



Weight Watchers Pure Comfort 150 All Time Feel Good Favorites (150 All-Time Feel-Good Favorites)

Weight Watchers

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If you think healthy eating means giving up those heartwarming favorite family recipes we all crave, there's great news! With Pure Comfort Weight Watchers makes any comfort-food-lover's dream come true-whether you're following the Flex Plan or the Core Plan. Some book examples include Cherry-Cheese Blintzes, and Mini-Meatloaves. Each recipe includes a complete nutritional analysis from our Weight Watchers nutrition experts.

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