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Weight Watchers Box Set 3 in 1: 23 Healthy Snacks + 23 Best Lunch Recipes + 25 Amazing Salads: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start Recipes) (Paperback)

By Micheal Johnson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Watchers BOX SET 3 IN 1: 23 Healthy Snacks + 23 Best Lunch Recipes + 25 Amazing Salads
BOOK#1: Weight Watchers: 23 Healthy Snacks To Lose Weight Fast Weight Watchers 23 Healthy Snacks to Lose Weight will help aid you in your weight loss journey, and take your nutrition plan to the next level. We all have heard that you should eat three meals a day, but nutritionists now have said that it is better to eat three smaller meals, and sprinkle in snacks throughout the day. But what snacks you eat can greatly effect your weight. If you eat the right meals, and work out, you can still find yourself self-sabotaging your weight loss by eating bad snacks. But just because a snack is healthy does not mean that it has to taste bad. This book will show you a variety of snacks of all types of ingredients that will not only satisfy your diet, but satisfy your taste buds as well. In this book you will learn many things, including: How to make healthy snacks...



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