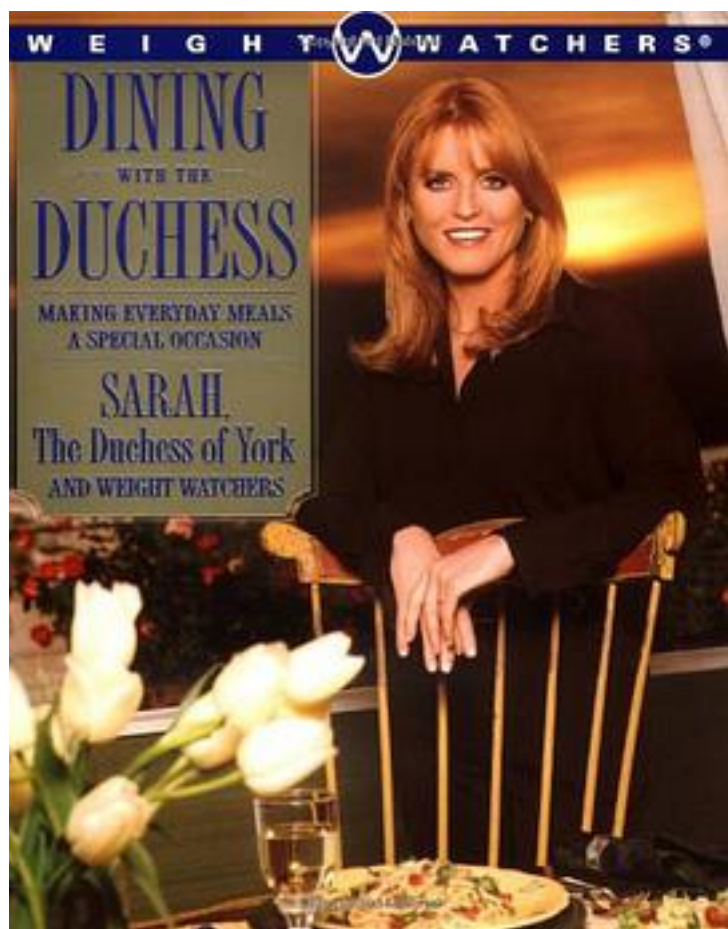


# Dining with the Duchess



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Straight from the kitchen of the world's most famous Weight Watchers member, Sarah, The Duchess of York, come over 125 easy-to-prepare, guilt-free, mouthwatering recipes. Once harshly scrutinized by the unyielding glare of the media, The Duchess has come into her own as a chic, slimmed-down single mother with a new and exciting

career. With her weight woes well behind her, she truly has become a role model for anyone who wishes to turn his or her life around. In fact, her triumph over adversity is just one reason why she is the perfect Weight Watchers member. "Dining with The Duchess" is a unique collaboration, combining the Duchess's taste and style with the culinary and dietary expertise of Weight Watchers. Organized into full menus to make planning any meal a breeze, each recipe includes these very special features: \* Weight Watchers revolutionary "POINTS"(R) food system from the 1-2-3 Success(R) Weight Loss Plan\* Basic nutritional breakdown important to any dieter\* Helpful cooking hints and tips on presentation\* No complicated counting and "no forbidden foods"Whether for a simple weeknight dinner or an elegant holiday feast, these menus make everyday meals a fine dining experience. "Dining with The Duchess" is the perfect cookbook for anyone who wants to prepare light, healthy, and delectable meals with distinction and flair.

作者介绍:

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