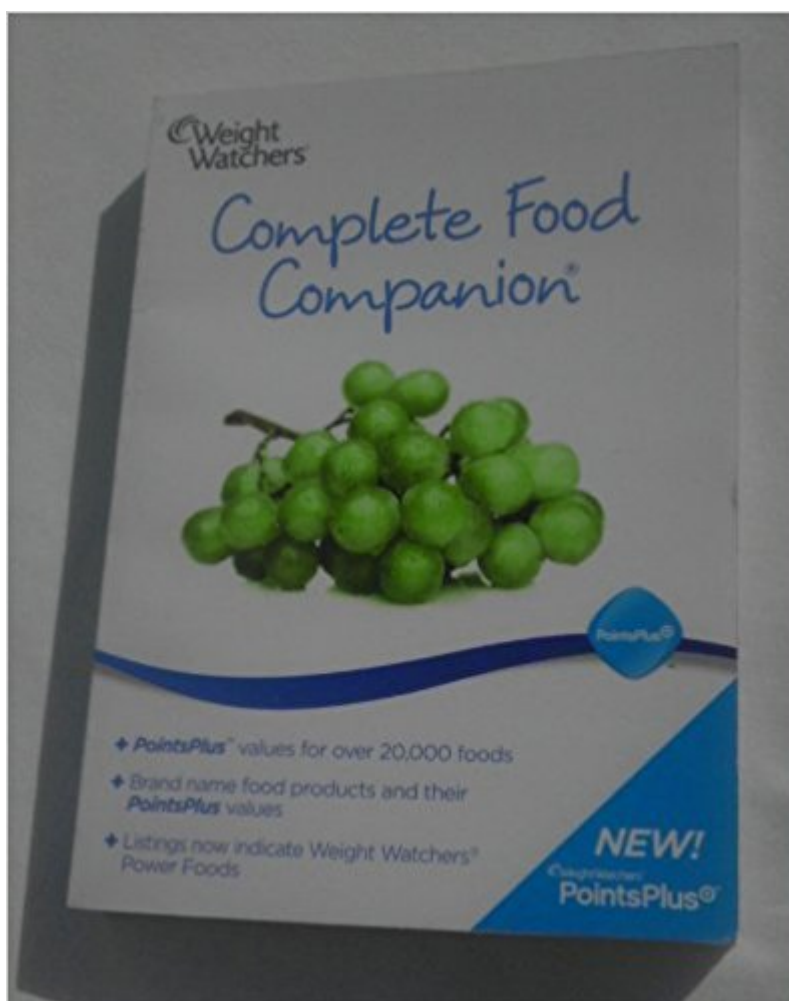


The book was found

Weight Watchers Points Plus Complete Food Companion 2011 (Food Companion ONLY)



Synopsis

pointsplus Complete food list with points values

Book Information

Paperback

Publisher: Weight Watchers

ASIN: B004EEC4WK

Package Dimensions: 7 x 5 x 0.7 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.7 out of 5 stars 17 customer reviews

Best Sellers Rank: #197,341 in Books (See Top 100 in Books) #23 in Books > Health, Fitness &

Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

pointsplus Complete food list with points values

I can't go to meetings where I live, and I lost my original book. Now at least I can count my points again. It covers all the foods.

Came in perfect condition

I bought this to see if it would be easier to find "from scratch" food items. Weight Watchers data base is heavily weighted (pun intended) toward prepared and name brand items which often pop up before a generic one. For me googling the item and weight watchers points plus usually yields better results. The book is a good back up if you can't get access to the net.

Exactly as described & super fast shipping

It has every food imaginable in this. I like the categories are broken down so you can find food.

well worth it, I have already lost 14 pounds

While dieting I try to stay on track with my calories or Weight Watchers points. This helps me know what points I have.

It was exactly as I expected. Helped me lose weight, easy to use, and fairly inexpensive. Cheaper to purchase on line, then to buy at meetings.

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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 Points Plus Complete Food Companion 2011 (Food
Companion ONLY) 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 â “ Smart Points Edition â “ Lose Weight By Eating Smarter (Weight Watchers
Pocket Guide) 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
2012 Complete Food Companion Brand New Points Plus 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 Complete Food Companion 2004 - Points
Values for Over 17,500 Food Items - Over 1,900 Core Plan Foods - Paperback - 2004 Edition
Weight Watchers PointsPlus Plan 2012 Dining Out Companion Book Points Plus (2012) 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 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 Family Meals: 250 Recipes for Bringing Family, Friends, and Food
Together (Weight Watchers Lifestyle) Weight Watchers New Complete Cookbook, Fifth Edition:
Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) 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 360
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