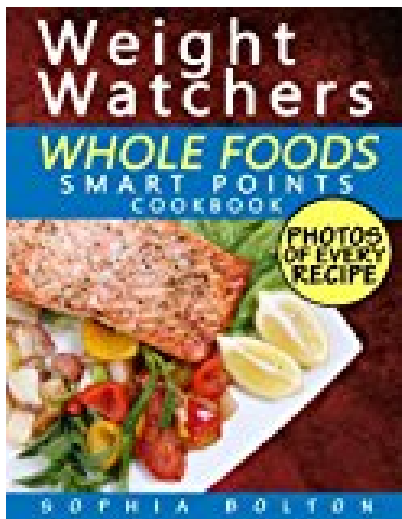


# Weight Watchers Whole Foods Smart Points Cookbook Lose Weight Fast Optimize Your Health and Feel Years Younger; Includes Photos Smart Points and Nutrition Facts for Every Meal

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## BOOK DETAILS

- Author : Sophia Bolton
- Pages : 116 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542911737

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## BOOK SYNOPSIS

Everyone loves pasta but some dieters are wary of including it in their weight loss plan because they think its fattening. Not so. Low Point Pasta has more than 60 pasta recipes that are full of gutsy flavours, but which are low in fat and calories. As well as familiar Italian-inspired dishes, there are Oriental noodles, Californian pasta with fresh-tasting salsa and recipes from Turkey and the Caribbean. The recipes are accompanied by colourful, enticing photography that just makes you want to start cooking.

### **WEIGHT WATCHERS WHOLE FOODS SMART POINTS COOKBOOK LOSE WEIGHT FAST OPTIMIZE YOUR HEALTH AND FEEL YEARS YOUNGER; INCLUDES PHOTOS SMART POINTS AND NUTRITION FACTS FOR EVERY MEAL**

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