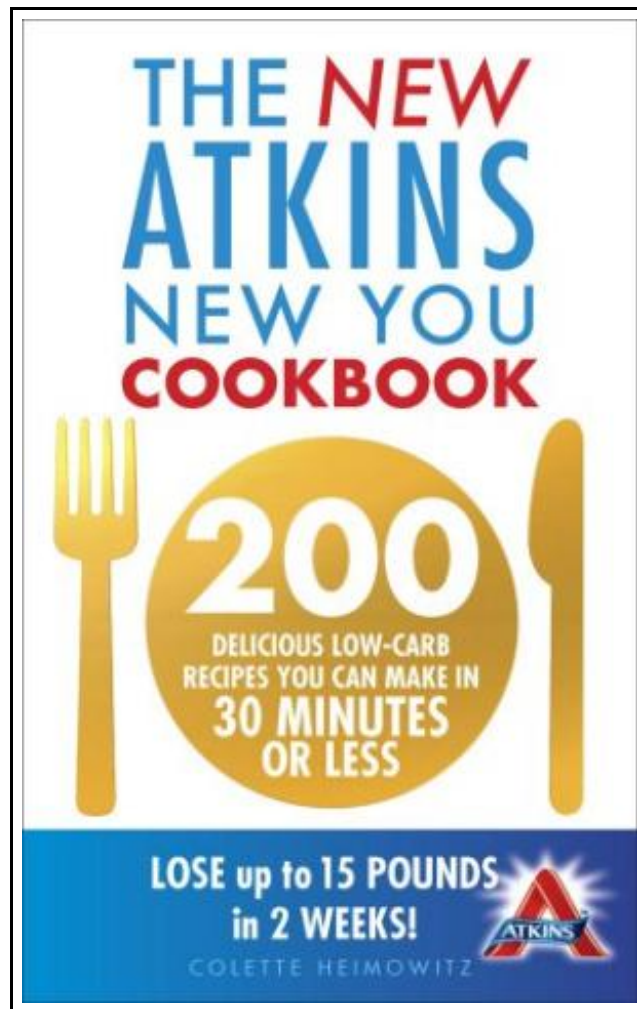


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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New Atkins New You Cookbook: 200 Delicious Low-Carb Recipes You Can Make in 30 Minutes or Less, Colette Heimowitz, The bestselling "New Atkins New You" introduced a whole new way to do the classic Atkins diet, offering a more flexible, more effective and easier-to-maintain low-carb lifestyle. Now, "The New Atkins New You Cookbook" provides 200 delicious Atkins-friendly recipes for making Atkins-friendly breakfasts, lunches, dinners and desserts. Although low-carb, they are not carb free, which means you can indulge in delicious muffins, tasty Paninis and flavorful pizzas - and still lose weight. The book also fully explains the Atkins diet and offers a clear plan for you to stay on track and reach your target weight. Recipes include: Spicy Pecan Pancakes and Cheddar-Dill Scones; Thai Coconut Shrimp Soup and Chicken Teriyaki Burgers; Chocolate Pudding and Cherry Pie; and, Low-carb versions of muffins and smoothies. You really can eat tasty food morning, noon and night and still shed pounds.



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