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Simple slow cooker recipes to boost your immunity. Your go-to guide for delicious, healthy slow cooker recipes. Packed with 50 SmartPoints friendly recipes — including rich stews, warming soups and hearty curries — Healthy Slow Cooker makes it easy to meet your weight-loss and wellness goals while still enjoying nourishing, easy-prep, flavourful food.

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WW is the #1 Doctor Recommended Weight Loss Program† †Based on a 2019 survey by Kantar Health of 500 doctors who recommend weight loss programs to patients. U.S. News & World Report ranked WW the #1 Best Diet for Weight Loss and #1 Best Commercial Diet Plan for 10 years in a row (2011-2020).Learn more

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This cookbook will take your kitchen skills to a whole new level. This tasty collection of healthy recipes will make you proficient in Weight Watchers Program for rapid weight loss, better sleeping and improving energy. This easy, yet full of yummy Weight Watchers Freestyle Cookbook 2021 has the following categories: Breakfast ; Meat: Beef ...

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