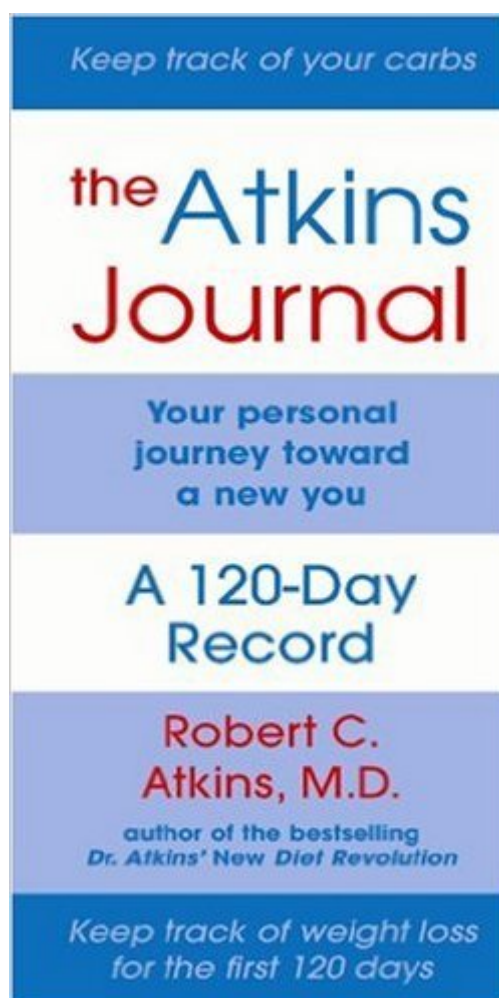


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## Dr. Atkins' Journal Package



## Synopsis

Includes The Atkins Journal and Dr. Atkins' New Carbohydrate Gram Counter.

## Book Information

Plastic Comb: 224 pages

Publisher: M. Evans & Company; Pck edition (June 2, 2003)

Language: English

ISBN-10: 159077034X

ISBN-13: 978-1590770344

Product Dimensions: 4.4 x 0.8 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (33 customer reviews)

Best Sellers Rank: #794,520 in Books (See Top 100 in Books) #126 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #4238 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #6038 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

When I started the Atkins diet I wasn't writing down what I was eating or how much. The weight wasn't moving. After I bought this book and started my daily diary, it was amazing. I saw the mistakes I was making and the weight started to just melt away. Would highly recommend that anyone starting the Atkins diet get this journal.

I highly recommend this journal . I used it before and I am getting ready to order another one. It is very informative, with a list of foods that you are to eat in the journal, which helps when you are eating out or grocery shopping and don't have a list to go by. I have a lot of Dr. Atkins' literature and highly recommend any of his books. He was and always will be one of the greatest physicians in his field of low carb weight loss,always striving to find a way to make people healthier. I have other weight loss journals,but find this one the most helpful.

As always, for anyone who's on the Atkin's Diet, or thinking about it, their publications are great, informative and conducive to achieving results. What's more, these types of great tools help a person make lifestyle changes, rather than just dropping some lbs. I love this little addition to my other Atkin's reference materials and I'd buy it again, if I had to.

Let me be clear. I like the Atkins food plan. I don't like this book very much. Here is my sense of the pros and cons of this book compared to the DietMinder Personal Food & Fitness Journal (A Food and Exercise Diary).

Pros - Atkins does well here:

- Narrow, so it might fit more easily into a purse
- Quick overview of the food plan (and this might save you the cost of a larger Atkins book)
- Clear guidelines for all food plan phases
- Shopping Lists by food plan phase
- Daily carbohydrate count on one sheet (one side of an open book)

Cons - Atkins does not do so well here:

- Dietminder encourages far more detailed tracking (calories, fats, carbohydrates, fiber, protein)
- Dietminder has 2 facing pages per day, making it easier to calculate and sum totals for the day and easier to track water consumed
- Dietminder has stronger goal setting pages including space for the before photos

Atkins book does NOT come with a carbohydrate counter (nor does Dietminder), but Dietminder does have data for a number of foods in the book and space to add your favorites

Dietminder format is roughly 5.5"x9" and is large enough for me to insert my detailed exercise tracking sheet (8.5x11 folded in two) and my personal food favorites (on 5x7 cards). If all you want to track is carbohydrates, and all you need is a small space, the Atkins book works. But before you buy it, I suggest you check the other out.

I didn't have any problem with the journal. It's an easy way to keep track of what you're eating, net carbs, etc.

The one problem I did have, however, is that this journal is packaged with a small, separate carb-counter booklet....but it's an OLD edition! I have the newer edition (red)....and the net carb counts on a lot of the food items have changed since the old, white-coloured booklet edition. They need to package it with the newer edition. I do not suggest depending on the older booklet to keep track of net carbs.

I love this product but do wish the description would have said that it includes "Dr. Atkin's Carbohydrate Gram Counter"! Because I didn't know this I purchased the gram counter separately. So now I have 2 - could have saved the money.

I RECOMEND ANYONE DOING THE ATKINS DIET TO GET THIS JOURNAL. I LOVE IT. IT HAS REALLY HELPED ME SEE MY RESULTS AND MY ACCOMPLISHMENTS. I LOST 15 LBS JUST IN THE 1ST TWO WEEKS JUST LIKE THE BOOK SAID I WOULD. THANKS A BUNCH, JUST THOUGHT I WOULD SHARE MY GREAT NEWS. ANGELA

I bought this journal about 7 years ago when I did the Atkins diet and knew it was a great book so I bought it again here on when I started the diet again. It has great information for low carb eating in the first 44 pages, Then it has a 120 day journal for keeping track of your carbs, what you eat, supplements, water intake, and exercise you've done that day, as well as a page at the end of every week for reviewing the week and putting in body measurements, and answering questions about how you did that week. There is also a spot for you to add your picture in the front of the book for when you started the diet and one in the back for when you have completed the journal. It also comes with a gram counter book which is amazing!!! I use it all the time it sits on my desk with the journal so I can easily plan out my meals. At \$10.00 this journal is great to keep organized and be sure as to how much you are eating and how many carbs you've had for the day. I wouldn't purchase any other journal ^\_^ If you are reading this and not sure if you should get this journal GET IT!! I couldn't do the Atkins diet without it and neither should you.

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