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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

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Customer Reviews

More core foods than ever before--over 16,400 foods and over 2,500 new items

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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