



## For One and Two: Meals to Share or Just for You (Weight Watchers Mini Series)

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Cooking for one or two people is no longer a chore with tasty and satisfying ideas For One & Two. Packed full of amazing recipes from Weight Watchers cookbooks, this is the perfect book when cooking for yourself or to share. From a filling soup to a classic casserole, a quick stir-fry to an amazing dessert, there are so many great ideas here to get you cooking. Treat yourself to an individual Chicken and Sweetcorn Pie or Salmon en Croute, followed by Flaked Rice Pudding or a Peach Brulee, or share a Superquick Spinach and Cheese Lasagne or Beef Stroganoff for Two followed by Easy Chocolate Souffles. So, next time you are cooking For One & Two, create something delicious with the help of these wonderful recipes. .

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