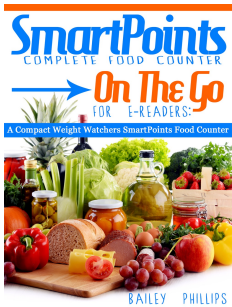


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SMARTPOINTS COMPLETE FOOD COUNTER ON THE GO FOR E READERS A COMPACT WEIGHT WATCHERS SMARTPOINTS FOOD COUNTER EBOOKS 2019



Author: Bailey Phillips

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Weight Watchers continues to be the number one choice for millions of Americans and has been voted the #1 Weight Loss Diet by US News & World Report! Weight Watchers has recently introduced The SmartPoints Plan, which encourages healthy eating and an overall healthy lifestyle. Lose weight and feel amazing while eating more lean meats, lean poultry, fish, seafood, fruits and vegetables, while also eating fewer saturated fats and sugars! If you are doing Weight Watchers, the new SmartPoints Complete Food Counter On-The-Go For The Nook: A Compact Weight Watchers SmartPoints Food Counter is an invaluable tool you can take with you anywhere! In the SmartPoints Complete Food Counter On-The-Go For The Nook: A Compact Weight Watchers SmartPoints Food Counter you will find over 2000 foods with the SmartPoints values in the following thirty-six categories: Beans & Peas; Beef; Breads & Grains; Candy; Cereal; Cheese; Chicken; Condiments, Olives, Pickles, Vinegars, Sauces & Gravies; Cookies & Crackers; Dairy; Deli Meats & Franks; Desserts & Ice Cream; Dips & Spreads; Drinks & Fruit Juices; Duck; Eggs; Entrees, Sandwiches, Pizza, Appetizers & Side Dishes; Fats & Oils; Fish; Fruits & Lamb; Meat Substitutes; Nut Butters & Nuts; Seeds & Pasta; Noodles & Pork; Salads & Salad Dressings; Shellfish; Snacks; Soups; Soy Foods; Sugar Sweet Toppings, & Sweet Spreads; Turkey & Veal; Vegetables & Make 2016 your year to lose weight and feel amazing with the help of Weight Watchers! If you haven't joined Weight Watchers yet, join online or find a meeting today!

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