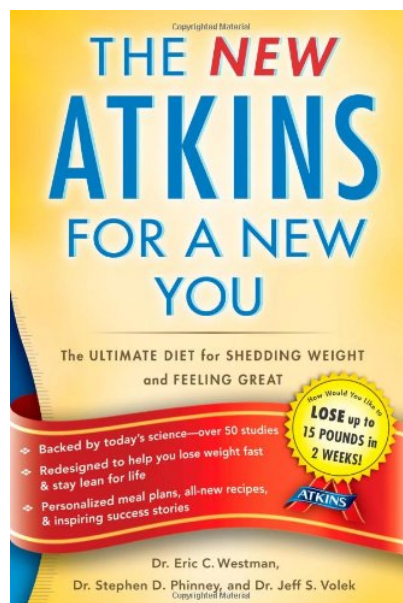


[Free PDF File] New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great



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Think you know the Atkins Diet? Think Again. The New Atkins is... **Powerful:** Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. **Easy:** The updated and simplified program was created with you and your goals in mind. **Healthy:** Atkins is about eating delicious and healthy food -- a variety of protein, leafy greens and other vegetables, nuts, fruits, and whole grains. **Flexible:** Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out -- wherever you are. **Backed by Science:** More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

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