The Atkins Essentials

NEW YORK TIMES BESTSELLER

THE MUST-HAVE COMPANION TO DR. ATKINS' NEW DIET REVOLUTION!



A TWO-WEEK PROGRAM TO JUMP-START YOUR LOW-CARB LIFESTYLE

- Everything you need to know to begin the journey to permanent weight loss and good health
- Important answers to the 100 most frequently asked questions
- Easy-to-follow meal plans and delicious recipes
- . Simple guidelines for all four phases of Atkins

ATKINS HEALTH & MEDICAL INFORMATION SERVICES

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