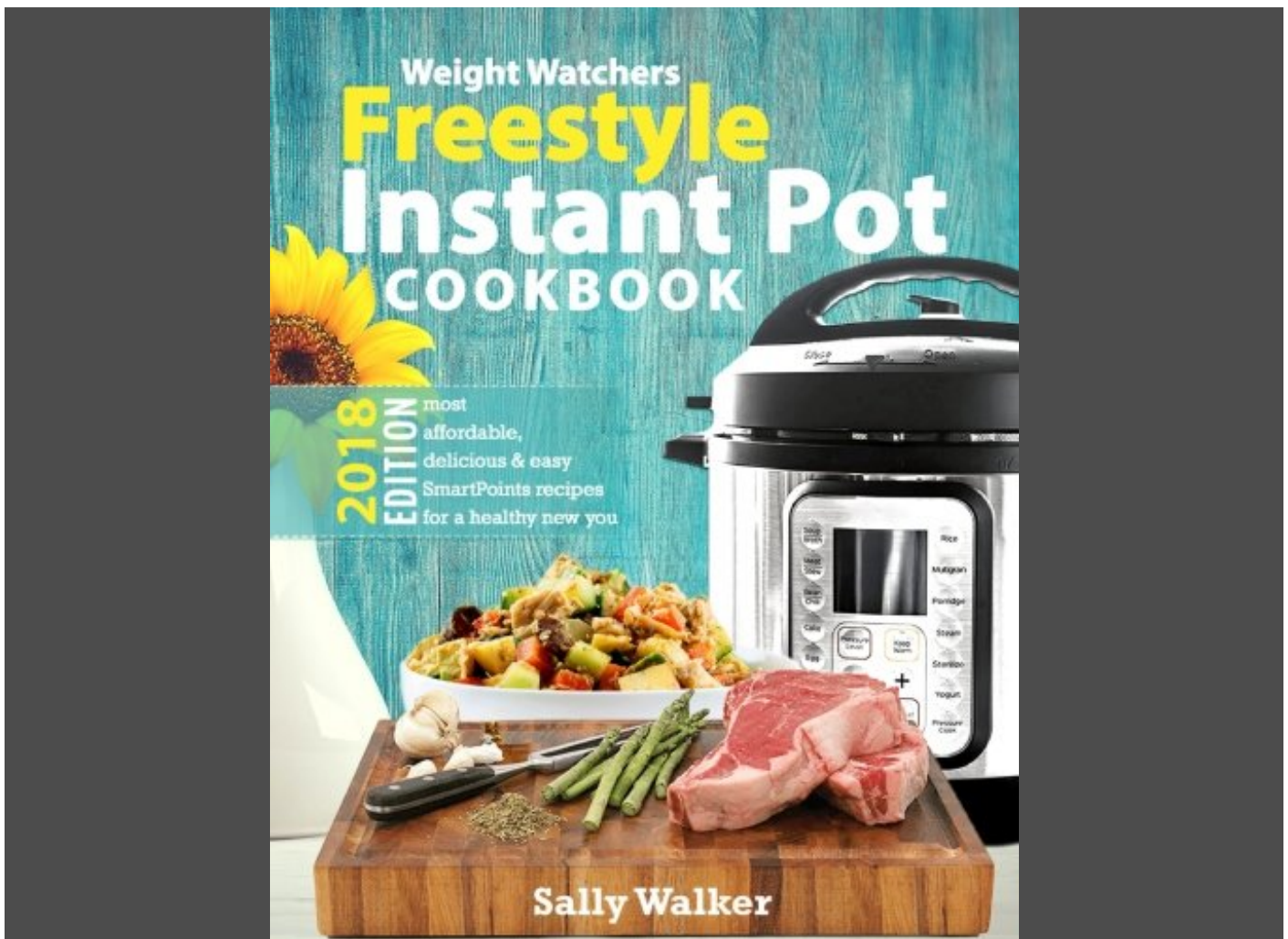


PDF | Weight Watchers Instant Pot  
2018 Freestyle Cookbook: 130+  
Affordable, Quick & Easy WW Smart  
Points Recipes for Fast & Healthy  
Weight Loss

by Sally Walker



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*"Discover the secret of Freestyle 2018 cooking with your Instant Pot"–Sally Walker, M.D.*

Sally Walker brings the most affordable, quick & easy Freestyle Instant Pot recipes to your kitchen! Each recipe gives:

- **Nutritional Information:** perfect for counting your daily Smart Points on the Freestyle program.
- **Cooking Times:** perfect for busy professionals & moms.
- **Affordable Ingredients:** perfect for cutting out expensive & long-winded ingredients.
- **Servings:** save money by cooking the right amount of food for your diet.
- **Metric and Imperial Measurements:** perfect for folks worldwide.

Eating healthier, losing weight and trimming your waistline is never as straightforward as it sounds—especially if you're used to splurging on unhealthy junk foods. Scientific studies show the benefits of the Freestyle plan for **losing weight, reducing the risk of heart disease and diabetes and improving your overall health and well-being too.**

*"What I love about this cookbook is that it brings together affordable and delicious freestyle recipes in one easily accessible resource, with minimal difficulty and time required to make them. The section on Weight Watchers meetings is really helpful and inspiring—Sandy's story is just like mine! I love it"–Amy Wells, M.D.*

Equipping you with easy-to-follow recipes and must-know information, Sally's book is your **user friendly all-in-one resource** for achieving your weight loss goals in a **quick, delicious and affordable way.** Inside, you'll discover over

130+ yummy recipes bursting with flavor that are both affordable and delicious, yet quick and easy to make—the best of best worlds!

- Breakfast
- Lunch
- Soups, Stews & Chilies
- Beef, Pork, Lamb & Chicken
- Side Dishes & Snacks
- Desserts

And...

- **Freestyle 101:** perfect for teaching you all there is to know to be successful on the Freestyle program.
- **Freestyle Pros & Cons:** perfect for weighing up how the Freestyle program impacts your body.
- **Instant Pot 101:** perfect for learning about the Instant Pot and how to use it.
- And so much more!

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**Happy Cooking!**



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