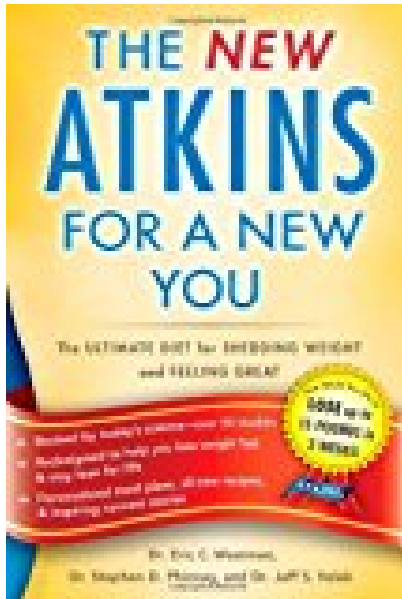


New Atkins for a New You The Ultimate Diet for Shedding Weight and Feeling Great.



BOOK DETAILS

- Author : Eric C. Westman
- Pages : 352 Pages
- Publisher : Touchstone
- Language : English
- ISBN : 1439190275

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BOOK SYNOPSIS

The all-new international bestseller! Think you know the Atkins Diet? Think again. This completely updated, easier-than-ever version of the scientifically-proven Atkins diet has helped millions of people around the world lose weight—and maintain that weight loss for life. 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.

NEW ATKINS FOR A NEW YOU THE ULTIMATE DIET FOR SHEDDING WEIGHT AND FEELING GREAT.

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