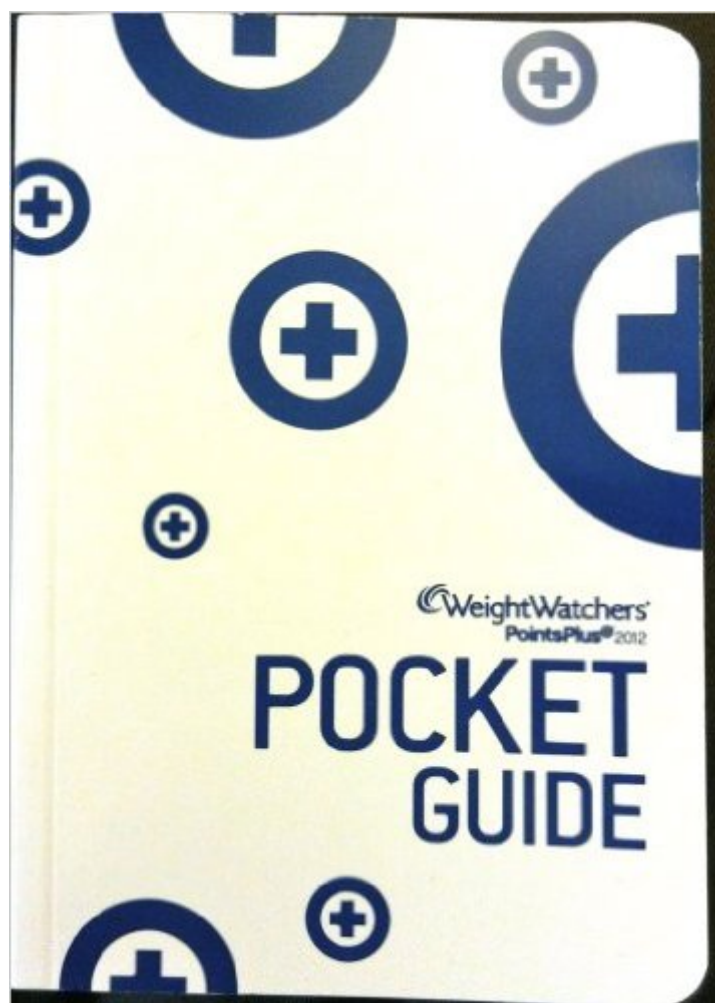


The book was found

Weight Watchers PointsPlus® Pocket Guide 2012



Synopsis

"Weight Watchers and PointsPlus are registered trademarks of Weight Watchers International, Inc" -
from book detail page

Book Information

Paperback

Publisher: Weight Watchers International, Inc (2011)

Language: English

ASIN: B0071R9O34

Product Dimensions: 5.3 x 4 x 0.3 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (83 customer reviews)

Best Sellers Rank: #82,616 in Books (See Top 100 in Books) #35 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

The Guide is an excellent tool for people who get bored with diets and those who can stay on course without much outside support and supervision. It supplies knowledge in the form of a point system for many basic food items. It is up to the user to compute the total points for each meal. At first this seems cumbersome, but soon becomes quite easy. Many people eat essentially the same or similar meals in rotation. Wikipedia provides a site which computes points allowed per day, based on age, weight and gender. When I reach my daily point count I stop eating. Like all great truths, this is simple but not easy. It is all about changing habits. Without realizing I now practice all the things I normally recoil from: portion control, less carbs, more veggies. The Guide does not show much restaurant food, but an educated guess can be worked out. Once I computed the estimated points for 3 Shrimp Tacos from Don Pablo's, I knew this was a pleasure to be indulged in sparingly, but not forbidden.

If you've been on weight watchers before and cannot afford the program immediately, this is a good pocket guide. You need to know your weight and how many points are allowed for your weight.

This is exactly what you need for quick and easy reference to the Points for the foods that you wish to eat and of course, you can slip it in anywhere for easy access.

Good quick points finder just like one gets when joining a face to face group. I didn't need to go to meetings so this is just perfect for me.

Has most food items listed, plus an eating out section that useful. Lots of tips too in a small purse size booklet.

I take this book everywhere! This is super helpful, and it is so convenient. I shared it with my friends and they are going to buy it now.

I have just glanced in the book and all is good so far, but I am REALLY impressed about how quickly thie arrived and even with a few extra goodies!!!!

I love this book and it was worth every penny. If anyone wants to lose weight and not join weight watchers this is the way to go. This book tells you exactly what you can have and what to buy, also your points. I have lost ten lbs. so far and am happy I bought it.

[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 Shop: PointsPlus Values for Over 20,000 Grocery Foods 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 GuideÃÂ© 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 In 20 Minutes (Weight Watchers Cooking) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens 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 GuideÃÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Delicious Weight Watchers Points Plus Chicken Recipes Weight Watchers PointsPlusÃÂ® Pocket Guide 2012 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,) 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)

[Dmca](#)