



# Weight Watchers New Complete Cookbook

*Weight Watchers International Inc. Staff*

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Today, Weight Watchers knows that losing weight is all about balance and variety and *Weight Watchers New Complete Cookbook* reflects that trend. Whether it's a quick after-work meal, a fancy dinner, a family favorite or an exotic new entrée you crave, Weight Watchers has whipped up a batch of tasty recipes that combine fresh, wholesome ingredients with low-fat cooking techniques in a recipe collection you'll use for years to come.

Sprinkled throughout *Weight Watchers New Complete Cookbook* are handy tips for leftovers, the inside scoop on how Weight Watchers tamed the calories and fat, and helpful hints for getting meals on the table faster. What's more, each recipe includes POINTS® as well as complete nutrition information. As a bonus, you'll find basics on the Weight Watchers 1.2.3. SUCCESS® PLAN and great ideas for helping you on the road to weight loss.

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