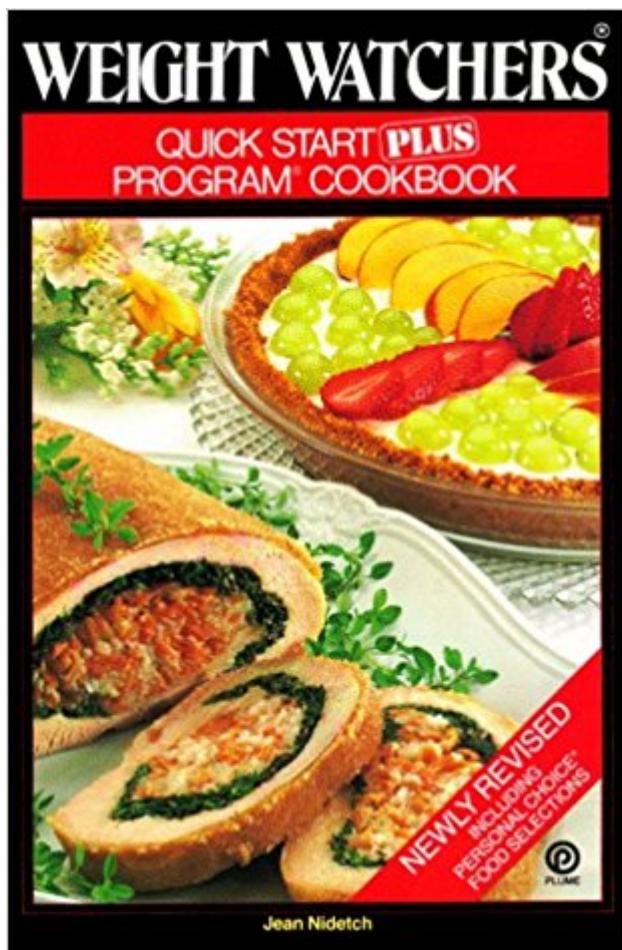


The book was found

Weight Watchers Quick Start Plus (Plume)



Synopsis

This book accompanied the Weight Watcher's Quick Start Plus Plan. Still great and tasty recipes that are nutritious and designed for weight loss.

Book Information

Series: Plume

Mass Market Paperback: 496 pages

Publisher: Plume; Rev Rei edition (July 24, 1986)

Language: English

ISBN-10: 0452264774

ISBN-13: 978-0452264779

Product Dimensions: 6.1 x 1.2 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #894,803 in Books (See Top 100 in Books) #131 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #1593 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #2272 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

This book accompanied the Weight Watcher's Quick Start Plus Plan. Still great and tasty recipes that are nutritious and designed for weight loss.

I had this book once before and someone borrowed and never returned it. I love several of the recipes and I am excited to once again have this cookbook.

Old book, original Weight Watchers program

This book has the program that was successful for me back in the early 80's! Best program WW has ever had!

This book seemed faded in color, Wishing that was addressed in the description, over all it was okay, nothing brand new, or new.

It was the book I was looking for. So glad to have been able to find it at the right price.

I was looking for a Weight Watchers book that explains the points system. This one is older and I guess came out before they started using points. It's basically a guide of what to start eating and a bunch of recipes. If you want to learn the points system, then this isn't the book for you. If you want a lot of recipes, then this book has them.

because I was hoping more explanations on the program, the good old Weight Watchers program which helped me a lot back a few decades ago.

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