



## WEIGHT WATCHERS CUT THE FAT COOKBOOK: Eat Smart. Lose Weight

*By Weight Watchers*



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A taste-tempting assortment of 175 low-fat, high-fiber recipes provides easy-to-follow directions for such treats as Apple French Toast, Peach Melba, Moo Shoo Chicken, Tabbouleh, White Chili, and Cream of Mushroom Soup.



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## **WEIGHT WATCHERS CUT THE FAT COOKBOOK: Eat Smart. Lose Weight** By Weight Watchers **Bibliography**

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