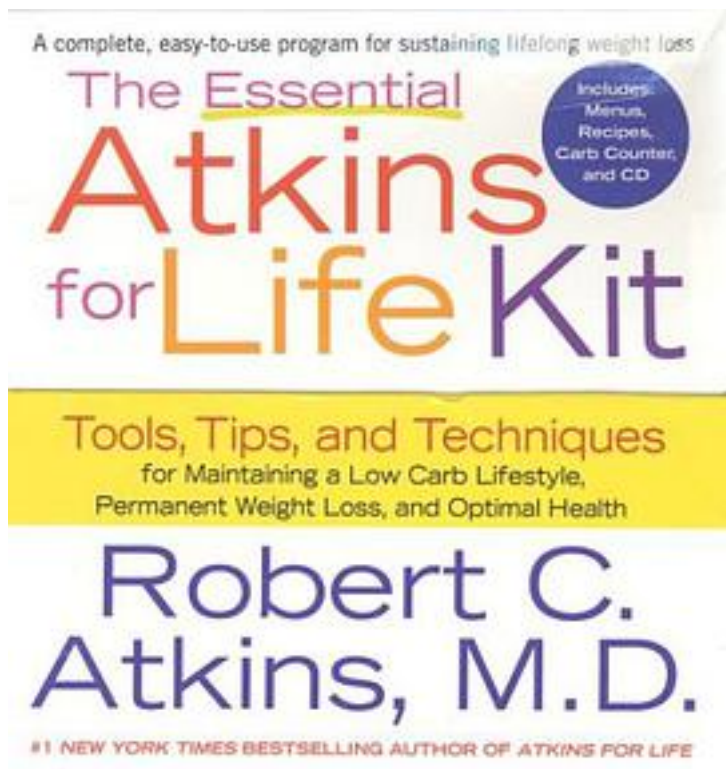


The Essential Atkins for Life Kit



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Book Description

Atkins For Life is quickly becoming a national phenomenon. With more than 1 million copies in print and multiple weeks on the top of The New York Times bestseller list, the world is learning what millions of followers already knew: Eating the Atkins way is not only delicious, it's a safe and effective plan for shedding pounds for good. Portable and

easy to use, this kit includes: -STAY ON TRACK FOR LIFE: With information cards that provide hundreds of tools, tips, and techniques for Lifetime Maintenance -EATING FOR LIFE: This 144-page book contains menu plans with carbohydrate counts of 45, 60, 80, and 100 grams to ensure success at any level, a carbohydrate gram counter, and a daily carb log -100 4-COLOR RECIPE CARDS: Delectable recipes including tasty breakfasts, fabulous lunches, delicious dinners, and smart snacks -CHOOSING THE RIGHT CARBS: A convenient foldout guide to using the Atkins Glycemic Ranking -STAYING MOTIVATED FOR LIFE: An inspirational CD with before and after success stories and a special introduction by Dr. Robert C. Atkins -DINING OUT: Wallet-size foldout restaurant guide to eating at all your favorite cuisines: Italian, Japanese, and more.

Book Dimension

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