



Weight Watchers box set 4 in 1: 4 Great Diet Plans Without Calorie Counting For Guaranteed Weight Loss: (Weight Watchers, Weight Loss Motivation, Weight ... watchers for beginners, Fat Loss Recipes,)

Samantha Johnson, Pamela Holt, Rebecca Morrow, Barbara Lincoln

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BOOK #1: Weight Watchers: Two-Week Challenge to Lose Your First 15 Lbs! Simple Diet Plan With No Calorie Counting!

Getting yourself in shape is extremely important to just about everyone. The problem is that none of us really want to spend all of our time counting calories, which is what just about every weight loss program wants you to do. So what should you do instead? Well you don't expect us to spill all our secrets before you even start do you?

Inside this book you're going to learn how to lose weight without counting calories. We're going to actually talk about faster, easier ways that you can get rid of some of those pounds that are continuing to cause you problems and we're going to make it fun (or at least as fun as weight loss can be).

BOOK #2: Weight Watchers Cookbook: Losing Weight Can Be Delicious! Detailed Two-Week Diet Plan To Burn Your Fat!

You look for recipes for your slow cooker and unfortunately, the recipes you find are way too large for your single serve slow cooker that is only 1.5 to 2 Quarts? To make matters worse, you might be on dietary restrictions that call for you to eat only low carbohydrate, high-fat foods? You try to figure out how you can cut down the recipe for your smaller, portion friendly slow cooker and what recipes suit your diet better?

So in this book you will find 32 low-carbohydrate, high-fat recipes that will satisfy your cravings as well as reduce your amount of leftovers with your small Electric slow cooker!

Get out your 1.5-2 quart slow cooker and enjoy a home-cooked, healthy meal that follows your diet requirements.

Book#3: Weight Watchers for Beginners: Weight Watchers Easy Start – Simple Plan to Lose 20 Lbs in 20 Days

Anyone who is serious about wanting to lose weight has heard about the Weight Watchers Program. It has been around for almost fifty years and many people have claimed to have lost significant amounts of weight through this program.

You may be curious about whether Weight Watchers is right for you, or if there are alternative ways to lose weight that are more affordable. Perhaps the Weight Watcher's promise of losing only one pound per week is not enough for you, and you want to learn how to make sure to lose more weight than that.

Book#4: Weight Watchers Handbook - Your Stairway To Body Of Your Dream. Lose Up To 30 Lbs In 30 Days Due To This Detailed Weight Watchers Diet Plan.

There's one simple difference between Weight Watchers and other diets: You can eat whatever you want.

That's right. No food is off limits and you never have to give up your favorite meals to lose weight. Instead of teaching complicated food combinations and restricted eating plans, the Weight Watchers system teaches simple portion control. You can eat whatever you choose as long as you don't overeat. With this plan, you'll learn valuable skills that will become habits. Those habits will make the difference so that you can lose weight and keep it off.

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David Goodspeed:

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Charles Aranda:

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