.
There are so many types
of pasta and so many
fantastic ways of using
it to create quick and
filling meals to feed*

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the family, with classic recipes such as Lasagne, Spaghetti Bolognese and Pasta Carbonara. But pasta can also be turned into a sophisticated supper dish for two, a

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*treat for when you're
eating alone, or a
hearty dish for
leisurely weekend get-
togethers. And, while
you're cooking supper,
you'll find suggestions*

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*for simple salad recipes
such as Pesto Pasta
Salad and Spicy Crab
Pasta Salad that you can
prepare alongside and
pack up ready for
tomorrow's lunch box.*

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*Packed full of a
wonderfully diverse
range of recipes from
the best of Weight
Watchers cookbooks,
Perfect Pasta will help
you to make full and*

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*imaginative use of this
wonderfully versatile
ingredient.*

*Curry is Britain's
favourite food and we
can't seem to get enough
of dishes such as*

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*Chicken Tikka Masala,
Bombay Potatoes and
Tandoori Prawns. You'll
find these recipes, as
well as a wider range of
curries from across the
globe, in this exciting*

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*collection of dishes
with a spicy kick - all
from the best of Weight
Watchers cookbooks.
Classic Curries is a
healthy, lower calorie
alternative to the*

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takeaway menu and has everything from traditional accompaniments, such as naan and raita, to exotic puddings and ice creams. Many curries are

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*vegetarian and there are
tips on adding meat to
various dishes to keep
everyone happy! You'll
find quick suppers and
snacks that can be on
the table in 30 minutes*

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*as well as slowly
simmered stews for lazy
weekend lunches. And
these satisfying curries
come with advice on
heating up or cooling
down, according to your*

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taste.

*One pot and you're
done—delicious recipes
using everyday kitchen
equipment With every day
so busy, wouldn't you
just love to throw*

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*everything in one pot
and have dinner ready?
With Weight Watchers®
One Pot Cookbook, you'll
find 300 super-tasty and
healthy one-dish recipes
that the whole family*

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will love. These no-fuss recipes are more than just easy—they are healthy and nutritious, as they come from the culinary experts at Weight Watchers. You'll

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*find over 300 delicious
and comforting one-pot
recipes that include
casseroles, pastas,
soups and stews, light
stir-fries, and
desserts—all accompanied*

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*by 100 beautiful,
4-color photographs.
Organized by type of
cooking
vessel—everything from
casserole dishes,
skillets, woks,*

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*saucepans, slow cookers,
pressure cookers, even
specialty equipment such
as fondue pots—this book
lets you make the most
of your kitchen tools
while cooking delicious*

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meals for the whole family. Also included in this ultimate cookbook: All recipes include nutrition information and Weight Watchers PointsPlus values Extra

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Healthy Tips provide easy suggestions for additions to the recipes Tons of introductory information on each type of pot—from skillets to slow cookers—is also

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included For great-tasting, nutritious meals that are easy to prepare and quick to clean up, turn to Weight Watchers One Pot Cookbook.

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*Weight Watchers Mini
Series: Family
Favourites
Best-Ever Chicken
Weight Watchers Mini
Series: Weekends
Weekdays*

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*Weight Watchers Ultimate
Chicken Cookbook*

*Everybody's Favorite
Comfort Foods at 350
Calories Or Less*

*Hungry Girl mania is sweeping the
nation! The New York Times*

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*bestselling phenomenon delivers even more yum-tastic recipes! An easy-to-use cookbook containing 200 Hungry Girl recipes all under 200 calories. Recipes include: * H-O-T Hot Boneless Buffalo Wings *Sassy Southwestern Roll-Ups *Cheesy-Good Cornbread*

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*Muffins * Holy Moly Guacamole *
HG's So Low Mein w/Chicken *
Cheeseburger Lettuce Cups *
Chocolate Chip Cookie Crisp Puddin'
Shake * Swirls Gone Wild Cheesecake
Brownies * Personal Pretzel-Bottomed
Ice Cream Pie! And many more! Told*

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with Lisa's signature wit and sassy style, these recipes are as fun to read as they are to make!

Create fabulous food in just 30 minutes or less with Midweek Meals. Packed full of recipes from the best of Weight Watchers cookbooks, you won't believe

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you can cook such delicious food so quickly. Feed the family with a Quick Turkey Cottage Pie or Vegetable Biryani or enjoy Chicken Cordon Bleu or Mussels with Tarragon for a special supper. You may even want to whip up a delicious dessert such as Chocolate

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Roulade or French Apple Tarts to finish your meal. Whatever you choose, there are plenty of easy but stunning recipes to get you cooking even on the busiest day.

There's no more worrying about what to cook the family with this wonderful

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collection from the best of Weight Watchers cookbooks. Family Favourites full of tasty recipes that everyone will really enjoy. Try Oven Baked Tomatoes and Eggs for a weekend brunch and bring back the Sunday roast with Roast Lamb with

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Fruity Herb Stuffing. Midweek meals are sorted with quick and easy dishes such as Mediterranean Macaroni Cheese or Prawn Stir-fry, and the Friday night take-away is catered for too with home-made Fish and Chips or Creamy Lamb Korma. Whatever you

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try, your family will love it, and they'll love you for cooking it too.

"Weight Watchers New Complete Cookbook (5th Edition)" continues the success of this best-selling all-purpose cookbook; it is perfect for people following the Weight Watchers

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program, as well as those looking for healthy, delicious recipes."

Weight Watchers Mini Series: Rice & Noodles

200 Recipes Under 200 Calories

Fresh and Fabulous

Weight Watchers 50th Anniversary

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Cookbook

Weight Watchers Mini Series:

Weekdays

The Skinnytaste Cookbook

**Chicken is incredibly versatile
and by adding just a few
ingredients you can create**

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**tasty dishes such as Lemon
Chicken Pasta, Aromatic
Chicken Curry or a classic Coq
au Vin - all wonderful recipes
from the best of Weight
Watchers cookbooks. However
you choose to use chicken, you**

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can't go wrong. It goes with anything and all these recipes are absolutely delicious and easy to follow. All you need to do is choose a recipe and get cooking your Chicken Favourites.

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One Pot Wonders is here to make your life easier with tasty, easy recipes that can all be cooked using just one main pan, dish or pot. Packed full of recipes from the best of **Weight Watchers cookbooks,**

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**these are not only delicious
but they will help save on the
washing up too! For midweek
suppers, tempt your family and
friends with Stir-fried Pork
with Baby Corn, Goat's Cheese
and Lentil Stuffed Peppers or**

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Turkey Pilaff. If you have more time, try a one pot roast, like Rosemary Roast Chicken or Pot Roast Mustard Beef. There are even simple desserts, such as Slow Roasted Plums and Apple Bread Pudding.

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Chicken is hugely popular and incredibly versatile, and by adding just a few ingredients you can create delicious dishes such as Roasted Lemongrass Chicken, Seared Chicken with Mint Yogurt Dressing or a Thai

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**Style Chicken Curry - all
fabulous recipes from the best
of Weight Watchers
cookbooks. With ideas for
every occasion - from snacks
and light bites, suppers for one
and two, and tasty meals for**

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**family and friends to soups and
salads and inspirational dishes
from around the world - you
can't go wrong with this easy-
to-follow collection of your
favourite chicken recipes.
The Healthy Cook's Best**

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Kitchen Companion Eating well and losing weight have never been easier - or more delicious! This comprehensive Weight Watchers cookbook is packed with more than 500 fresh and flavorful recipes for

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every meal and virtually every occasion. With countless cooking tips, helpful how-to's, and sixty color photographs, Weight Watchers New Complete Cookbook is the all-in-one kitchen resource you'll

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**turn to again and again for
great ideas and inspiration.
Whether you're looking for a
quick and easy weeknight
dinner or something special to
spice up a weekend brunch,
you'll find a variety of recipes**

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to choose from on every page. How about tasty Chicken Fajitas, smoky Roasted Broccoli with Cumin-Chipotle Butter, or rich Chocolate Fondue? With choices like these, ranging from classic

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**comfort foods to zesty
international dishes, boredom
is never on the menu.
Throughout, Weight Watchers
nutrition and cooking experts
offer you simple, flexible ways
to achieve your weight loss**

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**goals without giving up
favorite foods. So get cooking
today with Weight Watchers
New Complete Cookbook - and
enjoy! Here's what is inside:
More than 500 healthy recipes,
including Core Plan recipes**

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**and POINTS values for every
recipe. Information on Weight
Watchers popular Flex Plan A
brand-new holiday baking
chapter, with recipes from
around the world Handy recipe
icons (for Core Plan, 20**

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**minutes or less, spicy, and 5
POINTS values or less)**

**Complete nutrition
information - including trans
fats Valuable tips, how to's,
substitutions, and leftover
ideas And much more**

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**How the Founder of Weight
Watchers Changed the World --
and Me**

**Weight Watchers Mini Series:
Classic Curries**

Year-round Grilling

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**Weight Watchers Mini Series:
One Pot Wonders
Over 500 Delicious Recipes for
the Healthy Cook's Kitchen**
Weekends is a fabulous
collection from the best of
Weight Watchers cookbooks.

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Full of amazing and delightful recipes that all serve four people or more, it is great for those weekend get togethers. From fantastic brunch and lunch ideas, such as Mushroom Sloppy Joes, to delicious supper dishes like

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Sunday Chicken and White Pork Bourguignon, there are so many ideas here to help you cook brilliant food. We've even included party food like Sesame Prawn Toasts -perfect forWeekends.

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Cooking for one or two people is no longer a chore with tasty and satisfying ideas For One & Two. Packed full of amazing recipes from Weight Watchers cookbooks, this is the perfect book when cooking for yourself

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or to share. From a filling soup to a classic casserole, a quick stir-fry to an amazing dessert, there are so many great ideas here to get you cooking. Treat yourself to an individual Chicken and Sweetcorn Pie or Salmon en

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Croûte, followed by Flaked Rice Pudding or a Peach Brûlée, or share a Superquick Spinach and Cheese Lasagne or Beef Stroganoff for Two followed by Easy Chocolate Soufflés. So, next time you are cooking For One &

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Two, create something delicious with the help of these wonderful recipes.

Cooking on the indoor grill or outdoor barbecue

Even if your lifestyle is crazy-busy, a great meal is only a short

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time away with this tasty collection of the newest Weight Watchers recipes. You'll find recipes that you can make in a snap in the microwave, a chapter of favorites that go from kitchen to table in a mere 15 minutes,

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fast dinners that you can prepare with just 5 ingredients, and more, illustrated throughout with beautiful color photos. With the 250 fast, irresistible recipes you'll find here, it's easy to stay on target while enjoying all the

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dishes you love.

Meals in 30 Minutes

Weight Watchers Mini Series:

For One and Two

WeightWatchers New Complete
Cookbook

7 Powerful Mindset Changes for

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Lasting Weight Loss

Weight Watchers Mini Series:

Satisfying Suppers

The Shift

The Shift is not about what to eat or not eat. It's not about when to eat. It's

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about building thinking habits, proven through science, that help you lose weight. There are so many myths surrounding weight loss: Setbacks mean failure. Big results require big goals. You need to power

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through alone. You have to hate your body to lose weight. Happiness awaits you only at the end of the journey. All of these are untrue, unhelpful—and actually undermine long-term weight loss. Dr. Gary

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Foster's 7 Mindset Shifts show you how to—and why you should—treat yourself in a way that feels better and primes you for likelier success. His argument and the techniques in each chapter, built on years of

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research and breakthroughs in cognitive behavioral therapy and positive psychology, can lead to results on the scale—but, more important, in your own thinking. The Shift flips old-fashioned weight-loss

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theory on its head, training you to recognize when your thinking is taking you away from your goals, to focus on action rather than outcome, and to value non-scale victories more than the number on the digital

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display. It's evidence-based motivation—and it really works! The 7 Mindset Shifts include treating yourself with compassion, leaning into your strengths, appreciating the power of small steps (and more

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frequent rewards), finding your people, and truly relaxing into happiness and gratitude. "Diet thinking" isn't habit-forming; mindset shifts are. And muscular yet kind mental habits, like the ones found in *The Shift*, are

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key to long-term, positive change.

Weight Watchers® best-ever recipes for America's favorite healthy meat: chicken! Everyone loves chicken-it's versatile, economical, and perfect for

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everything from quick
weekday dinners to leisurely
weekend meals. Here are 250
favorite low calorie chicken
recipes--from time-tested
and classic to new and
trendy--for any and every
occasion in one beautiful,

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easy-to-use cookbook,
including: - Tasty Small
Bites: from Chicken Skewers
with Spicy Peanut Dipping
Sauce to Chicken and Cheddar
Quesadillas - Super Salads:
like Chicken, Mango, and
Black Bean Salad and Grilled

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Chicken Sausage with Roasted
Potato Salad - Hearty Soups
and Stews: such as Mexicali
Chicken Soup with Lime and
Chicken Stew with Dumplings
- Company favorites: from
Hunter-Style Chicken to
Chicken, Shrimp, and

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Kielbasa Paella - Something
from the Oven: such as
Chicken Baked in a Salt
Crust and Green-Olive Roast
Chicken - Grilled Main
Dishes: from Chicken Under a
Brick to Tequila-Citrus
Chicken - Slow-Cooker

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Favorites: like Chicken and Ham Cassoulet and Meatballs in Cinnamon-Tomato Sauce - Recipes Ready in Twenty Minutes: such as Chicken and Edamame Stir-Fry and Chicken Caesar Pitas With Weight Watchers Ultimate Chicken

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Cookbook, you'll discover many delicious recipes sure to become your family favorites. Plus you'll find valuable information on buying and safe handling of chicken, how to carve chicken and turkey, cooking

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chicken to perfection, types of birds and how to choose them, slow-cooker know-how, diet information, and more.

Weight Watchers Mini Series:
Satisfying Suppers
Simon and Schuster

No more feeling hungry when

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trying to maintain your weight - enjoy Satisfying Suppers every day with these fabulous recipes from the best of Weight Watchers cookbooks. Feed friends and family with Thatched Beef Pie, Vegetable Jalfrezi,

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Fish Crumble or Pot Roast
Chicken, or treat a friend
to Oriental-style Fish
Parcels or Leeks and Beans
with Cheese Sauce. From a
special meal for two to a
family gathering to everyday
meals, there is something

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here to suit every occasion.
There are delicious desserts
here too - perfect for
finishing off a satisfying
supper.

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Fresh and Fabulous
This Is Big

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Weight Watchers Mini Series:
Chicken Favourites
Over 200 Best-Ever Recipes
from the Weight Watchers
Test Kitchens
Weight Watchers Mini Series:
Winter Warmers
From Mama's Table to Mine

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Provides recipes, exercise advice, and meal plans utilizing ice cream to lose weight, alleviate PMS symptoms, lower blood pressure, and reduce the risk of colon cancer.

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A collection of 150 delicious and healthful recipes presents the best in authentic Italian cookery, featuring Tiramisu, Osso Buco, Rigatoni with Sausage and Fennel,

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Polenta, and other traditional favorites. From a contributor to The Cut, one of Vogue's most anticipated books "bravely and honestly" (Busy Philipps) talks about weight

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**loss and sheds a light on
Weight Watchers founder
Jean Nidetch: "a triumphant
chronicle" (New York
Times). Marisa Meltzer
began her first diet at the
age of five. Growing up an**

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indoors-loving child in Northern California, she learned from an early age that weight was the one part of her life she could neither change nor even really understand. Fast

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**forward nearly four
decades. Marisa, also a
contributor to the New
Yorker and the New York
Times, comes across an
obituary for Jean Nidetch,
the Queens, New York**

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**housewife who founded
Weight Watchers in 1963.
Weaving Jean's incredible
story as weight loss maven
and pathbreaking
entrepreneur with Marisa's
own journey through**

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Weight Watchers, she chronicles the deep parallels, and enduring frustrations, in each woman's decades-long efforts to lose weight and keep it off. The result is

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**funny, unexpected, and
unforgettable: a testament
to how transformation goes
far beyond a number on the
scale.**

**This is a delightful
collection of recipes from**

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Weight Watchers. This latest 'Mini Series' is handbag sized and thus to pick up on your way home from work. Small but perfectly formed, each book is themed with a

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**selection of recipes for
delicious meals that are
healthy too.**

**Lose Weight for Good
280 Delicious Recipes for
Every Meal
Weight Watchers Mini**

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Series: Simply Spicy
Weight Watchers Mini
Series: Meals in 30 Minutes
Hungry Girl: 200 Under 200
Weight Watchers One Pot
Cookbook

Easy pizza. Fish-in-a-bag. Cajun

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spiced eggs. French apple tarts. If you think this doesn't sound like diet food, then think again. Featuring ALL the recipes from his BBC2 TV series, Tom Kerridge shows how you can enjoy all your FAVOURITE FOODS and still LOSE WEIGHT

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with his LOWER-CALORIE DIET WITH A DIFFERENCE. Michelin-starred chef Tom Kerridge has been developing top recipes for nearly three decades and knows how to make things taste good. He also understands how much willpower it takes to shift

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unhealthy excess weight, because he has lost over 11 stone in the last four years by following a low-carb diet. Now Tom is turning his attention to helping food-lovers who have chosen a lower-calorie diet as their own route to weight-loss. This is a

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lower-calorie diet with a difference - it's based on hunger-satisfying portions of delicious, lower-calorie dishes that taste amazing. The focus is on the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as

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though you are missing out. Recipes include Southern-style chicken; One-layer lasagne; Chicken tikka masala; Lamb doner kebab; Beef stroganoff; Sweet potato and black bean burritos; Sticky pork chops; and Baked doughnuts with sweet five-

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spice dust. As Tom says: 'It's impossible to stick to a diet if the food you're expected to eat is boring and doesn't fill you up. So I've developed lots of tasty and satisfying recipes that people will love to cook and eat, but that will also help them lose weight. I

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truly believe that this attitude works. I've been there myself and now I want to help others get there too.' By adopting a new, healthy approach to eating you really CAN lose weight for good. Provides Southern-inspired comfort food options with fewer

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calories, including meat loaf, oven-fried chicken, and bittersweet chocolate cheesecake.

Everyone agrees that spice is nice, and here is an amazing collection of recipes from the best of Weight Watchers

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cookbooks to get your tastebuds tingling. There are so many different ways to add a little bit of spice to your food. Liven up your lunch with a little chilli, brighten a plain piece of meat or fish with a spicy side dish, or treat the family to a home-made

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spicy supper instead of a take-away. From a Cajun Steak Muffin for one to Chermoula Curried Pork for six, there are recipes here for all occasions. So give them a go and add a little spice to your life with Simply Spicy. Get the recipes everyone is

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talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-

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find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and

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Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally

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indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for

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help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started “skinny-fying” her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and

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detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Perfect Pasta

More than 250 Fresh, Fabulous

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Recipes for Every Day

Weight Watchers Mini Series:

Soups & Salads

Weight Watchers Mini Series:

Perfect Pasta

Weight Watchers In 20 Minutes

Light on Calories, Big on Flavor

Delicious soups and filling salads -Soups

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& Salads is an inspiring collection from the best of Weight Watchers cookbooks. With warm filling soups, broths with zingy fresh flavours, chilled summery soups and hearty chowders, the variety here is astonishing. The range of delicious salads includes light simple dishes, unusual warm salads and

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substantial salads that are both fresh and filling. Whatever type of meal you are looking for, Soups & Salads has the answer.

Banish the winter blues with Winter Warmers-full of seasonally inspired recipes from the best of Weight Watchers cookbooks. From classics

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such as French Onion Soup to family favourites like Chicken and Mushroom Pie and Irish Stew, these fantastic recipes are all easy to prepare, comforting and healthy too. With an emphasis on seasonal ingredients, and plenty of wonderful vegetables, Winter Warmers will brighten up any winter's

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day.

From risottos to curries and stir fries to soups, discover the many fantastic ways of using these two staple store cupboard ingredients. From classics such as Chicken with Noodles and Lamb Biryani, to tasty new ideas like Lemon and Artichoke Risotto, or Chilli Noodle

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Crab Nests, Rice & Noodles is packed full of a simple and diverse range of recipes from the best of Weight Watches cookbooks.

Get cooking with Fresh & Fabulous and show everyone what good food should really taste like. Full of wonderful recipes from the best of Weight

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Watchers cookbooks, this book will help you cook up fantastic meals that are full of flavour. Make the most of summer ingredients with Prawns with Lime and Chillies, Chicken with Olives and Oregano, Chargrilled Vegetable Tabbouleh or Fig and Raspberry Clafoutis. Brighten up winter with a

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Hearty Turkey Casserole, Stuffed Pork Loin, Balsamic Roasted Red Onion Pizza with Feta or Cream Hearts with Passion Fruit. Whatever your fresh ingredients, or whatever the occasion, there is sure to be a recipe here that suits your needs and is perfect for your family and friends.

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Satisfying Suppers

Weight Watchers Mini Series

Weight Watchers Slim Ways

**Full-flavour cooking for a low-calorie
diet**

**Weight Watchers New Complete
Cookbook**

Half an hour is all it takes to produce a

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tasty and satisfying meal. Weekdays is full of recipes from the best of Weight Watchers cookbooks and packed with ideas for fabulous food that you wouldn't believe you could cook so quickly. From lunches to family meals to recipes for a special dinner, this is the perfect book for a busy cook. So

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get cooking and within just 30 minutes you'll be producing beautiful food for family and friends any day of the week.