

# Download Weight Watchers Meals In Minutes Cookbook

More than 300 recipes for quick, easy, and nutritious meals--designed to help users achieve their ideal weight--includes eight weeks of meal plans Weight Watchers Meals in Minutes Cookbook: Weight Watchers International: 9780452265707: Amazon.com: BooksThe yummy recipes in Weight Watchers Make It in Minutes! The cookbook for every busy person who wants to cook great-tasting food that's good for you, too. Weight Watchers Make It in Minutes includes more than 200 delicious meals that you can whip up in almost no time at all. Make breakfast, lunch, and dinner in either 15, 20, or 30 minutes.I got this and another Weight Watchers cookbook not because I was planning on using the Weight Watchers program (which I've heard has changed a lot since this book came out) but because I wanted something that could give me meals and dishes that were, shall we say, the opposite of Paula Dean.Weight Watchers' ``60-Minute Gourmet," with some 300 quick recipes, 100 of them for the microwave. The dishes are less fussy and cutesy than in some Weight Watchers' cookbooks; some are standard, but others are more thoughtful (although the idea of a caviar-Cool Whip dip is a bit hard to take).