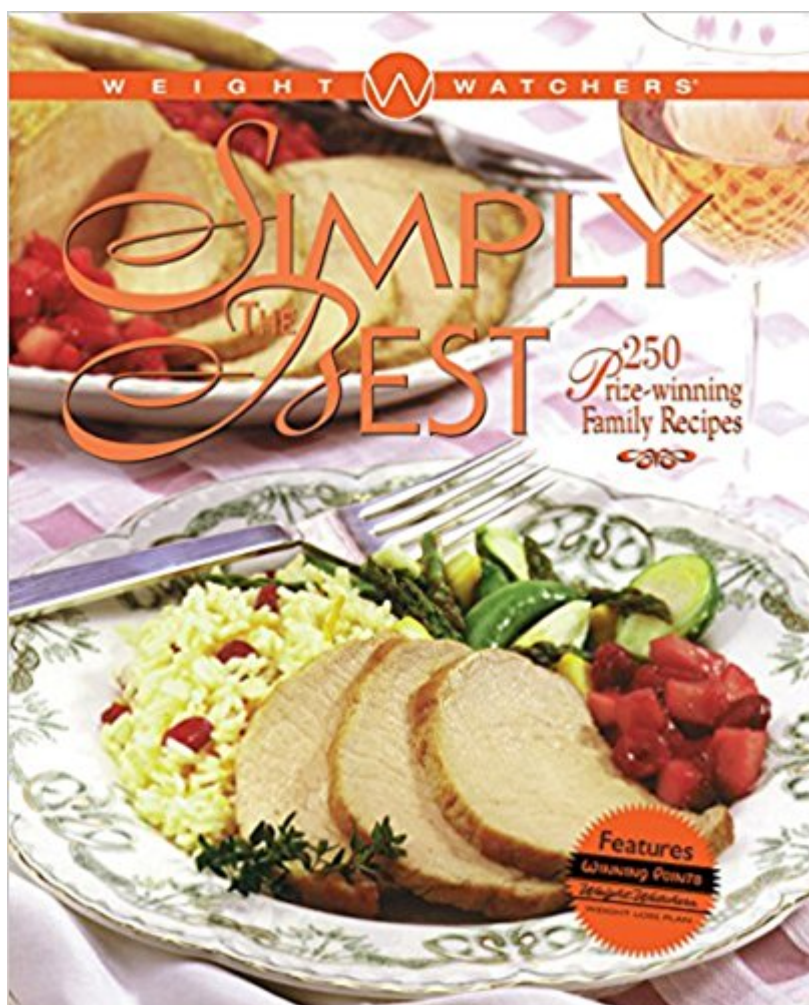


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# Weight Watchers' Simply The Best : 250 Prizewinning Family Recipes



## Synopsis

Weight Watchers has helped teach millions of Americans to lose weight and keep it off while incorporating delicious, good-for-you recipes into a daily diet. Now, Weight Watchers brings you the very best in low-fat, low-calorie cooking: an award-winning collection of 250 outstanding dishes from across the country. These recipes -- Weight Watchers members family favorites -- are sure to win kudos from your own friends and family. They're so delicious and easy that they're certain to become a regular part of your cooking repertoire -- and your family will love every healthful bite. Simply the Best has a recipe to please every palette: Asian Meatballs, Corn and Bean Chowder, Cranberry Basmati Rice, Chicken Tetrazzini -- plus a wealth of selections from soups and appetizers to main dishes and desserts. Simply the Best contains completely up-to-date Weight Watchers weight loss program information and each recipe includes complete nutritional data. Its stylish design and full-color photography make it attractive enough for gift-giving.

## Book Information

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## Customer Reviews

If the old saying "butter plus salt equals flavor" is true, somebody neglected to tell the folks at Weight Watchers. Simply the Best is a testament that good food need not always be accompanied by dietary guilt and that flavor doesn't have to be sacrificed in the name of health. The book's more than 250 sensible low-fat recipes cover the culinary spectrum, from entrees such as Bella Braised Chicken to desserts such as Strawberry Crepes. While the book is designed to accompany the

popular Weight Watchers diet program, it can be used by anyone interested in healthy, delicious, low-fat food. The prizewinning recipes are contributed by Weight Watchers members and staff from across the U.S., Canada, and England. For chefs new to low-fat cooking, *Simply the Best* is an excellent resource for learning flavorful combinations to substitute for traditional high-fat, high-caloric fare. Most inspiring is the sheer variety of recipes included in the book and the unique variations on old themes. While it may sound unconventional to purists, the Apple Cranberry Pie with Granola Crust is wonderful, and the Chicken Marsala with Green Grapes would go well on any table.

*Simply the Best* How do you find the very best, most appealing, low-fat recipes that actually taste great? By asking the experts. The 250 tempting recipes here are all prizewinning ideas from Weight Watchers members and staff—the people who understand the healthy eating guidelines of the Weight Watchers Program and experienced success firsthand following those guidelines. What's more, these blue-ribbon recipes have been tailored to Weight Watchers latest transformation for its Program 1 & 2 & 3 Success weight loss plan. This just-released, ground-breaking way to lose weight is designed for busy people who want to eat and cook delicious meals without the guilt. *1 & 2 & 3 Success* is a breakthrough for Weight Watchers. It's easy to use and there are no forbidden foods. The luscious dishes in this book prove that healthy meals don't have to be a bore or a chore. From all across the country, Canada, and even England, Weight Watchers members and leaders cook up fabulous fare that's welcome on any family's table. Sample Blueberry-Cashew Pancakes from Palmdale, California; a Grilled Portobello Sandwich that hails from Hendersonville, Tennessee; homey Scalloped Potatoes from Scarborough, Ontario, Canada; and a light repast of Angel Hair Pasta with Plum Tomatoes and Fresh Basil from a redheaded Duchess who loves her results with the *1 & 2 & 3 Success* plan. Perk up your dinners with hearty entrées such as Chicken with Apricot Sauce, a Texas recipe that tames the heavy sauces used in French cooking or the easy One-Dish Turkey with Stuffing from New York. If it's beef you've been craving, satisfy the urge with Mushroom-Stuffed Beef from Reno, Nevada or Braised Lamb Shanks from Bakersfield, California. But Weight Watchers doesn't stop at entrées—the book is full of luscious side dishes that make your meals complete. We didn't forget dessert, either. Savor a creamy Chocolate-Amaretto Cheesecake from Phoenix, Arizona; heirloom Oatmeal-Raisin Cookies from Brooklyn Park, Minnesota; or a decadent Brownie Pie from Ivoryton, Connecticut. There's nothing like having your cake and eating it too! Because you are busy, we've

added useful icons so you can see at a glance recipes that can be made ahead, prepared quickly, or microwaved, as well as meals complete in one pot, vegetarian entrées, and ones that are spicy; you can adjust them to suit your taste. So take advantage of the expertise of the Weight Watchers family, and enjoy the wonderful recipes here; each one is a winner!

I use this book for holidays and gatherings. I'm not great cook, but this book helps me cook dishes with lots of flavor. They are quick and simple to make. I've eaten much better meals than before. It has great appetizers like Seven Layer Dip, Guilt Free Guacamole (less than one point and tastes just like guacamole), spinach dip, roasted vegetable dip, Fruit and Spice Iced Tea, Cinnamon Cappuccino. It has great holiday recipes like Baked Yams with Pineapple, Holiday Stuffing, Holiday Apple Cranberry Pie,. It has great dinner meals like Chicken Enchilada Casserole, Chicken and Spinach, Turkey Cordon Bleu, Hawaiian Turkey Stir-Fry, Clam Linguine, Pasta with Eggplant and Sun-Dried Tomatoes. I've cooked them all and I can't wait to try more. Everything I've made has tasted good - even when I didn't think it would like Ham, Cheese and Veggie Scramble (3 points for 1/2 skillet omlette). It's delicious. It has a great Soups, Brunches/Lunches, Sides and Salads, Poultry, Seafood , Vegetarian Main Dishes, Meat Entrees, and Baked Goods and Desserts.

This is a replacement purchase. I bought this book originally when it came out from weight watchers at a meeting. Well a decade later with a few moves and a few kids, I had lost my book. As a long time flexpoint user, I love the older books from weight watchers. The ingredients are simple and the meals are great. My favorite recipes from this book are the layered bean dip, the meatloaf, low-fat spinach dip, french onion soup, sweet and sour ginger pork, and more. I am glad to have this book again.

This is the first WW cookbook I ever purchased, so I wasn't sure what to expect. This one has become the gold standard in my kitchen right off the bat. My previous cookbooks were full of delicious, but not exactly healthy, recipes. This cookbook is full of recipes that not only taste terrific, but are healthy and enjoyable for the whole family. Some of our favorites so far are these (and I might be paraphrasing the actual name of the recipe and I am going from memory here): Lemon-Tarragon Grilled Chicken, Grilled Herb Turkey Burgers and Turkey Tortilla Casserole. There are several others that we have tried and enjoyed as well. AND, there are dozens (literally) more that I have dog-eared and am anxious to try. Nothing I've tried has been a flop or even a disappointment in the slightest. I'm very pleased with this cookbook. I'd recommend it without

reservation.A+

A few years ago, during my second Weight Watching experience, I treated myself by ordering SIMPLY THE BEST, 250 PRIZEWINNING FAMILY RECIPES. It was a tremendous help with low fat/low calorie cooking, of which I knew little. Now in my third official episode of Weight Watching, I find that I still use this version of SIMPLY THE BEST quite often. Our entire family (even those who do not need to watch their weight!) appreciates the variety and tasty offerings. We can especially recommend "Grilled Chicken Citrus Salad" and "Baked Yams with Pineapple". Even if this book's recipes only broke up the monotony of my usual family menus, it would be very worthwhile. Since one can also lose weight and feel healthier using its recipes, it is particularly worth considering. I recommend it above all other Weight Watchers and low fat/low calorie cookbooks I own and will probably still be enjoying it in all my future Weight Watching endeavors!

This is the second copy of this book I have bought as the first one is falling apart from overuse. The recipes are "Simply the Best". Of all the Weight Watcher books published, this is, in my opinion, the very best and I didn't want to be without it in the future, if my first copy eventually disintegrates.

Great recipes. Easy to make and tasty.

I have been doing Weight Watchers for two weeks. Most of the dinner recipes I have been making have been from this book. There aren't many pictures in the book, but I have been blogging each meal I make so I can track what the meals look like and whether my family like what I made. Most of the recipes have been a thumbs up even from my family members who are not on weight watchers. The only reason I haven't given this book 5 stars is due to the fact that the portion sizes are not included in the book. The number of servings is included so an educated guess can be made.  
[...].[...].

I joined WW several weeks ago expecting months of boring food and deprivation. I also made the extremely wise choice of purchasing this cookbook as well as a few other WW cookbooks. Hands down, this is the best! I have prepared many of the recipes and have yet to be disappointed. Occasionally, I will note a change I would make for my personal preference, but overall the directions, ease of prep and result have been truly wonderful. I am ordering 5 more for my siblings and their families for Christmas. Even if you're not a WW member, this is a book full of flavorful,

straightforward recipes that will help keep you healthy for years to come.

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