

Weight Watchers Food Log

Date: _____

Daily Target: _____ Weekly Points Left: _____

Personal Daily Goal:

	Food	Serving Size	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Dessert							
TOTALS							

Weight Watchers Tagebuch Zum Ausdrucken

**Jean Nidetch, Weight Watchers
International, Inc. Staff**

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Weight Watchers 365-day Menu Cookbook Weight Watchers International,1981 Contains over 1400 planned meals and snacks and over 500 recipes **Weight Watchers' 365-Day Menu Cookbook** Jean Nidetch,Weight Watchers International, Inc. Staff,1983-09-01 **Weight Watcher Journal** Speedy Publishing LLC,2015-05-02 You are looking at a complete personalized fitness book Within the next pages you can write your personal goals the foods that based on your research can help you reach your goals and the exercises that target your specific problem If you want you can also include a before and after picture of you so you can enjoy your success

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