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Author: Dr. Robert C. Atkins, M.D.. Publisher: St. Martin's Griffin
ISBN: 1429923229 Category: Health & Fitness Page: 384 View: 1284 DOWNLOAD → Millions of people around the world rely on Dr. Atkins' groundbreaking dietary advice-his amazing New Diet Revolution has topped the New York Times bestseller list for nearly four years!

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Quick-Start Plan (access on atkins.com): Teaches you the types of food and portion control you need for the best start. A fool-proof approach that gets you started with a minimum amount of carb-counting. Great for people who don't have time or don't like to cook.

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recipes in this completely revised edition will give you a quick and easy way to eat healthy, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. This new edition includes 50 new recipes, updated favorites, and new nutritional data -- including Net Carbs -- making it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins.

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Dr. Atkins' Quick & Easy New Diet... book by Robert C. Atkins

Robert Coleman Atkins (October 17, 1930 – April 17, 2003) was an American physician and cardiologist, best known for the Atkins Diet, which requires close control of carbohydrate consumption and emphasizes protein and fat as the primary sources of dietary calories in addition to a controlled number of carbohydrates from vegetables.

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The Dr. Atkins Quick & Easy New Diet Cookbook is a fantastic addition to the collection of Atkins recipes I have collected over the years. Between the old and the new I have lost 24 lbs in the past 6 weeks and am looking forward to being down to ideal weight by April 1 just in time to move back home to Florida and hit the beaches.

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