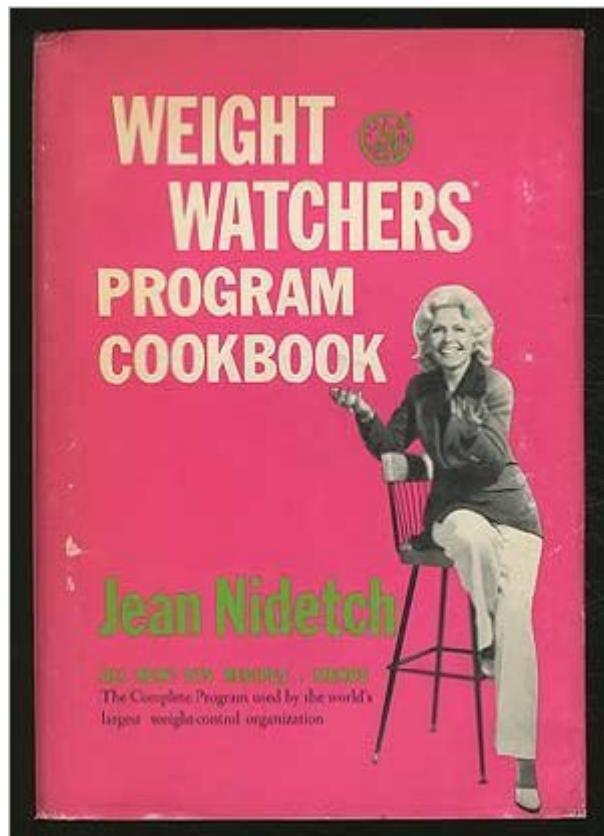


The book was found

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: Hearthside 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 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #371,723 in Books (See Top 100 in Books) #93 inÂ 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 received 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.

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