



Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution

Robert C. Atkins, Veronica Atkins

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Great taste in no time -- the Atkins way!

Since its original publication, *Dr. Atkins' Quick & Easy New Diet Cookbook* has sold more than one million copies. Based on the bestselling *Dr. Atkins' New Diet Revolution*, the recipes in this completely revised edition will let you eat the most up-to-date Atkins way, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. The new edition will make it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Highlights include:

1. 50 entirely new recipes
2. recipes for breakfast
3. updated favorites
4. new nutritional data, including Net Carbs

Designed for healthy eating and simple preparation, the controlled carb recipes in this must-have new edition of a perennially favorite cookbook will help you every day to produce delectable meals that will be the key to a whole new you.

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