



Weight Watchers: A simple start to lose weight + few quick recipes! (Weight Loss, Motivation, Weight Watchers for Beginners, Cookbook)

Jane Hudson

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Do you want to lose some unneeded fat and not compromise on food all that much?

Well, you are in a right place! Weight Watchers have been around for over 50 years and there is a simple reason for that. People get results following their program! The proper combination of healthy diet, exercise and support gets the job done every time!

After finishing this book, you should:

- Be motivated to get results with your diet!
- Have a general idea as to what Weight Watchers program entails!
- Know the basic guidelines of Weight Watchers in order to make your own diet plan!
- Know what the Simple Start is!
- Be able to cook some of the delicious recipes!
- And much more!

Exerpt from the book:

Meal Samples

We will go through some pointers regarding you should eat during the day. I will give you some samples for breakfast, snack, lunch and dinner. I will follow the guidelines I set earlier – larger meals sooner in the day, smaller later on. Low fat and nutrition dense food will be the cornerstone of this menu.

Breakfast

Breakfast is the most important meal of the day. If you don't eat any breakfast, this stops now! After a long night of fasting, your body needs nutrients and water to replenish itself. Breakfast should provide you with enough energy to last until lunch (small snack in between is possible, too).

Let us kick this off with my favourite – pancakes! We will create an „instant“ pancake mix, so we have less hassle in the morning.

Don't hesitate and get your copy now! Scroll up and click the BUY button and start with your diet today!

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From reader reviews:

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