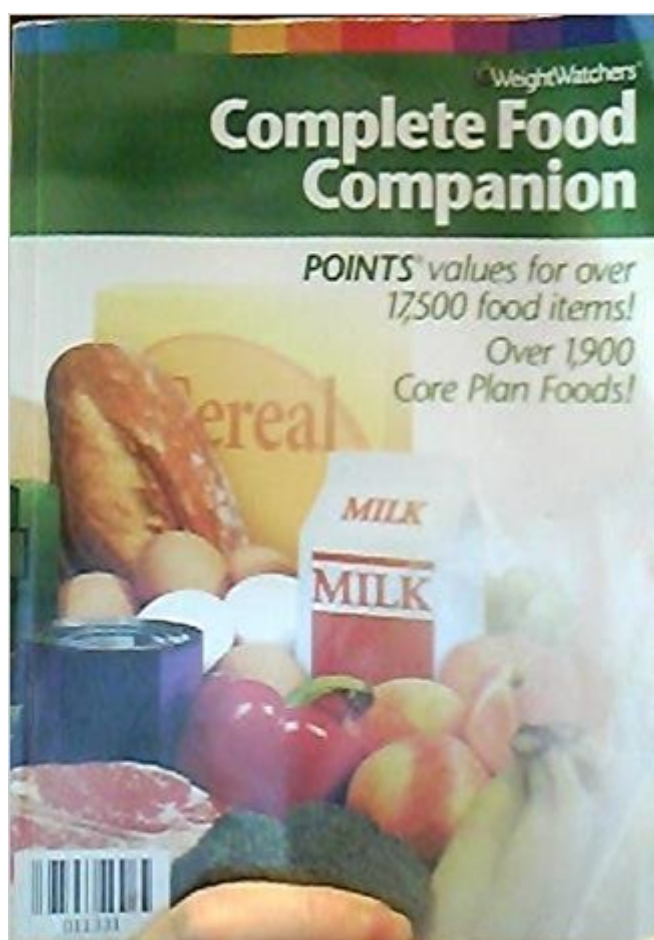


The book was found

Weight Watchers Complete Food Companion 2004 - Points Values For Over 17,500 Food Items - Over 1,900 Core Plan Foods - Paperback - 2004 Edition



Synopsis

Weight Watchers Complete Food Companion 2004 - Points Values for Over 17,500 Food Items - Over 1,900 Core Plan Foods - Paperback - 2004 Edition [Paperback] [Jan 01, 2004]

Book Information

Paperback: 360 pages

Publisher: Weight Watchers; Revised edition (2004)

Language: English

ASIN: B004ZUH4VO

Package Dimensions: 6.8 x 4.2 x 1 inches

Shipping Weight: 11.8 ounces

Average Customer Review: 5.0 out of 5 stars 9 customer reviews

Best Sellers Rank: #402,083 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Weight Watchers Complete Food Companion 2004 - Points Values for Over 17,500 Food Items - Over 1,900 Core Plan Foods - Paperback - 2004 Edition [Paperback] [Jan 01, 2004]

This book was published in 2004, but I bought it in 2011. Weight Watchers changed their program at the end of 2010 to PointPlus, but their two "old" programs worked just fine for many people, so I decided to buy a book and stay with Flex Plan. General idea - middle aged woman should "use" no more than 25 - 29 points a day, so if you really cut your portions and record what you eat daily this book will help you to calculate points and achieve some progress. It very well organized; you will be able to find points for various products easily. For myself I created a short list of the product that I eat on a daily basis and I refer to it regularly. If you are not able to find the product in the book you can check points using a calculator at calculatorcat.com. It's free and convenient.

I had this from years ago and had gotten rid of it. So sorry I did when I went to start WW on my own. This book is a life-saver for doing the traditional points system (which still works!).

Older program does tthe job I prefer this program to the newer ones. Everything count. If you are a cook - this is a must

I'm glad I found this book. I was on weight watchers back in 2004 and I lost 70 pounds, now I have been following their new program and I just can't get the weight off! I need to go back to this plan and this book helps a great deal.

FABULOUS; used; but in very good condition....NOW; if I could just follow the point value....(LOL) perhaps; I'd loose more weight....

Excellent food companion for Core and Flex Plans from 2004-2005.

Just what I wanted. Fast service.

valuable book

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