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# WeightWatchers Complete Food Companion-over 16,400 Foods And Over 2500 Items



## Synopsis

More core foods than ever before--over 16,400 foods and over 2,500 new items

## Book Information

Paperback: 544 pages

ASIN: B000XO0QQ6

Package Dimensions: 5.3 x 5.3 x 0.9 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #749,261 in Books (See Top 100 in Books) #114 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

## Customer Reviews

More core foods than ever before--over 16,400 foods and over 2,500 new items

Arrived timely, and is a big help with my diet.

I needed the old program which I am used to- just what I was looking for

Love this version. It's an old one but I still try to follow the old plan

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your life, ... Foods, organic food, Food addiction Book 1) Overlooked Survival Items: The Top 20 Most Underrated and Overlooked Items To Have In Your Stockpile For Survival and Disaster Preparedness Overlooked Survival Items Part II: 20 More Underrated and Overlooked Items To Have In Your Stockpile For Survival and Disaster Preparedness Overlooked Survival Items Part III: Yet 20 More Underrated and Overlooked Items To Have In Your Stockpile For Survival and Disaster Preparedness 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) Weight Watchers Points Plus Complete Food Companion 2011 (Food Companion ONLY) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1)

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