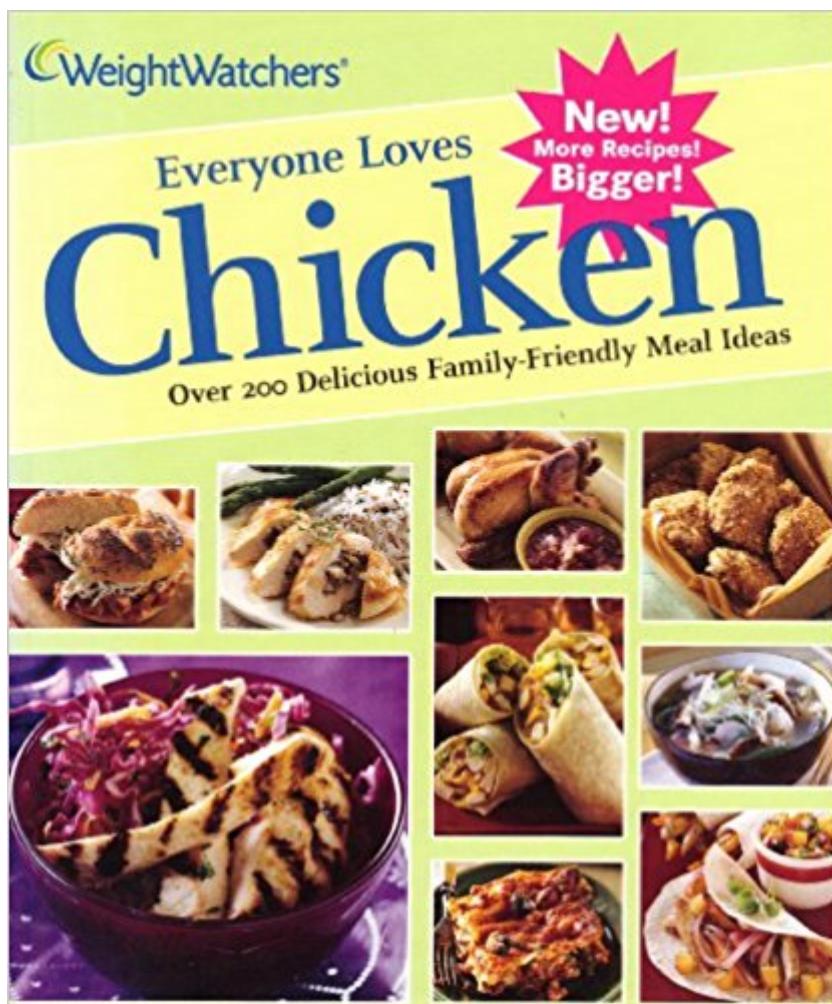


The book was found

Weight Watcher's Everyone Loves Chicken; Over 200 Delicious Family-Friendly Meal Ideas



Synopsis

With 'Everyone Loves Chicken', why not treat yourself and your family to a host of delicious, healthy, home-cooked chicken meals.

Book Information

Paperback: 336 pages

Publisher: Weight Watcher's Intnl. Inc (2005)

Language: English

ASIN: B000BJKCHG

Package Dimensions: 8.9 x 7.5 x 0.7 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.7 out of 5 stars 10 customer reviews

Best Sellers Rank: #607,575 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

With 'Everyone Loves Chicken', why not treat yourself and your family to a host of delicious, healthy, home-cooked chicken meals.

Love this recipe book. This is my second copy because the first got wet. I think it's a kitchen staple. This gives several easy ideas on how to cook chicken which can get boring if your family eats it regularly. Best thing about it is that the recipes are healthy.

Love this book. Have made several of the recipes and have purchased this for a few of my family members as well.

There are quite a few very good recipes in this cookbook. Sometimes these things call for ingredients that are flavorless, ugh! I would rather be plus size than to eat cardboard like food and convince myself that they are just as good as real food.

This book breaks the boredom of eating chicken several times a week.

Weight Watchers has many great cookbooks and I am happy to add this to my collection.

I bought this book because my husband loves chicken and I wanted to drop a few pounds. This is such a dynamic book. There are so many ways to prepare chicken. Each recipe is new and interesting so you don't feel like you're eating the same thing everynight. I especially like the 15 minute express entrees and the 5-ingredients fixes. These are great when you're short of time and need to get something on the table in a hurry. They are also great for your budget in that a typical Chinese takeout meal is between \$15-\$20, and if you do this a couple of times a week you cut into your gas budget. If you have a chicken lover in the house or if you enjoy chicken, this is the book! There is not a single dull recipe in the book. You can serve these dishes and people won't know they're eating low cal food. These are delicious recipes. Each recipe has a vivid color photo, low cal ingredients, and the complete dietary breakdown of the dish. You've got to try the oven fried chicken and the curried stuff tomatos! There are also a few turkey recipes contained in the book. I also use the book to prepare quick meals for a potluck--North African Turkey Kebabs. Are they sure this is a diet book? That might translate to the reduced calories but not in the taste--delicious!

This is one of those cookbooks that I wanted to make every single recipe. The recipes are pretty easy, the ones I have tried at least, and they are really good. My favorite is the balsamic honey chicken. It isn't all chicken though. It also have turkey and duck. This cookbook has recipes for appetizers, soups, entrees.... I really recommend this cookbook for someone using weight watchers and looking for some easy, quick recipes.

Its okay.

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Weight Watcher's Everyone Loves Chicken; Over 200 Delicious Family-Friendly Meal Ideas
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