



Weight Watchers Recipes 65 Power Food Smoothie Recipes for Weight Watchers Simple Start

Marla Jacobs

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Fight Hunger and Lose Weight with Power Food Smoothies on your Weight Watchers Simple Start

Weight Watchers may be the most effective and proven weight loss system available. Weight Watchers provides dieters with a Simple Start two plan to help jumpstart their weight loss. One method to ignite weight loss during this period is to use the Simply Filling Method. The Simply Filling Method takes Weight Watchers to an even more simplistic level by using Power Foods. Power Foods are foods that can be eaten in unlimited amounts. The Simply Filling Method is a practice of eating only Power Foods from the Weight Watchers Power Food List, and allowing yourself 7 points per day. Using this method, you are guaranteed to remain full and satisfied as you shed the pounds.

In this book are Power Food smoothie recipes. We have taken the foods from the Weight Watcher's Power Food list, and created delicious smoothie recipes to ensure you remain within the diet guidelines while you enjoy tasty smoothies. Because these recipes only use Power Foods, you can have these smoothies AT ANYTIME, regardless of WHAT YOU HAVE ALREADY EATEN! This will ensure that, even when you are attacked with hunger, you can have a satisfying filling smoothie without exceeding your point limit.

Download this book today to enjoy some delicious “no-point” Power Food smoothies!

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Erin Marshall:

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