



Weightwatchers Flex Points Dining Out Companion

Weight Watchers International

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Weightwatchers Flex Points Dining Out Companion Weight Watchers International

POINTS values for food served at 81 popular chain restaurants, with nearly 3000 new and updated entries!

Also includes non-specific listings of foods from local restaurants, including ethnic favorites and tips to help make eating out a successful part of your weight-loss experience.

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From reader reviews:

Joan Jackson:

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Arthur Daniel:

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Brenda Robert:

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