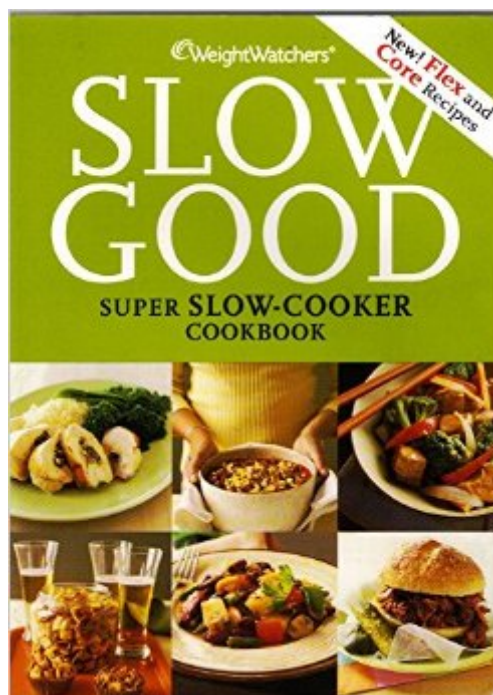


The book was found

Weight Watchers Slow Good Super Slow-Cooker Cookbook



Synopsis

Looking for delicious, no-fuss meals that are ready and waiting when you are? Weight Watchers Slow Good has over 165 fabulous, practically prep-free recipes that fit perfectly with your slow-cooker lifestyle.

Book Information

Paperback: 271 pages

Publisher: Weight Watchers (2005)

Language: English

ASIN: B0012RPCOO

Product Dimensions: 9 x 6.5 x 0.5 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.9 out of 5 starsÂ Â See all reviewsÂ (15 customer reviews)

Best Sellers Rank: #743,435 in Books (See Top 100 in Books) #159 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Terrible. I want recipes that don't require me to do anything but put the ingredients in the crock pot and walk away. The recipes in this book require as much cooking time as a non crock pot meal, so why bother.

There is not a bad recipe in this book. It is the book that turned me into a regular slow cooker user. I particularly recommend the Aegean Chicken and the Chicken Tagine (in the back). Plus about a million others. I'd like to know why it is currently unavailable. If anyone knows, please tell!! Ruth Nelson

I bought one of these a long while ago and let someone use it who never returned it, so was happy to find another one. Great recipes, easy to make. I take many of the slow cooker meals to potlucks and everyone enjoys them. I love to use the slow cooker, and this encourages me to do so in a healthy fashion.

This book has recipes that my entire family enjoys. I still use the point system in this book but you can easily convert the recipes to the current point system. (I think W.W. changes their calculating system all of the time so we have to keep buying new stuff). One of the challenges with weight loss

is being able to prepare good home made food and having it available when we get hungry. Crock pot meals work wonderfully. They can be ready as soon as you get home from work.

I've tried 4 recipes so far and all have been quite good. I've tried WW recipes in the past and had found most of them to be so-so. I was pleasantly surprised that these recipes were actually edible and tasty. I find the seasonings need to be stronger but other than that, the recipes are usable and produce edible results.

Not bad. Not great either. Seems like a repeat of most of the other WW cookbooks. I think it's overpriced. I would not have purchased this if I previewed it first.

Thought it would be more up to date. No smart points so you have to reconfigure

Just in time for winter. Love it for soups, stews and many others to explore.

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