

Weight Watchers Five Ingredient 15 Minute Cookbook Winter 2007



This is a collection of over 200 easy, convenient recipes that will have you in and out of the kitchen fast. Each recipe meets at least one of these two criteria: It can be whipped up in 15 minutes or less, or it requires only five ingredients or less (excluding water, cooking spray, salt, pepper, and optional ingredients). And half of the recipes fit the bill for both! The points value for each recipe is directly under the recipe title, so you'll easily find the recipes that fit best into your meal plan. Full color-coded index plus points value index.

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