



Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health

Robert C. Atkins M.D.

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Taking It To The Next Level

Whether you've lost weight doing Atkins and want to make your success permanent or you're new to Atkins and are concerned about your health and weight control, Atkins for Life is for you. Filled with advice and tips on navigating the everyday challenges that come with eating low carb in a high carb world, the book provides a simple and straightforward lifetime program that anyone can follow. With *Atkins for Life*, finding your ideal weight and staying there has never been so easy or so good!

Dig in and discover:

-200 menu plans-that adds up to over six months of menus! With controlled carbohydrate counts of 45, 60, 80, and 100 grams, anyone can succeed on the plan.

-125 recipes, including tasty breakfasts, fabulous lunches, delicious dinners, and smart snacks.

- How to create special holiday meals and fantastic ethnic cuisines ... the low carb way!

- Before and after photos and success stories -with time-tested tips from those who've been there and won their battle with weight.

- Self-tests and quizzes to help you meet and stay with your goals.

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From reader reviews:

Leticia Brewster:

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Ronald Fowler:

In this period globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher which print many kinds of book. Typically the book that recommended to your account is Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health this publication consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The writer made some exploration when he makes this book. This is why this book suitable all of you.

Alan Archuleta:

Is it you who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health can be the answer, oh how comes? It's a book you know. You are and so out of date, spending your extra time by reading in this new era is common not a geek activity. So what these textbooks have than the others?

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