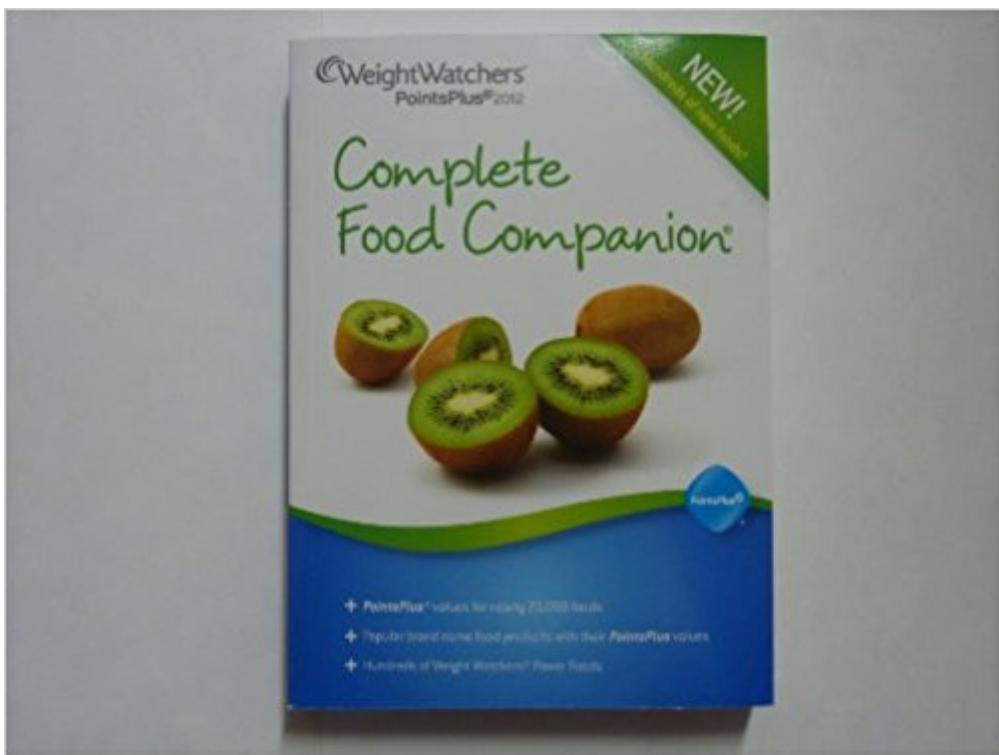


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# Weight Watchers 2012 Complete Food Companion Brand New Points Plus



## **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**

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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**

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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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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

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