



Weight Watchers' Healthy Life-style Cookbook

Weight Watchers International

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Here's a cookbook based on the most flexible Weight Watchers program yet, one designed to fit busy modern life styles. In keeping with today's emphasis on health and fitness, there's lots of nutrition information plus many kitchen tips to help cut down on cholesterol, fat and sodium without sacrificing flavor. Includes more than 250 recipes and 24 pages of full-color photographs.



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