



Weight Watchers: The No B.S. SmartPoints Start Guide For Rapid Weight Loss - Including Beginners 31 Day Meal Plan

Mike Lorenzo

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Discover The No B.S. SmartPoints Start Guide For Rapid Weight Loss - Including The Beginners 31 Day Meal Plan! More and more Americans are realizing that dieting is not the best way to lose weight. Going on a short-term weight loss regimen may yield results, but they are short lived and often participants gain back more weight than they have lost. This is a terrible cycle that has affected millions of Americans for decades. There is only one way to break the cycle, but perhaps you do not have the knowledge you need to get started. The solution is clear – stop fad dieting and start a strategy that works. Weight Watchers has helped tens of thousands lose weight and keep it off. The tried and true strategy to Weight Watchers comes in losing weight gradually, and keeping it off by adopting a lifestyle change that will inform healthy choices for years to come. Stop losing weight only to gain it back a short while later. There is a better way, a healthier way and a more effective way, in Weight Watchers. Learn about the secrets that have helped thousands, and start your new weight loss journey today with an included 31 Day meal plan. It's time for you to lose weight and to keep it off – start reading today! In This Book You Will Find: • A brief history of the Weight Watchers program • An explanation of the current Weight Watchers' SmartPoints system • How to calculate your daily SmartPoints total • A delicious 31 Day meal plan made up from more than 20 different meals • Step by step instructions for how to cook delicious and healthy meals • Advice and instructions from a Weight Watchers member for more than ten years • Recipes from all different styles of cuisine

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