



Jennifer Thornton

# **FREESTYLE**

## **2018**

**The Complete Guide For  
Freestyle Diet Program  
+ 31 Days Meal Plan**

Jennifer Thorton

## Freestyle 2018: The Complete Guide For Freestyle Diet Program + 31 Days Meal Plan



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Healthy weight loss could be intimidating and seems impossible to many. Some may not understand how. Some may have managed to lose some pounds for two months with particular dieting but and then gain it all back months later on. Some may not possess the grit and compelling reasons to start out. Most importantly, you will also learn how to maintain your new lifestyle.† procrastinate. This publication is here to help you learn the best way to reach your weight loss goals. In this book, you'll discover: What is Weight Watchers Freestyle about?† hesitate any more. 31 Day Food Guide Over 50+ quality recipes systematically grouped by breakfast, lunch, dinner, snacks, and desserts And much more Don't What are SmartPoints? This publication covers everything you need to know about Fat Watchers. You should understand the place to start and how to get started. With Weight Watchers, everything is much easier. Don't Meetings and support group can help maintain you accountable and motivates you to maintain your efforts. Does your diet leave you feeling restricted and confined? Escape to the healthful and stressful lifestyle of Weight Watchers!



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Did the author ever read a REAL cookbook? I'm not sure it was even worth enough time it had taken to download. Instructions are nonsensical and not clear, like "add milk to extra milk" when there is absolutely no additional milk in the recipe. A recipe for pancakes said to "spoon a bit" of batter in to the pan and do it again, but there were no yields (just how many pancakes?) or guidelines regarding portion size, that is crucial in Weight Watcher recipes.? Condiments are nearly always extra "points", so the factors on that recipe are so far off it's laughable. That one is definitely not useful. Don't waste your money on this book Don't waste your money on this book. Bogus. Instructions for each and every recipe sounded like they were created for a 3 year old. And yes it doesn't give just how many points it will be. Do NOT BUY This is the worst cookbook I have ever seen it does not help with Wight Watchers. It looks like 6 year aged typed it. It were written just before the latest WW Program was introduced. Unprofessional cookbook to say the least There were no page numbers in the table of contents. The recipes don't offer you how many it will yield.Bad instructions, no yields or measurements, just about useless It's a very important thing this is free, as it's not worth anything for all those on Weight Watchers. A hamburger recipe said to make a pound of floor beef "into burgers", without instruction concerning portion amounts or amount of burgers, and then instructed the reader to "add your favorite toppings". Recommended!? many dishes, not what I was looking for. I just wanted recipes. A lot of the book is how exactly to follow Weight Watchers. Highly recommend this book. Don't buy this reserve, waste of money Straight up, this book sucks. Wight Watchers is focused on learning potion size and controlling potion size this book has no portion sizes at all. Typos on just about any page. Recipes don't call out servings. Not what I expected I was looking for the new & latest Weight Watchers Freestyle Program information, including information on the program, comprehensive list of food points, just how many points are allowed. amazing book. The cooking direction are like a little of this or a few of that no exact amount. This book provided Pros & Cons of Fat Watchers & Total waste materials of money No food portion sizes to accurately follow Fat Watcheds point system. non-e of this information was included in this book. This is a good cookbook that consists of easy to make recipes which are moist and flavorful delight that may only costs four points per portion. This is the ideal cookbook if we are looking recipes which will fill our tummy and satisfy the cravings of us.? Great book This is the first-time I heard of the freestyle approach and I loved how this book put everything together and easily explained it so that it was possible to follow. A method to eat the meals that still tastes great but get rid of weight and feel refreshed, healthy, and better about your body. But most frustrating is the lack of food portion sizes so one can accurately stick to the Fat Watchers point system. 5 star critiques are pathetically fake. It generally does not give you any real information. great stuff We have discovered that I really do better with a difficult copy of quality recipes. This would be 2 smart points. It is outlined as having 9 smart points! The rest of the book is pretty awful. Read the 5 star evaluations if you really want to laugh. One recipe includes a berry and peach smoothie which consists of 1/2 glass of skim milk and some fruit.



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