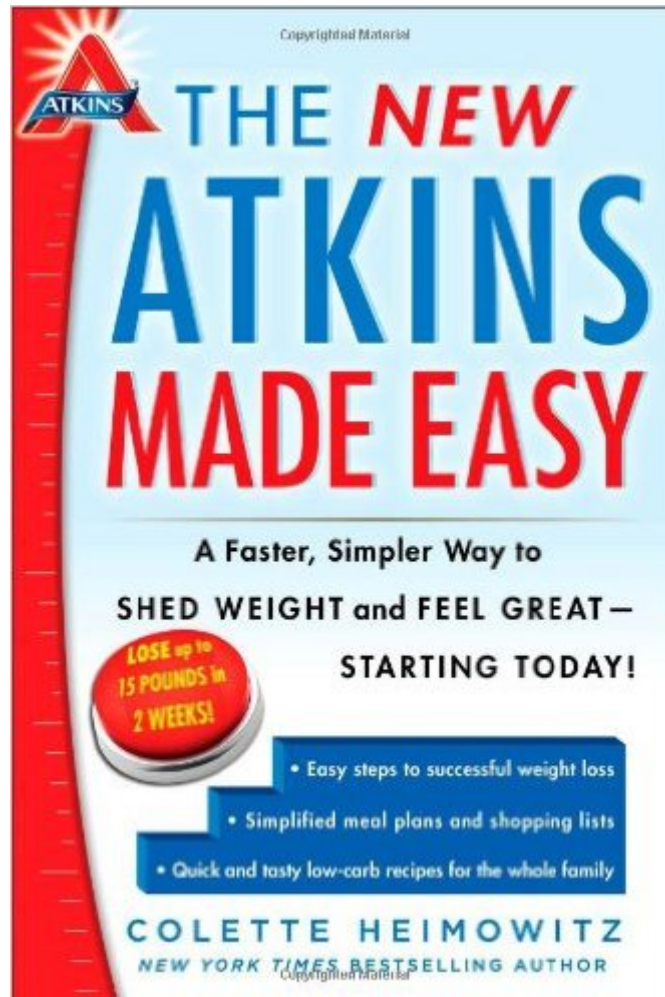


The book was found

The New Atkins Made Easy: A Faster, Simpler Way To Shed Weight And Feel Great -- Starting Today!



Synopsis

Atkins simplifiedâ”a faster, easier, and more effective plan for healthy, low-carb eating that helps you to start losing weight immediately (and keep it off forever). If you think you know all about the Atkins Diet, think again! With this streamlined version of the classic Atkins program, youâ”™ll learn how to shed pounds even as you slowly add more carbsâ”the right carbs, in the right orderâ”back 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 deliciousâ”and easy -Tasty recipes such as Zucchiniâ”Pumpkin 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, itâ”™s backed by decades of scientific research, and itâ”™s sustainable for a lifetime. If youâ”™re 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 weightâ”today.

Book Information

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Customer Reviews

Let me just state up front that I am a 180-pound Atkins diet weight loss success story and I'm a huge fan of the low-carb diet that the late, great Dr. Robert C. Atkins promoted, advocated and used with real patients in his New York City complementary medicine clinic for three decades. With this as the backdrop of where I'm coming from, you might be surprised to see my 2-star rating for this new "Atkins" book. I think the Atkins Nutritionals company that is pumping out all of these books piggybacking on the 2010 New York Times bestselling New Atkins for a New You by three of the leading low-carb diet researchers in the world (Dr. Jeff Volek, Dr. Stephen Phinney, and Dr. Eric Westman) are not giving people anything special with this latest reincarnation of the message. If you're looking to learn about the Atkins diet, then this is not the book for you. Go read Dr. Atkins' New Diet Revolution for all the ins and outs of the diet written by the man himself. The New Atkins Made Easy is more about getting in the proper mental mindset to make change happen. Every lifestyle change needs this kind of message to penetrate through all the walls we tend to put up when faced with shifting our personal paradigm. I suppose there is merit in this, but a lot of people will just see the word "Atkins" on the cover and think this is an appropriate book for learning the diet well. It is not.

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