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Weight Watchers Shop: PointsPlus Values For Over 20,000 Grocery Foods



Synopsis

This book is an easy to use guide to make shopping for the products needed to make your weight watching easy. It includes information for both general and private brands and gives the program point values to make reaching weight watching goals easier.

Book Information

Paperback: 560 pages

Publisher: Weight Watchers International, Inc. (2012)

Language: English

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Product Dimensions: 6.9 x 4.9 x 1 inches

Shipping Weight: 15.7 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #725,158 in Books (See Top 100 in Books) #154 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

Looking for something to help me with my recent weight watchers limited membership, and found this book. For the cost, it has proven to be very useful over and over again. So many things listed, and makes for a quick lookup when nothing else is available to query.

Much easier to check than online app. I like the bigger list of foods with their points. Very good investment.

As advertised , except I believe WW has updated its points since this was published.

great

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