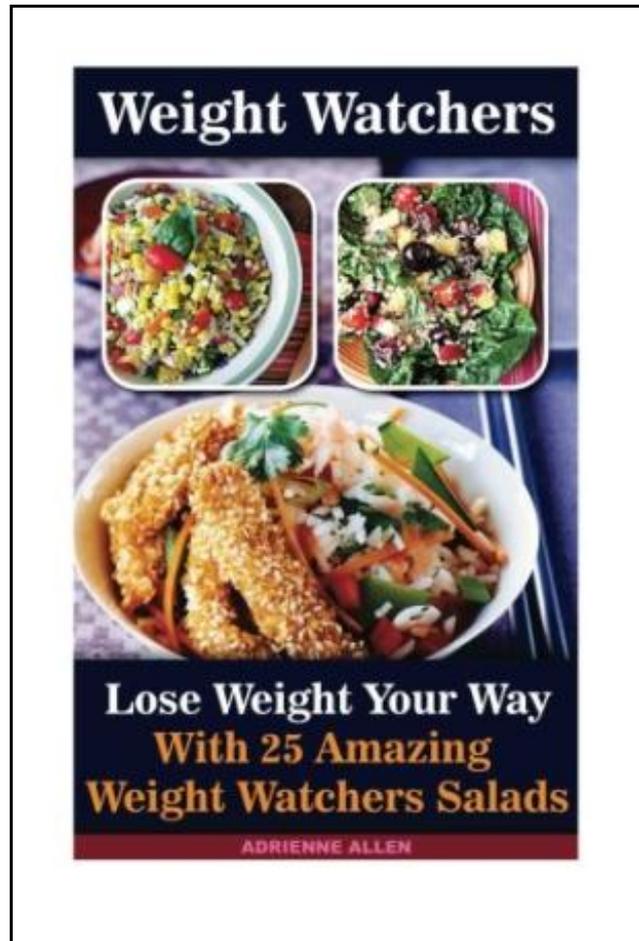


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(Rebecca Bechtelar)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Watchers Lose Weight Your Way With 25 Amazing Weight Watchers Salads It seems like there is a new diet out there every other day. Each one claims to work, but they are all vastly different in the ways that they do work. Then, to make matters even more confusing, there are countless cookbooks out there to go with each and every diet that is on the market. So how do you know what to go with? Well, the one that works is a good place to start. There have been more success stories with the Weight Watchers diet than with most of the other diets that are out there, and there is a good reason for that. Weight Watchers uses a diet method that is easy to use, affordable for any budget, and uses real food so you are always left feeling full and satisfied. When you are on a diet, there is nothing better than feeling like you are making progress, all the while not having to deprive yourself of any of the foods that you love. Few things are more refreshing than a salad. You can have them as a side dish, a dinner, or a lunch. There are so many variations to them that you can have a salad every day for a month, and never repeat even once, and that is what this cookbook is about. Providing several different salads that are perfect for any time of the day, you can have them for dinner, lunch, or a side to whatever meal you are having, and you are still going to experience the wonderful results that this diet promises. By the time you...

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