



Weight Watchers Points Plus Cookbook

Bob Eckstein, Con Poulos Weight Watchers Jackie Mills

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What can you eat on the Weight Watchers Points Plus program? Well, just about everything! Inside the cookbook you'll find: - Mouthwatering Points Plus recipes that are quick and easy to make - Best advice and ideas on how to make the most of Weight Watchers Good Health Guidelines - Beautiful full-color photographs (60 in all!) to inspire you in the kitchen - Healthy extra tips for adding Power Foods so you'll stay fuller, longer

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