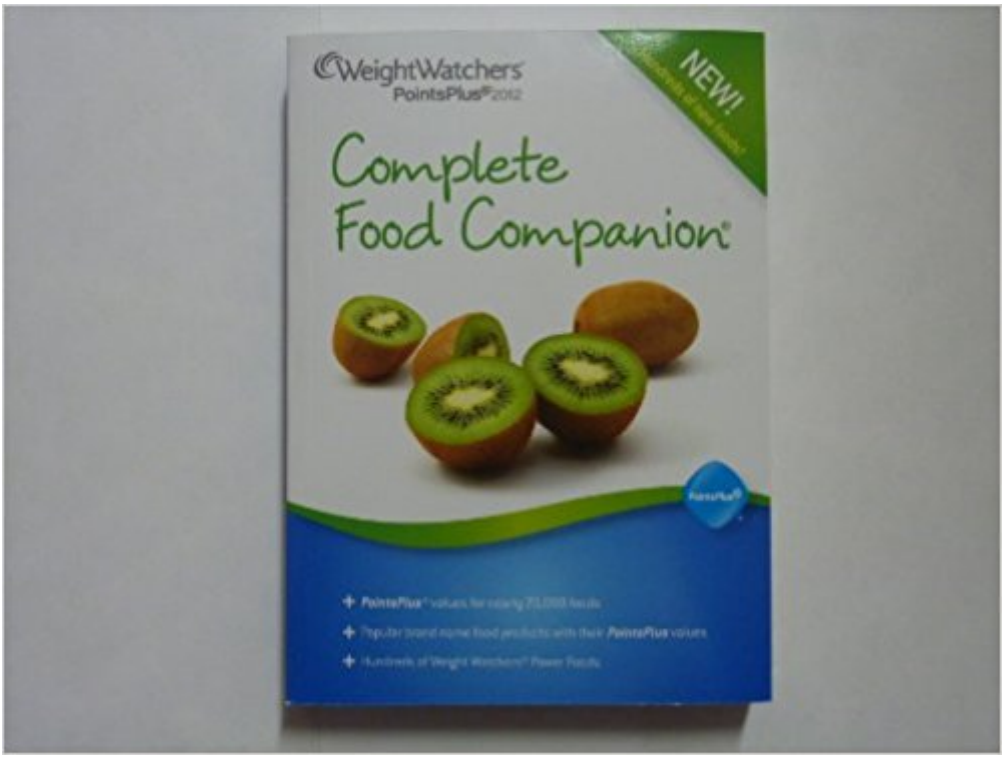
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Weight Watchers 2012 Complete Food Companion Brand New Points Plus



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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)

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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 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #4778 inÃ Â Health & Household > Vitamins & Dietary Supplements > Vitamins

Customer Reviews

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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.

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