

weightwatchers

family style

Make healthy, tasty meals a reality . . .

Experts agree: Cooking and eating more meals at home can be one of your best allies in weight loss. That's why we created *Family Style*—to make it easier than ever to get delicious meals on the table every night of the week. Our comforting, crowd-pleasing recipes are guaranteed to reap family satisfaction while you stick to your healthy eating plan.

180 classic, scrumptious dishes everyone will love plus over 25 recipes that can be cooked in 20 minutes or less, delicious slow cooker options, expert advice on managing everything from storing leftovers to cutting your grocery bill, and complete menus for everyone's favorite holidays, from New Year's to Passover to Christmas.



books