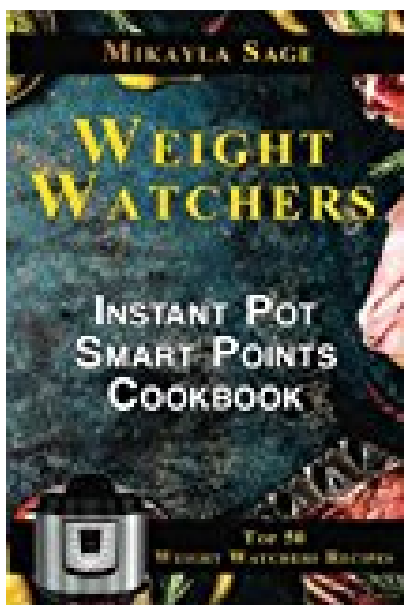


Weight Watchers Instant Pot Smart Points Cookbook Top 50 Weight Watchers Recipes for the Instant Pot - Includes Smart Points and Nutrition Facts for Every Recipe



BOOK DETAILS

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BOOK SYNOPSIS

GET THE KINDLE EDITION FREE WHEN YOU GRAB THE PAPERBACK EDITION TODAY! Lose weight and rediscover your health with the top 50 Weight Watchers Instant Pot recipes! If you want to get serious about losing weight then Weight Watchers is the way to go. Not only does it work but it also makes dieting less stressful and more enjoyable. You may not realize it, but the Weight Watchers Diet and your Instant Pot appliance are a match made in heaven! The Instant Pot is a revolutionary multi-function appliance that makes cooking amazing, healthy meals at home easier than ever before! Finally an amazing collection of Instant Pot recipes specifically designed for the Weight Watchers Smart Points Diet! When we cook delicious and healthy food at home, our bodies, our minds and our spirits are lifted by eating foods that are good for us - foods that nature intended for us to eat. If we eat natural foods instead of nasty processed foods our bodies will thank us for it. We aren't eating just to live, we are eating to enjoy and appreciate what our planet has provided for us. So many people are on the Weight Watchers diet and it is no surprise why as the results speak for themselves. By eating in this way you can expect to lose fat your body does not need, have increased levels of energy and your overall health will improve. You will have a more effective immune system when you are looking after your body and eating the right kinds of food, and you will be able to concentrate more and you will reduce your risk of some major diseases. Smart Points and complete nutrition facts for every single recipe! This cookbook is specifically made for the latest and best iteration of the Weight Watchers Diet: SmartPoints. SmartPoints are based on the foods calorie, sugar, saturated fat and protein levels. Each of the recipes has the SmartPoint value and nutritional information listed clearly along with the recipe to make it as simple as possible to keep an eye on what you're eating. Oh, and just because this is a diet, that doesn't mean you need to miss out on amazing food. All of these recipes are delicious and nutritious! There's enough recipes to keep you from becoming fed up with eating the same old food too. Greet Each Moment With A Smile This is not a diet filled with boring food, this is a healthy living lifestyle. If you enjoy the food you are eating and are positive about the diet change then you will succeed. Don't come into this with a frown, that's not going to get you anywhere! Be open and smile because you're about to feel better than ever before. All you need to do is track your Smart Points and you get to enjoy delicious food at every meal. The Weight Watchers Diet is straightforward and filled with variety, and by using this book you will have plenty of tried and tested recipes to dig into and it won't cost you an arm and a leg - in fact, it will cost less than a trip to a fast food joint. You don't need to be a professional chef to produce these fantastic meals because they are not only healthy and delicious, but they are also simple to make.

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