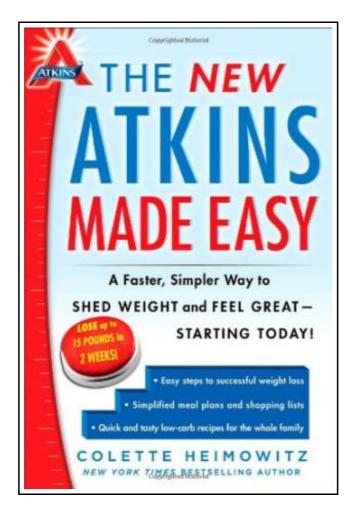
The New Atkins Made Easy A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today



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Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

THE NEW ATKINS MADE EASY A FASTER, SIMPLER WAY TO SHED WEIGHT AND FEEL GREAT -- STARTING TODAY



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Touchstone. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.0in. x 6.1in. x 0.9in.lf you think you know all about the Atkins Diet, think again! With this streamlined version of the classic Atkins program, youll learn how to shed pounds even as you slowly add more carbsthe right carbs, in the right orderback into your diet. The New Atkins Made Easy will guide you every step of the way with: Easy-to-follow steps to successful weight loss that ease the transition from one phase to the next Detailed shopping lists for the fresh foods and easy-to-find pantry staples that make losing weight deliciousand easy Tasty recipes such as ZucchiniPumpkin Spice Pancakes, Cheesy Chicken and Green Bean Skillet, Chipotle Shrimp Salad, and Tiramisu Pudding Dozens of low-cook and no-cook options, including grab-and-go foods like Atkins snacks, shakes, and frozen meals Digital tools and apps to take the guesswork out of meal planning and tracking your progress Success stories from people just like you, who have used the new Atkins Diet to lose weight and keep it off! The new Atkins is more effective than ever, its backed by decades of scientific research, and its sustainable for a lifetime. If youre done with diets that leave you hungry and are looking for a healthy, delicious way of eating that leads to enhanced health, The New Atkins Made Easy is the program for you. Turn to the Week 1 shopping list on page 66, pick up some tasty foods at the grocery store, and start losing weighttoday. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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