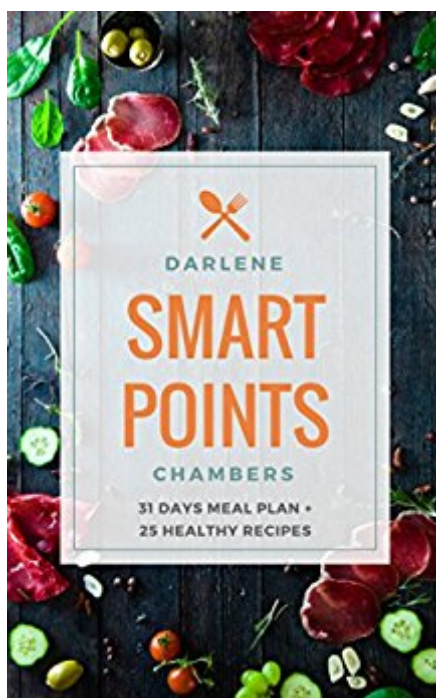


The book was found

Smart Points Cookbook Guide - 31 Days Meal Plan + 25 Healthy Recipes



Synopsis

Smartpoints Successful Tips That Really Work, Become Skinny and Healthy Stoutness is one of the most serious issue of our country and sadly in larger part of the cases, it is because of awful dietary patterns or not taking after a dynamic way of life. Weight reduction is a troublesome undertaking not just on the grounds that one needs to begin carrying on with a sound way of life additionally make an additional move to try and diminish the exorbitant weight that one has amassed throughout the years. This book covers most essential focuses we have to take after to be effective about their weight reduction arrange. These tips are recorded in the request of their significance. Chambers uses a step-by-step method to take you through the Diet Plan and further beyond into the practical application of making healthy and super tasty recipes that is conducive to your lifestyle. Here's a snippet of some mouth-watering, fat-burning recipes you'll discover: Avocado and hen wrap, Greek Chicken Meatballs and Yogurt Dill Sauce, Skillet Chicken & Herbs with Garden Salad, Chicken Noodle Bake, and more! Does your diet leave you feeling restricted and confined? Escape to the healthful and stressful lifestyle of Weight Watchers!

Book Information

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Customer Reviews

This book looks om, normal on the outside but once you start reading, oh wow!! I kept reading and thought I had slid into Alice's Wonderland. I am not trying to sound harsh but this is the most babble I've seen since the presidential debates! Recipe number 14 sounds really appetizing, it's called Sluggish cooker chicken fajitas. Be sure to purchase your chilis inexperienced as the author recommends ??? Apparently we're supposed to train the veggies because in recipe 21, Chook fried rice we again need to look for the inexperienced, as in the defrosted peas in this one. In recipe 18, Honey balsamic beef, there is something about "why did my answer not nation to cook high quality bare" Yes, that was in this recipe. I honestly kept saying to myself, wait what? I read some of the reviews and honestly hmm, the writing of some of the reviews sound an awful lot like the writing in the book?? There were some reviews that seem to have read the same book as I did and were as confused as I was. Please skip this, right now the book is free but that's too expensive unless you're prepared for confusion or laughter. Still scratching my head!!

Impossible to understand. What is "stew powder"? Who says "bosom"? Who expels or hacks their food? Good thing the so-called book was free. It's not worth even that amount. This "book" will in no way help anyone with their dietary issues. Just get it out of your inventory. False advertising on every level. If anyone thinks this book will be helpful or in any way useful, please think again. It's a total waste of time.

I always love a book that puts health first. This book is a book that points you the right direction when it comes to dieting and eating healthy meals. The book contains wonderful weight watching recipes that will keep you healthy and in good shape.

I suspect this book is somebody's joke. I began looking through it. I realized soon after that it was probably translated from a foreign language to English using some online translation program. I gave it two stars for its entertainment value. I question recipes calling for half a glass of hamburg juices. How about a third of a glass sans fat harsh cream? I think that means sour cream, but don't take my word for it. So, pardon me while I go to wash my bosom. Why does the author think it's necessary for me to "wash my bosom" if all I want to prepare is some chook? I guess it's the same as telling me to prepare (or Bearings, as the author says.) "24 coconut bird with pina colada dip"

and "1 things at a bargain." Oy. I really don't understand the five star reviews.

Very Satisfied

Excellent service and seller.

Smart Points Cookbook Guide - 31 Days Meal Plan + 25 Healthy Recipes This book is just like the previous book by the same author. The recipes are not in a uniform pattern, nutritional information offers many numbers but doesn't associate them properly with what they are. The recipes do NOT always include the smart points. The ingredient list I am so unsure of: legitimate salt? chicken bosom? chook? so many more to list. Directions are not translated properly from the authors native language. The summary and other introductions are not correct translation into English. There are no pictures. Don't waste your time til it's translated properly.

The weight watchers program is fairly simple to follow and integrates good habits in the life of a person. losing weight with this program is sure and staying healthy is one of the benefits of this program. Good and easy recipes. Helps stay on track.

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Plan + 25 Healthy Recipes Meal Prep: The Beginner's Guide to Meal Prep and Clean Eating- The Best Crock Pot Recipes with Smart Points for Rapid Weight Loss (Low Carb Diet, Batch Cooking, Weight Loss, Healthy Cookbook) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Meal Prep: 65+ Meal Prep Recipes Cookbook Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Just Diabetic Meal Plans, Sodium Restricted Meals, Vol 1: A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines Meal Prep: Delicious, Healthy Recipes & Tips (Meal Prep Cookbook, Vegetarian Meals, Breakfast, Chicken, Beef, Pork & Seafood, Meal Prep Tips) 100 Weight Loss Recipes - Smart Points Edition: Weight Loss Points Cookbook: The Newest, Easiest, and Most Fun Way to Lose Weight. (Includes Slow Cooker and Instant Pot Recipes) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating with Easy to Cook Recipes for a Perfect Body, Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals and Batch Cooking MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss,meal planning,healthy cookbook) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes)

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