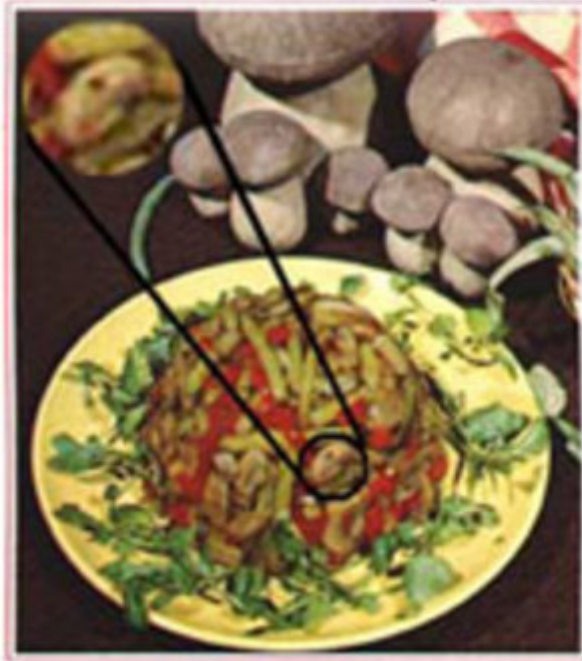


# 100 Favorite Weight Watchers Recipes With Mrr/

## 100 Favorite Weight Watchers Recipes



[DOWNLOAD HERE](#)

This ebook comes with resale rights 100 Favorite Weight Watchers Recipes Contents 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 RATATOUILLE 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

Examples: CHICKEN PICCATA 12 oz chicken breasts 1 tsp. minced garlic 1/4cup lemon juice 1/4 cup  
flour 2 Tbsp. olive oil 1/3 cup capers 1 can artichoke hearts (packed in water, not oil) 1 package sliced  
mushrooms Coat chicken with flour. In a large skillet, cook garlic and oil over moderate heat, stirring  
constantly, until garlic is pale gold. Add chicken and brown 2-3 minutes on each side. Add lemon juice,  
artichokes, capers and mushrooms. Simmer, covered, for about 30-35 minutes. Turn and baste the  
chicken occasionally. Cook until chicken juices run clear. 4 servings, 5 POINTS each If you have never  
tried capers (I hadn't), this is a great way to start. They add a nice spiciness to the sauce. DH loves this  
dish! This recipe comes from the old Week 9 WW Recipe Card, with a few additional suggestions. EASY

CHEESE LASAGNA 1 jar (28 oz) spaghetti sauce (look for a lower-calorie/lower fat one)(I like to use a  
spicy spaghetti sauce because otherwise the lasagna tastes bland to me) 6 uncooked lasagna noodles 1  
15oz container of fat free ricotta cheese (I use FF cottage cheese) 1-2 cups chopped raw vegetables,  
such as mushrooms, broccoli, bell pepper, zucchini 8oz shredded low-fat mozzarella cheese Preheat  
oven to 375. Spray an 11x7 dish with cooking spray. Spread 1/3 of the sauce on the bottom of the dish.

Arrange 3 noodles in a single layer over the sauce. Top with another 1/3 of the sauce, all of the ricotta cheese, the vegetables, and 1/2 of the mozzarella cheese. Lay the next 3 noodles on top. Spread the remaining sauce over the noodles. (Some people also drizzle 1/4 - 1/2 cup of water around the edges, though I don't.) Cover the dish tightly with foil. Bake about 1 hour or until noodles are tender. Take the foil off. Sprinkle with remaining mozzarella cheese, and bake uncovered for 5 minutes longer. Let stand 5 minutes before cutting. 6 servings, 6 POINTS each Tips: It's important to put the foil on the pan tightly because it's the steam that cooks the noodles. If you remove the foil but find the noodles aren't completely cooked (poke them with a knife), use a spoon to push the noodles back down under the sauce. Recover the pan with the foil and return to the oven for another 10-15 minutes. If you take the foil off and the lasagna looks "soupy", remove the foil and return the pan to the oven for 10 minutes or until the juice has evaporated. Then sprinkle on the cheese and finish baking.

**DELI CRAB SALAD 6 oz.**  
imitation crab meat 2 Tbsp. light mayo Chopped green onion or chives 1/2 to 1 tsp. mustard 1/4 cup fat free sour cream onion powder (to taste) salt and pepper (to taste) 1 cup cooked macaroni noodles Cook noodles and measure out 1 cup. Run cold water over the noodles to chill them. Mix the shredded or diced crab pieces with the pasta. Mix in green onions or chives. In a separate bowl, mix remaining ingredients. Pour sauce over pasta mixture and stir well. Put it in the fridge for a few hours or overnight to let the flavors blend. 2 big servings, 5 POINTS each Tips: You can also add other things liked chopped celery, and you can serve it on lettuce leaves to make it look fancy. The last time I made it, I used Trader Joe's Lemon Mayonnaise, which is kind of spicy, to add more zip. You could also use a sharp mustard.

**MANDARIN ORANGE MOUSSE (aka CREAMSICLE MOUSSE)** 1 box SF orange Jell-O 1 box SF white chocolate pudding 1 can mandarin orange slices (drained) 1 8-oz tub of fat free Cool Whip. Mix Jell-O with 1 cup boiling water. Dissolve Jell-O completely. add 1 cup cold water and let it sit for 5 minutes. Using electric beater, beat in pudding mix until well combined. Fold in drained fruit and Cool Whip. Chill and serve. 4 servings (1 cup each), 2.5 POINTS each

[DOWNLOAD HERE](#)

Similar manuals:

[AROMA THERAPY RECIPES](#)

[Big Recipes Web Membership Website - Master Resell](#)

[Delicious Icecream Recipes](#)

[Smoothies For Athletes-126 Easy Recipes For Maximum Sports Performance!](#)

[Pumpkin Pies And More - Delicious Pumpkin Pie Recipes For Your Special Holiday Meals](#)

[200 Delicious Smoothie Recipes](#)

[\\*NEW\\* Vegetarian Recipes Ebook Healthful Vegetarian Recipes For The Most Discriminating Tastes.](#)

[\\*NEW!\\* 1000 ATKINS DIET RECIPES EBOOK RESELL](#)

[\\*NEW!\\* 470 Crock Pot Recipes EBook](#)

[\\*NEW!\\* Mom S Favorite Family Recipes](#)

[750 Relaxing Bath And Beauty Recipes Ebooks](#)

[1620 Slow Cooker CROCKPOT Crock Pot Healthy Food Recipes 4 Ebook Set](#)

[11000 RECIPES \\*\\* Ultimate Cookbook EBook \\*\\* W/ RESELL RIGHTS!](#)

[1001+ LOW CARB RECIPES ATKINS DIET GI DIET WEIGHT LOSS COOKBOOK WITH RESELL RIGHTS!!!](#)

[A Homemade Christmas: 100 Simple & Delicious Christmas Recipes](#)

[Best Blue Ribbon Recipes - Award Winning Recipes!](#)

[Family Fun Easter Activity Collection - Easter Recipes, Crafts, & Games - With Free Resellers Website!](#)

[STARBUCKS COFFEE & DESSERT RECIPES EBOOK + RESELL RIGHTS](#)

[Profitable Recipes E-Book Package](#)

[Vegetarian Cooking Over 1,000 Recipes!](#)

[Authentic And Old Fashioned Mother's Recipes](#)

[Indiadiets: Mouth Watering Indian Recipes](#)

[DOWNLOAD NOW !! Authentic KFC \(Kentucky Fried Chicken\) Recipes Pdf](#)

[101 Recipes For Healthy Living](#)

[Authentic KFC Recipes - Unreleased](#)

[Recipes For Hope](#)

[Big Book Of Outdoor Recipes With Resell Rights](#)

[\\*New!\\* YUMMY Diabetes Cooking Recipes With MRR !](#)

[Ultimate Mouthwatering CheeseCake Recipes Collection W MRR !](#)

[Ultimate Puddings Recipes Collection With MRR!](#)

[Delicious Italian Recipes Collection Ebook \(MRR Included\) !](#)

[DOWNLOAD NOW !! SALAD RECIPES COOKBOOK \(MRR Included\) !](#)

[Delicious Diabetic Recipes](#)

[212 Hot And Delicious Pizza Recipes - PLR](#)

[269 Cooking Recipes Articles With PLR](#)

[100 Succulent Chinese Recipes](#)

[1,000 Plus Atkins Diet Recipes](#)

[131 Ice Cream Maker Recipes](#)

[300 Great Chicken Recipes](#)

[Frozen Dessert Recipes](#)

[11,000 Cooking Recipes - The Ultimate Collection](#)

[Salvadoran Cuisine Salvadorean Recipes El Salvador Food](#)

[The Beauty Of Honduran Cuisine Recipes From Honduras Food](#)

[La Belleza De La Cocina Peruana Recetas Peru Recipes Food](#)

[The Beauty Of Peruvian Cuisine Recipes From Peru Food Comida](#)

[La Belleza De La Cocina Colombiana Recetas Colombia Recipes](#)

[The Beauty Of Argentinean Recipes / Cuisine Food Gastronomy](#)

[The Beauty Of Colombian Cuisine Recipes From Colombia Food](#)

[Tamales Atoles Mexicanos Mexican Cuisine Recipes Mexico](#)

[75 Chocolate Recipes](#)

[KFC KENTUCKY FRIED CHICKEN RECIPES EBOOK + RESELL RIGHTS](#)

[Halloween Recipes - Volume 1](#)

[Halloween Recipes - Volume 2](#)

[Halloween Recipes - Volumes 1 And 2](#)

[NEW STARBUCKS COFFEE & DESSERT RECIPES EBOOK + RESELL RIGHTS](#)

[Christmas Recipes Collection](#)

[Christmas Gift Jar Recipes](#)

[Top Secret Recipes -Top Restraunts Dont Want You To Know-](#)

[Western Style Jerky Recipes](#)

[334 Mouth Watering Candy Recipes](#)

[Favorite Family Recipes](#)

[Healing Foods - Download Recipes/Manuals](#)

[Welbilt ABM6000 Bread Machine Recipes & Instruction Manual](#)

[Smoothie Recipes Website With 3 E-books](#)

[\\*HOT!\\* Great B B Q Recipes](#)

[Mouth Watering Apple Recipes](#)

[600 Chocolate Recipes \(PLR\) +bonus](#)

[500 Bath And Beauty Recipes](#)

[101 Recipes In A Flash+ 3 Bonuses \(PLR\)](#)

[Atkins Diet Recipes + Two Bonuses Diet Ebooks](#)

[Mouth-Watering Fair Recipes](#)

[Delicious Orange Recipes](#)

[Great Salad Recipes - Resell It](#)

[100 Delicious Recipes To Help You Lose Weight & Keep It Off](#)

[Ice Cream, Sorbets, Ices And Yogurts. The Best Recipes!](#)

[Bodybuilding Fat Loss And Muscle Gaining Recipes](#)

[Coffee Recipes](#)

[100 + Low Carb Breakfast Recipes From The Kitchen Of Lauri Ann Randolph - Ann Randolph, Lauri](#)

[The Low Dose Immunotherapy Handbook: Recipes And Lifestyle Advice For Patients On LDA And EPD Treatment - M Dumke, Nicolette](#)

[200 Delicious Smoothie Recipes With Master Resale Rights](#)

[Diabetic Recipes](#)

[Bread Recipes](#)

[Delicious Vegetarian Recipes PLR Ebook Package](#)

[68 Vegetarian Recipes](#)

[68 Vegetarian Recipes Vol 2](#)

[\\*New\\* Thanksgiving Recipes 2011](#)

[Where The Road Ends, Havasu Palms Recipes & Remembrances](#)

[American Cookery Recipes PLR Ebook With Private Label](#)

[Dog Treat PLR Articles + Dog Quotes + Dog Treat Recipes!](#)

[504 Bath Recipes](#)

[Coffee-recipes.txt](#)

[Ice-cream-recipes](#)

[Mouth Watering Apple Recipes - MASTER RESALE RIGHTS](#)

[Recipes From South Of The Border - MASTER RESALE RIGHTS](#)

[Blue Ribbon Recipes Ebook - MASTER RESALE RIGHTS](#)

[Pamper Your Cat Recipes Ebook - MASTER RESALE RIGHTS](#)

[600 Recipes For Chili Lovers Ebook - MASTER RESALE RIGHTS](#)

[Big Recipes Web Membership - MASTER RESALE RIGHTS](#)

[Delicious Cajun Recipes - MASTER RESALE RIGHTS](#)

[Fish And Shell-Fish Recipes - MASTER RESALE RIGHTS](#)