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1973 By JEAN NIDETCH



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Apr 28, 2015 Weight Watchers founder Jean Nidetch made some Weight-loss royalty to the end, Nidetch died Wednesday a cookbook sold millions and

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Jean nidetch dead; weight watchers founder was 91

Apr 28, 2015 Jean Nidetch, Weight Watchers founder, a cookbook sold millions and by 1968, was the millions of men and women who lost weight using her plan.

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Jean Evelyn Nidetch (n e Slutsky, October 12, 1923 April 29, 2015) was the cofounder of the Weight Watchers organization.

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In 1973 I lost 68 pounds on Weight Watchers and that worked best for me so I wish to know how much of each food was on that plan?

Weightwatchers.com: my recipe - spaghetti with

Jul 15, 2012 Spaghetti with Italian Meat Sauce Community Posted Recipe From Weight Watchers "Quick Start Program" Cookbook by Jean Nidetch .

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a New York housewife who founded Weight Watchers, Nidetch reached her goal weight of 142 pounds Jean Nidetch is pictured in 1973 hanging a sign that says

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