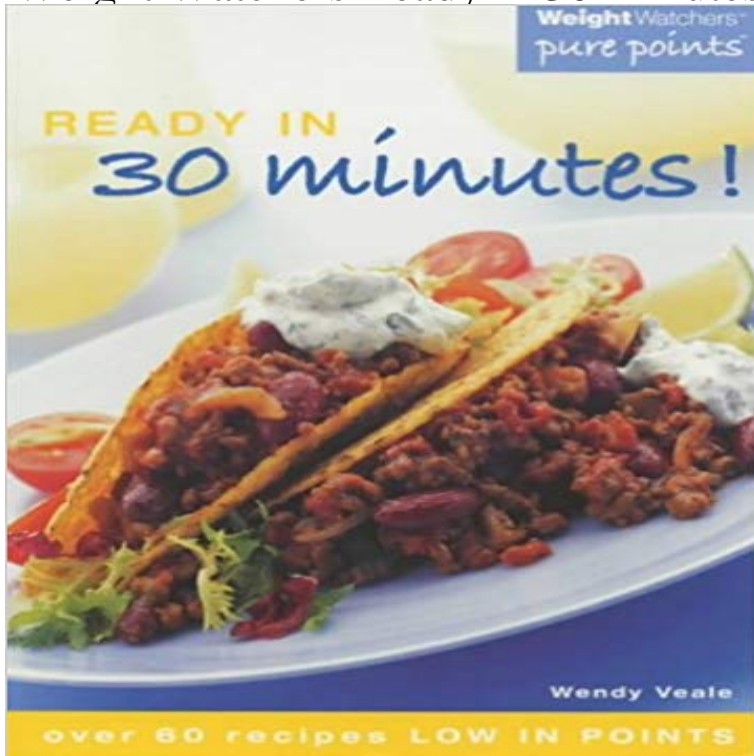


## Weight Watchers Ready in 30 Minutes (Weight Watchers: Pure points)



Here are meals for working people who want to have quick-to-make, great-tasting, fresh meals after work and want to lose weight too. Here are over 65 quick meals for after work or any time that you want great-tasting diet food but haven't time to fuss in the kitchen - promise! From start to finish, these dishes can be on the table in 30 minutes or less, and that's including preparation and cooking times. The recipes are mostly for main meals but there are some delicious soups and delectable desserts too. For dinner there are recipes for turkey, pork, lamb and beef, sausages and liver and fish. There is also a selection of vegetarian meals as well as recipes for salads, light meals and pasta. Not only are these recipes quick and easy, they are also made with the freshest, best-tasting ingredients so they really do taste home-made.

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