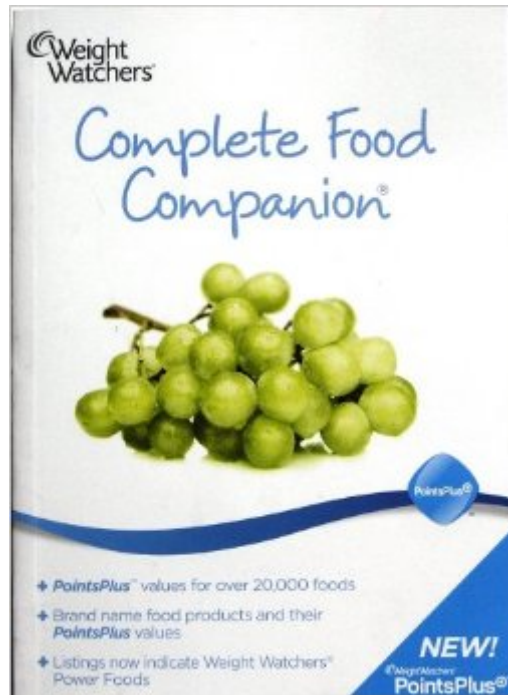


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# Weight Watchers Complete Food Companion 2010



## Synopsis

The Complete Food Companion is fully updated with over 18,400 foods, and 5700 new items. Inside is the most comprehensive list of foods ever compiled. A complete A-Z food general listing of foods. There is a section for ethnic and regional favorites, Weight Watchers® food products listings, brand name foods listings, plus favorite quick fix meal ideas with more than 75 pages of meal and snack ideas. Finally, an index to brand name foods makes this book a virtual encyclopedia of commonly available food. All bases are covered with this colorful and information packed publication that is our favorite. Nice size too.

## Book Information

Paperback: 528 pages

Publisher: Weight Watchers international (2010)

Language: English

ASIN: B005L9B7ES

Product Dimensions: 7.3 x 5.4 x 0.7 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.9 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #65,405 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

## Customer Reviews

I have this and it is so helpful! I keep it in my kitchen for when I need a point amount but do not want to find my phone or computer to look it up! Perfect reference tool!

I had the 2003 edition and felt I needed an updated version when I decided to do WW again. This book is great. I use it every day. It was in very good condition too.

The book arrived in excellent condition. It's my weight loss Bible

I am happy with the product. It is clear, concise and easy to follow. The book did not take long to come in the mail. The condition of it was in better condition than what I expected.

Everything was as described!

My wife finds the book interesting and useful. We received it in good condition with adequate but not excessive packaging.

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