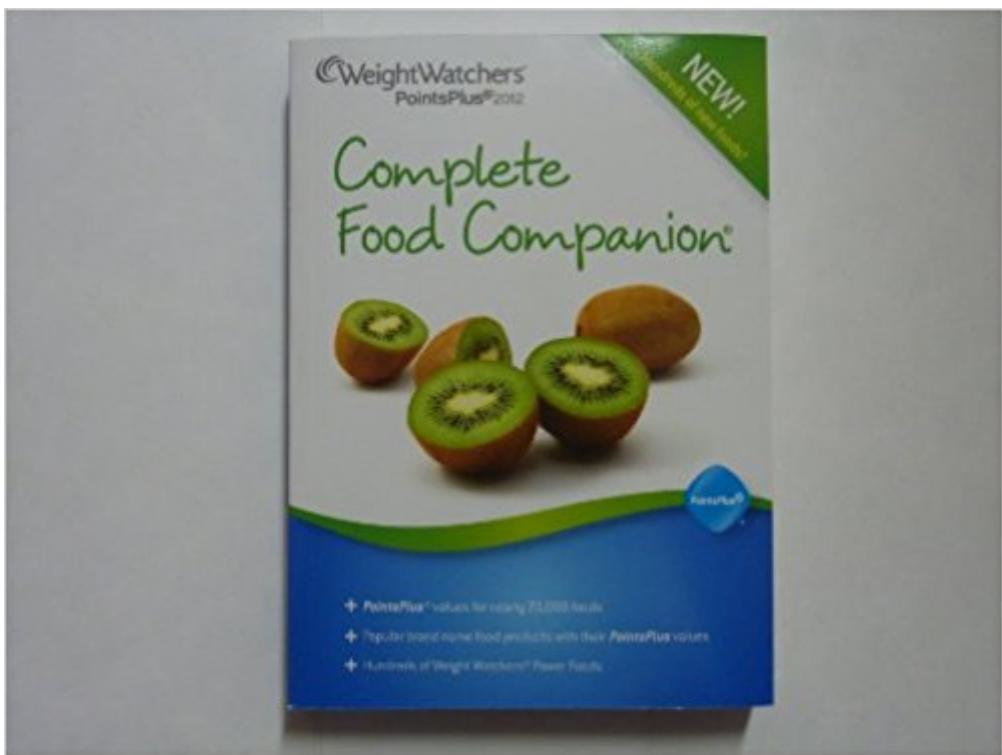


The book was found

Weight Watchers 2012 Complete Food Companion Brand New Points Plus



Synopsis

This indispensable guide makes meal planning and grocery shopping a breeze. Catagorized and alphabetical listings of common foods and their points values. PointsPlus Values For Over 20,000 Foods Brand Name Food Products And Their PointsPlus Values Listings Now Indicate Weight Watchers Power Foods An easy to use complete A-Z food list. Brand name food products, organized by food category

Book Information

Paperback

Publisher: n/a (2012)

ASIN: B006JEZC2C

Package Dimensions: 7 x 4.9 x 0.9 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.6 out of 5 stars 43 customer reviews

Best Sellers Rank: #349,953 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #4778 in Health & Household > Vitamins & Dietary Supplements > Vitamins

Customer Reviews

This indispensable guide makes meal planning and grocery shopping a breeze. Catagorized and alphabetical listings of common foods and their points values. PointsPlus Values For Over 20,000 Foods Brand Name Food Products And Their PointsPlus Values Listings Now Indicate Weight Watchers Power Foods An easy to use complete A-Z food list. Brand name food products, organized by food category

Exactly what I hoped it would be, it has points for just about every food, I know I will get a lot of use out of this book.

I ordered this book along with the 360 kit and it has been very helpful. It list the foods that you eat and the points for each item. I do reccommend this book for anyone interested in losng weight.

My dogs ate my pocket guide and I was lost without it. I found this book and decided to buy it. Loaded with info and it got to me in three days with a personal note of encouragement. That was much appreciated. never let's me down with there providers. Keep up the good work!

This book is extremely helpful with main name brand foods and is easy to carry around in your purse, car, etc.

This is a great book for listing all the points you use in weight watchers. I couldn't do the program without this book.

Good. book. Has a lot in it!

This book covers all food choices with their respective point values. Only as good as the time you are willing to put into charting your foods.

Great addition to have.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers 2012 Complete Food Companion Brand New Points Plus Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight Watchers: Weight Watchers Cookbook Ã¢â œ Smart Points Edition Ã¢â œ Lose Weight By Eating Smarter (Weight Watchers Pocket Guide) Weight Watchers Points Plus Complete Food Companion 2011 (Food Companion ONLY) Weight Watchers PointsPlus Plan 2012 Dining Out Companion Book Points Plus (2012) Weight Watchers:Weight Watchers: 101 Weight Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Weight Watchers Complete Food Companion 2004 - Points Values for Over 17,500 Food Items - Over 1,900 Core Plan Foods - Paperback - 2004 Edition The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers Dining Out Companion [0013003 1/03 ICP#13003] Points values for food served at 60 popular chain restaurants, with nearly 2,000 new and updated entries! Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders Weight Watchers Recipes: 100 Weight Watcher

Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) 100 Weight Loss Recipes - Smart Points Edition: Weight Loss Points Cookbook: The Newest, Easiest, and Most Fun Way to Lose Weight. (Includes Slow Cooker and Instant Pot Recipes) Weight Watchers 2008 Dining Companion & Complete Food Companion Set WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook WEIGHT WATCHERS POINTS PLUS Getting Started

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)