



Weight Watchers: Weight Watchers Simple Start - Lose Up To 20 Lbs In 28 Days With An Amazing Weight Watchers Diet Plan And Without Counting Calories! (Weight ... for Beginners, Simple Start Recipes)

Taylor Evans

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Are you tired of carrying around extra weight? Maybe you make a new years resolution every year and still end up breaking it.

This book will help you make weight loss happen and make it even a little fun.

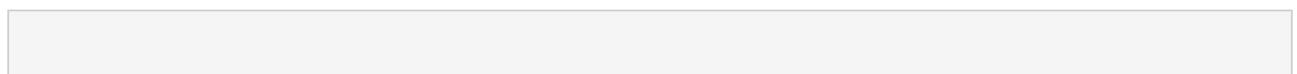
There is no reason that you can't lose 20 pounds in 28 days and enjoy yourself doing it.

Don't eat tasteless, over processed "diet foods" just follow the directions in this book and create a healthy diet plan that will help you lose weight and be healthy for life.

Here is a preview of what you'll learn:

- Helpful recipes that would make weight watchers proud,
- Motivation to help you get through the tough times,
- Information on how to read labels without counting calories,
- A list of the best foods to eat on your weight watchers diet.

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