



Weight Loss With Weight Watchers: Lose Weight With Points Plus! (Weight Watchers, PointsPlus, Simple Start, Weight Loss Motivation)

Stephanie Simpson

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Weight Loss With Weight Watchers! Lose Weight With Points Plus!

Weight Watchers has introduced the all new 2014 PointsPlus guide for you to achieve your goals with weight loss. This book is intended to help you get off to a great start with the PointsPlus program whether you are a newbie or an experienced Weight Watchers member. There are many new changes to the program and it is VERY important that you transition properly to the NEW and IMPROVED PointsPlus program. There are many bonuses included in this book to help you get the results you deserve! Don't wait to get started. With the amazing support of the Weight Watcher's community, you can achieve your lifestyle goals!

Here Is A Preview Of What You'll Learn...

- Weight Watchers explained
- PointsPlus basics PLUS new advanced concepts
- How to get started with PointsPlus
- The Zero Point food list
- 10 foods that you MUST have around at all times
- Recipe's for breakfast, lunch, dinner and dessert
- Motivation tips to keep you on track
- BONUS recipe's never before revealed!
- Much, much more!

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