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Weight Watchers Cookbook: Get Rid of Weight Easily! An Effective Diet Plan For Losing Weight In 2 Weeks: (Weight Watchers Simple Start ,Weight ... Plan With No Calorie Counting,) (Volume 1)

Imogen Glasper

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Weight loss can be hard to achieve and even harder to maintain. This book is a two week guide to kick-starting your weight loss regime, and contains recipes and suggestions for breakfast, lunch and dinner, such as:

- No-stir risotto
- Maple-glazed pork loin
- Salmon Caesar Salad Wrap

It also includes tips and advice on other aspects of weight loss, such as:

- Staying motivated
- Rewarding yourself – without using food
- Incorporating exercise into your daily routine
- Tracking and measuring results

This guide would be the ideal introduction to a longer-term programme of healthy living.

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Elbert Lupton:

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