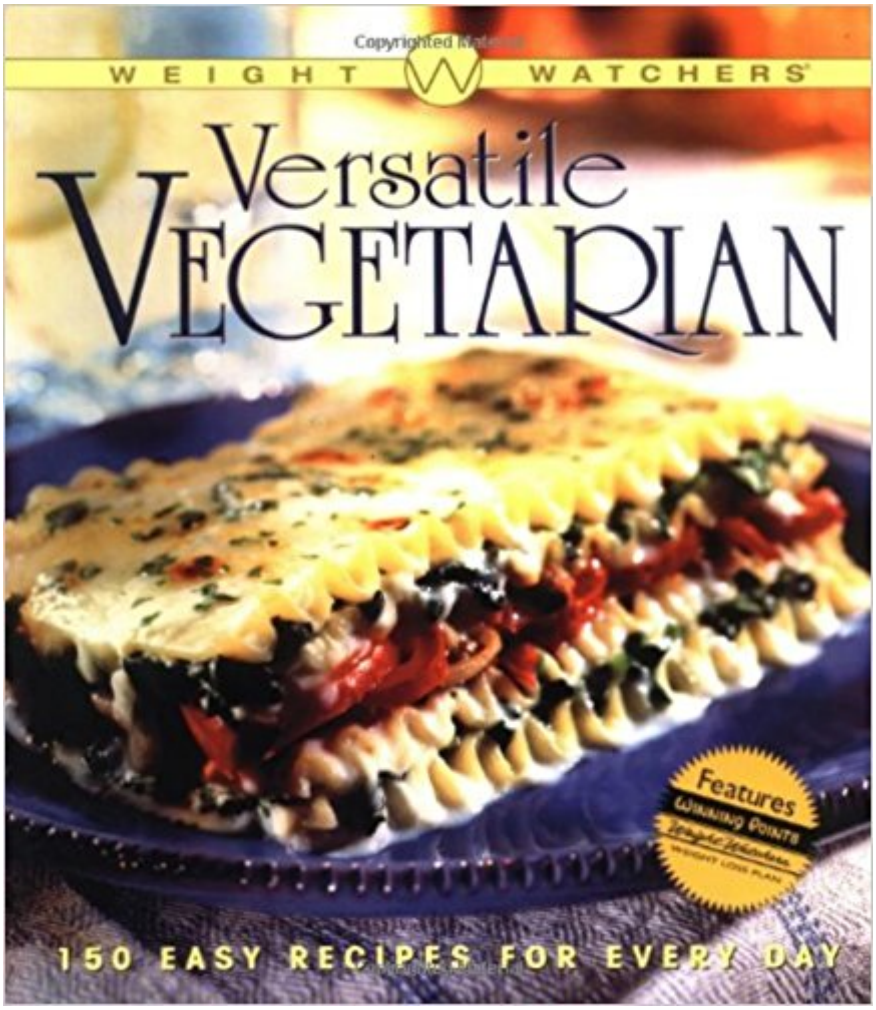
Ebook Directory
the best source of ebook

The book was found

Weight Watchers Versatile Vegetarian



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

One of the greatest challenges for vegetarians is keeping the fat levels in their diet at a healthy level -- Weight Watchers makes that easy with fresh, delicious meals that are short on fat, and long on flavor. Weight Watchers Versatile Vegetarian brings you 150 easy recipes that highlight the best of vegetarian food -- from delectable lasagna and other pastas, to pizza, main course salads and sandwiches, skillet meals, appetizers and creative side dishes. Recipes are low in fat, especially saturated fat, which has been linked to heart disease and many forms of cancer.

Book Information

Series: Weight Watchers (Book 17)

Paperback: 184 pages

Publisher: Hungry Minds (January 22, 2002)

Language: English

ISBN-10: 0764564072

ISBN-13: 978-0764564079

Product Dimensions: 8 x 0.4 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.3 out of 5 stars 49 customer reviews

Best Sellers Rank: #459,661 in Books (See Top 100 in Books) #64 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #534 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #930 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Tofu "Egg Salad

Versatile Vegetarian Although you're probably eating more chicken, fish, pasta and rice instead of the meat-and-potatoes fare you grew up on, making a more dramatic change in your eating habits can be downright daunting. You know what you should eat, but how—how to prepare these unfamiliar foods, how to plan a meatless meal, how to make sure it's flavorful, how to get your family to eat tofu—is a mystery. In Weight Watchers Versatile Vegetarian, you'll find 150 recipes that are healthful, easy-to-prepare and reassuringly similiar to the meat-based dishes your family loves. Serve cheesy-rich Creamy Spinach and Pepper Lasagna, hearty Rigatoni with "Meat" Sauce or even Asian-infused Noodles with Spicy Peanut Sauce to pasta

lovers; bring Tofu Burgers and Boston Baked Soybeans to your next cook-out. For an easy, kid-pleasing supper, try Tempeh Sloppy Joes with Spicy Baked Sweet Potato Chips, and when winter winds howl, wouldn't Mexican Casserole or Split Pea Soup with Garlic Croutons warm you right up? To keep your dinner menus from falling into a rut, you'll also find delectable recipes for slightly unusual side dishes—Moroccan Couscous Salad, Kasha with Apples, Curried Rice and Lentil Pilaf, Wild Rice Pancakes—that are a breeze to prepare. And because you have better things to do than spend your life in the kitchen, these recipes use convenience foods and streamlined techniques. For example, although you'll find step-by-step instructions for soaking and cooking dried beans, harried cooks don't always have the foresight to soak beans overnight, so our recipes call for canned beans. Best of all, these recipes are designed to be low in fat, especially in saturated fat, which has been linked to heart disease and many forms of cancer. You'll find more than just recipes, though. Nearly 100 boxes provide "Hints" on preparation shortcuts and buying tips, as well as "Good Advice" about making the transition to meatless eating, getting more soy and more fiber in your diet, as well as "primers" of less common fruits, vegetables and grains. As a bonus, Versatile Vegetarian includes symbols that let you know a recipe's features at a glance. If a dish can be made ahead, frozen or prepared in about 20 minutes (start to finish), these easy-to-identify icons tell you in a flash. They'll also let you know if a recipe is spicy or microwavable. Whether you're trying to lose or maintain weight, or even if you just want to eat more healthfully, you know you can trust Weight Watchers. With Versatile Vegetarian in your kitchen, you'll be well on your way to success, no matter what your goals are. --This text refers to an out of print or unavailable edition of this title.

I knew what I was getting but wish WW had one with SP and Vegan and/or gluten free

I really love these recipes and, now that I am on Weight Watchers, I am using it almost every day. Be careful though and use your WW points calculator because some of the points have varied from what is noted. However, the information is provided that you'll need to recalculate.

Lots of good recipes in this book! I made several of them and then froze them into portion sizes. Now instead of going for a processed frozen dinner, I can have one with ingredients I know. Tasty, easy to prepare, and calorie counts are included, which are important to me. I hate cookbooks that don't include calorie counts.

Although vegetarian meals are often seen as healthier and lower in fat and calories than non-vegetarian meals, this is NOT always the case, especially if the recipes are packed with fat and/or whole-milk dairy products, cheeses, etc. Whether you are a followers of Weight Watchers or not, this book is a great choice, offering healthy benefits for those who prefer meatless meals. It is also a great choice for non-vegetarians looking for an occasional change of pace and unique ways to prepare entrees and other menu items. There's plenty here to satisfy even the most discriminating palette!

best cookbook gave one awway bc i wasnt thinking and ended up reordering the thing lol

Mostly, these recipes have left me feeling uninspired. I've been a vegetarian for more than fifteen years and was hoping to find some easy, fast, healthy, but really yummy-looking recipes. I've found a few basic recipes that I think I can build on, but most of the recipes seem unappealing as written. I do like the extra pages scattered throughout the book that offer supplementary information about special topics. I am also hoping I can work with some of these recipes and add more veggies or change things up a bit to make them more appetizing.

Am gearing up to go back on weight watchers, so I ordered this book and have been trying out the recipes. What a happy surprise this turned out to be! (Stunned to find that this is easily becoming one of my favorite cookbooks) I've only made four or five recipes, but they've all been pretty easy to prepare, plenty flavorful, and, honestly, better than just about any of my other vegetarian cookbooks (of which I have many!). Loving it...can't wait to try the rest of the recipes!

This seems to be the theme for these cookbooks... Had some good recipes but a few were missing some steps.

Download to continue reading...

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo,

vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Weight Watchers: Weight Watchers Cookbook Ã¢â ¬â œ Smart Points Edition Ã¢â ¬â œ Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers Versatile Vegetarian Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) Weight Watchers One Pot Cookbook (Weight Watchers Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers In 20 Minutes (Weight Watchers Cooking)

Contact Us

DMCA

Privacy

FAQ & Help