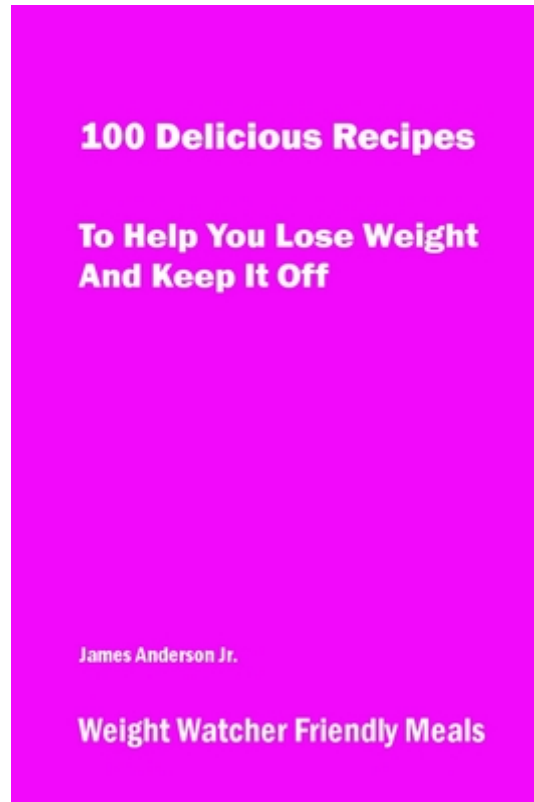


100 Delicious Recipes To Help You Lose Weight & Keep It Off



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Losing weight is hard enough Why add to your misery by following a strict diet that doesn't allow you to eat something delicious? Here are the meals you can prepare and enjoy included in 100 Delicious Recipes to Help You Lose Weight and Keep It Off: * Chicken Piccata * Easy Cheese Lasagna * Deli Crab Salad * Mandarin Orange Mousse * Garlic Mashed Potatoes * Easy Mac And Cheese * 1-Point Brownie * Pumpkin "Pie" * Smothered Chicken With Pierogies * Cheese Biscuits * Strawberry Pie * Chicken Pot Pie * Cauliflower Medley * Hamburger Stroganoff * Meatballs * Sunshine Fruit Salad * Baked Zucchini Sticks * Roasted Red Pepper Dip * Banana Chocolate Chip Mini-Muffins * Peach Cobbler * Key Lime Pie Bars * Broccoli Salad * Crockpot Sour Cream Salsa Chicken * Baked Artichoke Dip * Baja Shrimp Salad * Hashbrown Casserole * Crockpot Chicken Stroganoff * Apple Carrot Muffins * Rhubarb Crisp * Sausage And Red Cabbage * Mama's Meatloaf * Baked Red Snapper * Deep-Dish Pizza Casserole * Cheesy Chicken Stuffed Shells * Spinach Pasta Bake * Easy Tuna Casserole * Light Pie Crust * Honey Mustard Chicken * Crockpot Corn, Ham, And Potato Scallop * Oat Apple Crisp * Creamy Bowtie Primavera *

Turkey Quiche * Creamed Corn Pancakes * Oreo Mousse * White Chicken Chili * Tiramisu * Banana Oatmeal Cookies * Fried Rice * Strawberry Bread * Pumpkin Bread * Shrimp Creole * Baked Oatmeal * Crab Quiche * Broccoli Casserole * Classic Pecan Pie * Deluxe Meatloaf * Light Chex Mix * Impossible Coconut Pie * Faux Egg McMuffin * Teriaki Chicken * Basque Chicken * Strawberry Angel Food Trifle * Celebration Cake * Easy Fat-Free Frosting * Pumpkin Butter * Pumpkin Pie Wontons * Banana Split Cake * Chocolate Chip Cookies * Pimiento Cheese #1 * Pimiento Cheese #2 * Pineapple Right Side Up Cake * Cocoa Krispy Bars * Cocoa Krispie Bars Revised * Deluxe Meatloaf * Scallops Exceptional * Mediterranean Chicken And Couscous * Broccoli Quiche * Summer Squash Casserole * Spaghetti Salad * Taco Soup * Ratatouillie * Balsamic Orange Grilled Chicken * Herb Roasted Green Beans * Broccoli Cheese Soup * Shrimp Scampi * Festive Fruit Salad * Au Gratin Potatoes * Hot Cocoa Mix * Pasta Primavera * Raspberry Oatmeal Bars * Parmesan Chicken Cutlets * Crockpot Chicken And Rice * Snow Peas And Jicama Salad * Upside-Down German Chocolate Cake * Sweet Potato Casserole * Potato Brunch Casserole * Hummus * Cranberry Pumpkin Bars * Cowgirl Casserole (Vegetarian) * Wacky Chocolate Cake * Peach Angel Food Cake * Berry Bake Points are included for each of these 100 Weight Watcher Friendly Recipes.

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