



Weight Watchers Points Plus: 6 Points and Under Recipe Plan

Alexis McKenzie

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The majority of people who take advantage of the Weight Watchers® diet prefer to use recipes that are six points or under on the Points Plus program. The recipes in this book fit right into that category of dieters, because none of the dishes exceed that number.

Not only do these recipes fall within the preferred number of points, they are also new ideas that incorporate more modern ingredients. While the dish may seem familiar, in most cases, you'll see a new twist in ingredients or preparation techniques. We're sure you'll be more than satisfied with them in terms of taste and satisfaction.

You'll also find a wide range of point values, as well as healthy nutritional values to help you along with weight loss. In some cases, you might think the fat or carb content is high, but don't forget there are good, essential fats and useful carbs. We've incorporated those dishes that provide both.

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