

## Weight Watchers Cook Book

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### Weight Watchers Cook Book

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Why We Love It Simplify meal preparation with this Best of WW Recipes cookbook that gives you easy-to-follow instructions for creating delicious breakfasts, lunches, dinners and snacks. Each recipe lists SmartPoints® per serving and basic nutritional information to help you make informed decisions about your meals.

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124 delicious recipes plus meal plans. With so many recipes for breakfast, lunch, dinner, snacks and desserts, you'll find plenty of inspiration when you pick up your myWW™ cookbook. It's packed with tasty meals that everyone can enjoy, as well as useful kitchen tips to help you along the way.

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