



Weight Watchers Casseroles: New Quick and Healthy Recipes!

Terrence Demetri

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This book is a combination of two great things – a convenient way to cook a meal and the best diet ever invented. Of course, these two things are casseroles and the Weight Watchers® diet.

For years, cooks have depended on the casserole for quick and convenient meals or dishes that are healthy, satisfying and easy to prepare. This book is packed full of casseroles that fit within the Weight Watchers® point range and healthy eating list of foods. You'll find everything from breakfast to dinner recipes and dishes that will feed two or twenty – all with ingredients that are both tasty and readily available.

So browse through the recipe choices in this book – pick something you can't resist and make it today. We know you'll be glad you did.

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