



Dr. Atkins' New Diet Cookbook

By Robert C. Atkins, Fran Gare

Rowman & Littlefield. Paperback. Condition: new. BRAND NEW, Dr. Atkins' New Diet Cookbook, Robert C. Atkins, Fran Gare, Dieters and non-dieters alike will luxuriate in the recipes included in this landmark cookbook. Dr. Atkins' New Diet Cookbook contains over 200 of the most-asked-for recipes at the Atkins Center. These meals provide every bit as much emotional satisfaction as any pre-Atkins way of eating. And as you follow the Atkins diet, you will never feel hungry. It is guaranteed to melt the pounds away quickly and provide you with the tools to stay at your ideal weight for the rest of your life. Dr. Atkins' New Diet Cookbook also provides a medical update on dieting the Atkins Way, convincing scientific and clinical data demonstrating the health benefits of low-carbohydrate eating, a complete carbohydrate gram counter, and a guide to nutritional supplements. For those who haven't read Dr. Atkins' New Diet Cookbook, there is a brief description of the Atkins diet in its four progressive stages; an effective way of breaking up and explaining what will be one continuous lifetime diet.



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Reviews

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.
-- Jarod Bartoletti

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