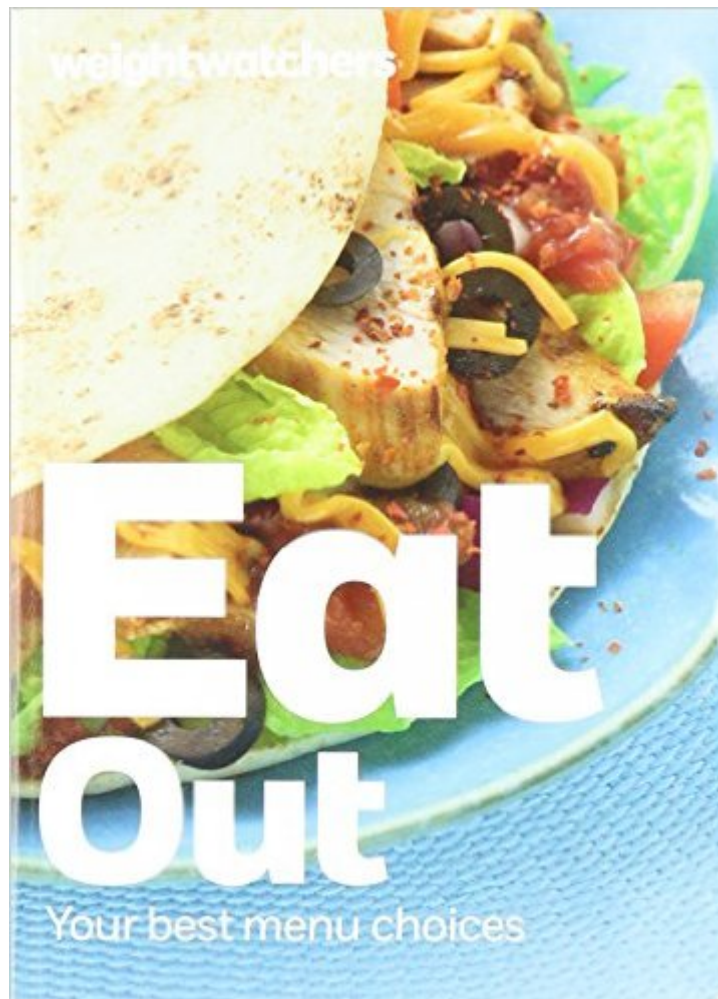


The book was found

Weight Watchers 2014 360 Program Eat Out Companion (New Version Of Dining Out) Brand New



Synopsis

Eat Out is your restaurant buddy! It gives you your for hundreds of restaurant listings, this guide provides you PointsPlus values for meals at your favorite restaurants and will help you choose what to eat when you're eating out by giving you your best menu options. Bon appetite!

Book Information

Paperback

Publisher: Weight Watchers

ASIN: B00HDZIV4W

Product Dimensions: 7.5 x 5 x 0.9 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.5 out of 5 stars Â Â See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #158,297 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

I Love this Eat out Companion... My Husband loves to eat out... This book has a lot of choices to choose from... I am able to go through the book ahead of time and enjoy nice eating out with my family and stay on target... Great Book to have!

This review is for the Paperback 2014 edition only. Since this is a book by weightwatchers, it is available direct from them both on-line and at many meeting locations. An excellent guide to dining out for those enjoying the WeightWatchers lifestyle. This book is an advisory text for dining out. It contains many restaurants by name, as well as a guide to restaurant menus by cuisine. It covers many nationalities as well as over 150 restaurants by name. This is the latest edition of "Eat Out". There is a new edition published annually, and it is usually worth grabbing the newest version. There are indexes in the book, to help you find the cuisine or restaurant you are looking for. The restaurants are listed alphabetically, also. While I always hope for a wider selection of multi-national cuisines and foods, I commend WatchWatchers for the effort put into maintaining this book. In any book of this nature, the authors are advising the readers. For those following the weightwatchers lifestyle, this is an excellent book. It assists the reader in choosing healthy lifestyle foods, and makes counting the Points Plus Values very easy. We, the readers, must keep in mind that this is an advisory book, designed to help us with the chosen lifestyle. This book is indispensable for myself. I keep a copy in the car, so when I get to a restaurant, I can look at the

menu in advance and know the PPV of the meal I will be ordering. I pick up the latest edition each year.İ»¿

This book is very useful when picking up take-out or going out to dinner with friends! There are no more excuses for not eating the right thing!

Purchased as a gift for my wife . She is doing Weight Watchers. The list of restaurant chains is very comprehensive. This book allows her to make choices at restaurants and to know the point value of her meal. It is much easier than trying to use the point calculator and the restaurant nutritional guide. Most restaurants do not provide all the info needed for the calculator. This book makes eating out possible for members of Weight Watchers.

Very good and helpful. Great resource weight watchers is the best books to use if you want the power to lose weight

Great reference guide...small enough to carry in a purse.

I enjoy taking the book with me daily. It truly helps keep me on track

Includes just about every restaurant in our area. Good explanation of why higher calories can sometimes be lower points or why higher points may be the better choice. We keep it in the side pocket of our car so we always have it with us.

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