

Atkins Essentials

THE MUST-HAVE COMPANION TO THE
#1 NEW YORK TIMES BESTSELLER,
DR. ATKINS' NEW DIET REVOLUTION!



THE ATKINS ESSENTIALS

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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Atkins Made Easier! Millions of people around the world have already discovered the Atkins Nutritional Approach? and the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way! With less of the underlying science and more practical information, The Atkins Essentials gets to the meat of the most popular and effective weight control program ever, providing the basic skills necessary to enable you to lose and keep losing unwanted body fat -- and to keep it off forever! Providing clear, concise answers to your questions and concerns, The Atkins Essentials is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get started -- and for those already on the program, it offers indispensable tips on eating out, stocking your pantry, and more. Simply put, it is Atkins made easy, with: The ABCs of doing Atkins

An effective two-week launch into weight-losing mode

Personal modifications to slow or speed weight loss

Helpful listings of acceptable and unacceptable foods and

Fourteen days' worth of delicious, controlled carb eating ... And Much More! So get ready to look great and feel great the Atkins way -- it's easier than ever before!

作者介绍:

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