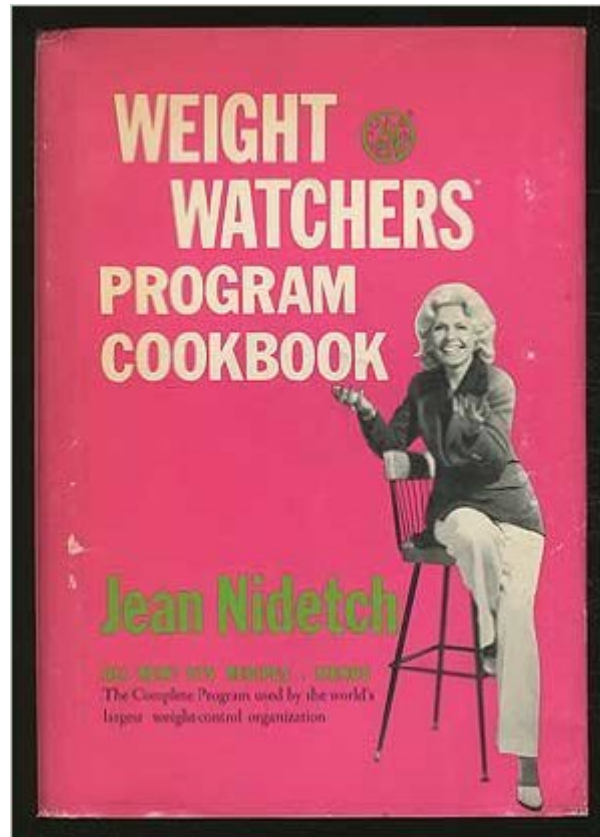


The book was found

Weight Watchers Program Cookbook



Synopsis

This cookbook by the Founder of Weight Watchers gives full details of its successful program. It includes a wide variety of the foods you love, cooked in accordance with the Weight Watchers method, and used with well-balanced menus.

Book Information

Hardcover: 320 pages

Publisher: Hearthsides Press; First edition (1976)

Language: English

ASIN: B0006CPQEM

Product Dimensions: 8 x 5.5 x 1.2 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #371,723 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

This is the original Weight Watchers diet which is also the basic diabetic diet. A good diet for most people anytime! It was nice to see the common sense approach in print to share with others. Easy is easy to stick with!

GREAT BOOK WITH ORIGINAL WW PROGRAM, INCLUDING MENUS AND RECIPES! SO GLAD TO HAVE THE PROGRAM THAT TELLS ME EXACTLY WHAT TO EAT AND HOW MUCH. THE NEW POINTS PROGRAMS OVER THE LAST 8 YEARS HAVE TOO MANY ALTERNATIVES AND NONE OF IT WORKED FOR ME. NOW, I CAN BE SUCCESSFUL LOSING WEIGHT AGAIN THE SIMPLE WAY.

This book is exactly what I was looking for. I recieved it in great time and in perfect condition, I am very happy with it

Has lots of those deliciously "legal" fake recipes I remember from the 70's. Blender shakes, ice cream, etc.

I have been looking for this book! It was in wonderful shape!

The book is in great shape, I bought it to see if I could incorporate the older program into my plan to break out of a plateau.

[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:
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:
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 New
Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen
(Weight Watchers Cooking) Weight Watchers: The Smart Points Cookbook Guide™ with over
100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) 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 Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and
Food Together (Weight Watchers Lifestyle) 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: Delicious Weight Watchers Points Plus Chicken Recipes
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,) 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' Quick Success Program Cookbook WEIGHT WATCHERS PROGRAM COOKBOOK 1973

[Dmca](#)