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Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle)

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Weight Watchers provides a simple plan to enjoy meals with friends and family; from weekday meals to special occasions, the recipes make eating together fun and healthy

Want to create healthy, mouthwatering meals for your family, but starved for time? *Weight Watchers Family Meals* makes cooking together a snap—and ensures that what you eat is nutritious, delicious, and enticing for everyone (even picky eaters). This isn't diet food: Enjoy Baked Beef Ziti, Meat Loaf with Chive Mashed Potatoes, or Spaghetti Squash with Cherry Tomatoes, Parsley, and Parmesan. And for dessert—Gooey Rocky Road Bars!

Food should be a celebration, so we include menus for entertaining and theme nights, along with easy-to-cook recipes that let kids take part in the fun. You'll also get tips on how to pack healthy lunches for school and the office, creating a game plan for eating around the holidays, and stocking the pantry for quick dinners. No matter how busy you are, *Weight Watchers Family Meals* is your new go-to source for cooking inspiration.

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