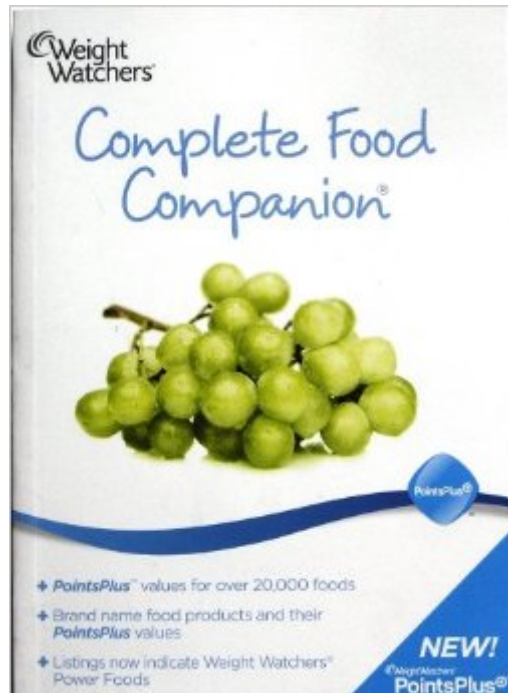


The book was found

Weight Watchers Complete Food Companion 2010



Synopsis

The Complete Food Companion is fully updated with over 18,400 foods, and 5700 new items. Inside is the most comprehensive list of foods ever compiled. A complete A-Z food general listing of foods. There is a section for ethnic and regional favorites, Weight Watchers® food products listings, brand name foods listings, plus favorite quick fix meal ideas with more than 75 pages of meal and snack ideas. Finally, an index to brand name foods makes this book a virtual encyclopedia of commonly available food. All bases are covered with this colorful and information packed publication that is our favorite. Nice size too.

Book Information

Paperback: 528 pages

Publisher: Weight Watchers international (2010)

Language: English

ASIN: B005L9B7ES

Product Dimensions: 7.3 x 5.4 x 0.7 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.9 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #65,405 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

I have this and it is so helpful! I keep it in my kitchen for when I need a point amount but do not want to find my phone or computer to look it up! Perfect reference tool!

I had the 2003 edition and felt I needed an updated version when I decided to do WW again. This book is great. I use it every day. It was in very good condition too.

The book arrived in excellent condition. It's my weight loss Bible

I am happy with the product. It is clear, concise and easy to follow. The book did not take long to come in the mail. The condition of it was in better condition than what I expected.

Everything was as described!

My wife finds the book interesting and useful. We received it in good condition with adequate but not excessive packaging.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start,
Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight
watchers 2016, weight loss) Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers
Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers
2016, Recipes) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To
Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight
watchers for beginners) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook
The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™
(Weight Watchers Smart Point Recipes) Weight Watchers All-Time Favorites: Over 200 Best-Ever
Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) Weight Watchers
Complete Food Companion 2010 Weight Watchers: The Top Weight Watchers Mistakes you NEED
to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight
(Easy Smart Points Guide) Weight Watchers: Top Desserts For Weight Loss: The Smart Points
Cookbook Guide™ with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start
the Easy Points Plus Diet) 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 Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More
Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women,
Weight Loss Nutrition, Diet Plan) Weight Watchers In 20 Minutes (Weight Watchers Cooking)
Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test
Kitchens Weight Watchers: The Smart Points Cookbook Guide™ with over 100+ Approved Dessert
Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Delicious
Weight Watchers Points Plus Chicken Recipes Heart Health: Heart Healthy Cookbook: 30 Quick &
Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight
maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watcher for Rapid
Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet
Book) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose

Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

[Dmca](#)