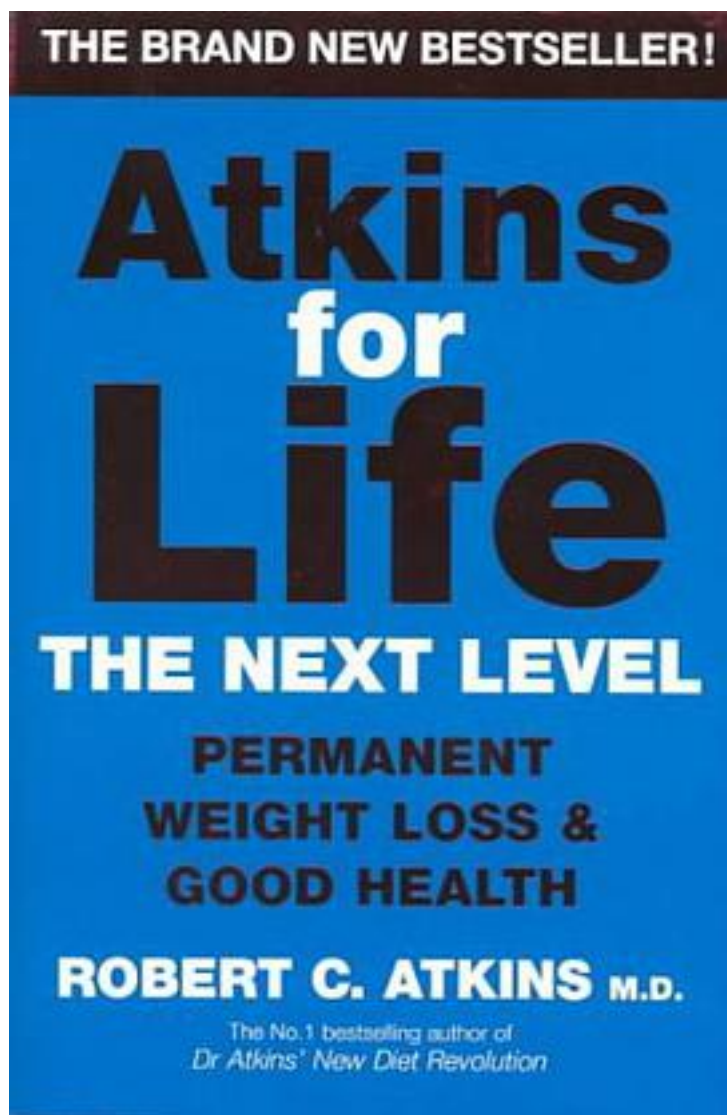


ATKINS FOR LIFE



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出版者:7-09999

出版时间:2003-12

装帧:Paperback

isbn:9780330418461

'The slimming craze that's sweeping the planet' - "The Sun". 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, this book provides a simple and straightforward maintenance program that anyone can follow. It includes 200 menu plans - over 6 months of menus - with controlled carbohydrate counts anyone can succeed on the plan. It offers 125 recipes, including tasty breakfasts, fabulous lunches and delicious dinners. It contains holiday meals and fantastic ethnic dishes the low-carb way. It also offers time-tested tips from those who've been there and won their battle with weight. There are self-tests and quizzes to help you meet and stay with your goals.

作者介绍:

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