

# Weight Watchers Ultimate Flex & Core Cookbook: 200 Brand New Recipes For Every Meal By Weight Watchers

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Weight Watchers generally offers two different programs: The POINTS program; The Core program; Members using either program may attend local support groups that meet

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Page 2 of Cookbooks & recipes for those on Weight Watchers Core but with the New Year and ~potatoes OR brown rice OR whole wheat pasta limited to one meal

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