



Weight Watchers In 20 Minutes (Weight Watchers Cooking)

By Weight Watchers

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Summary: Introduction.Chapter 1: Welcome the Morning.Chapter 2: It's Noon-Time to Eat.Chapter 3: Delicious Steaks, Chops and More.Chapter 4: Chicken and Turkey Every Way You Like It.Chapter 5: Fresh and Fabulous Fish.Chapter 6: Meatless Ways for Great Suppers.Chapter 7: Fabulous in Only 15 Minutes.Chapter 8: Sweet Sensations.Bonus Chapter Double the Pleasure.Dry and Liquid Measurement Chart.Index.Index by POINTS Value.

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