



Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes

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Really hungry? In a rush? *Weight Watchers Cook It Fast* has 250 delicious, healthful, quick and easy recipes that will help you put food on the table in thirty minutes or less. *Weight Watchers Cook It Fast* has you covered for every meal of the day--and desserts too! You'll find ideas for

- * Breakfasts that will get you going
- * Lunches that can be enjoyed at home or brown-bagged
- * Robust dinners for the times you're really, really hungry
- * Slow cooker meals with no fuss
- * Snacks and desserts to satisfy your cravings in no time

Weight Watchers Cook It Fast relies on fresh fruits and vegetables, lean meats and seafood, and whole grains to create tasty, satisfying dishes to fit your busy lifestyle.

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