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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

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Customer Reviews

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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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