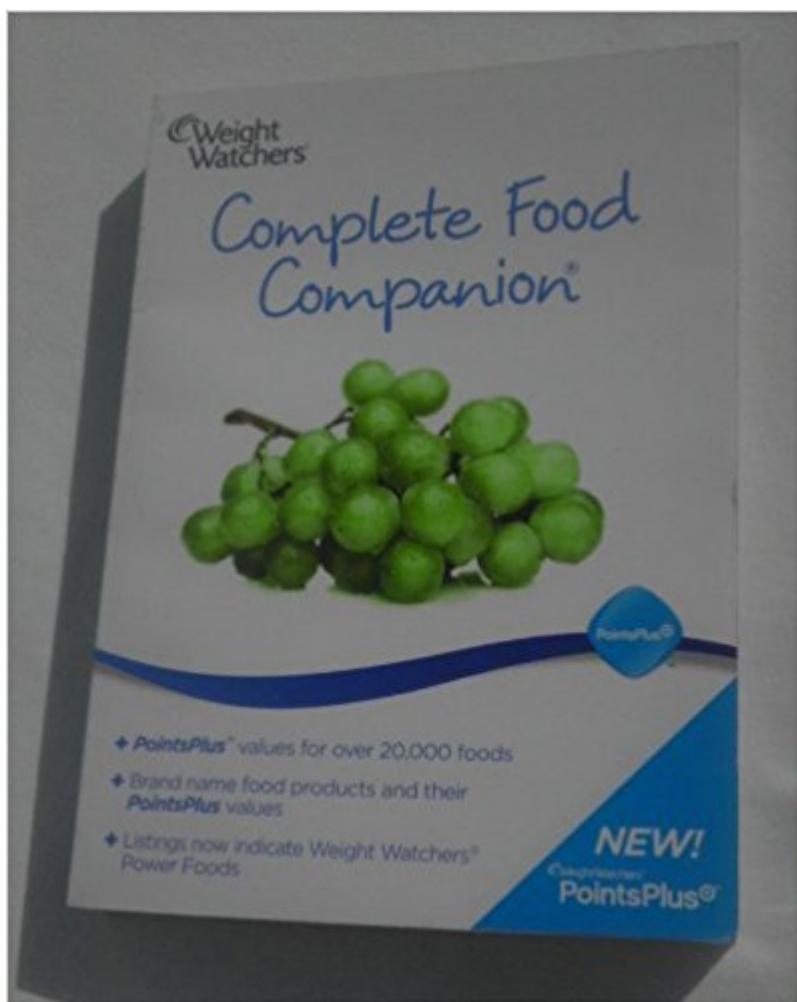


The book was found

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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