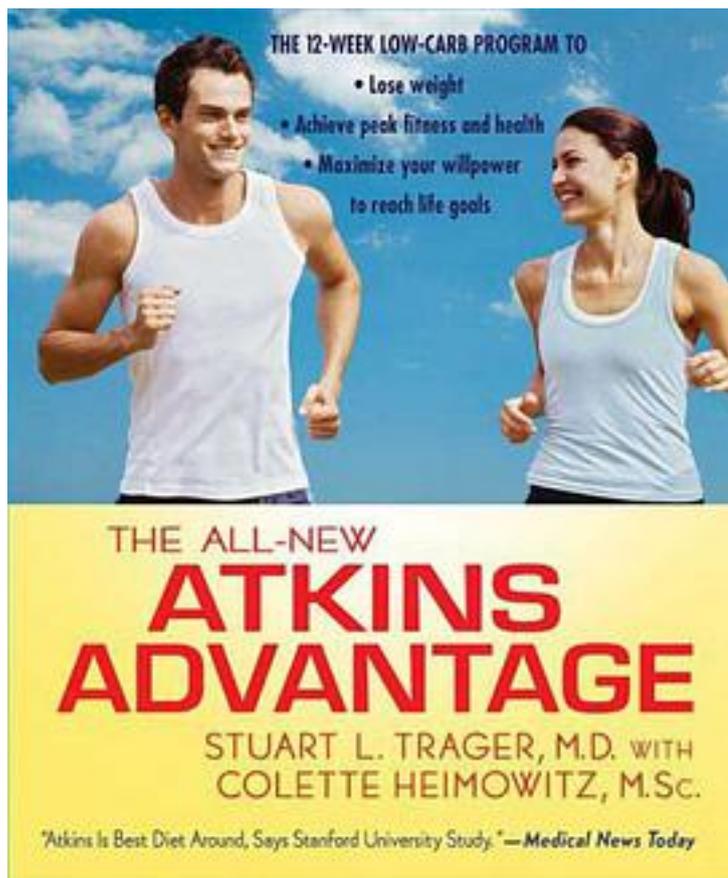


The All-New Atkins Advantage



[The All-New Atkins Advantage_ 下载链接1](#)

著者:Stuart L. Trager

出版者:St. Martin's Griffin

出版时间:2008-12-23

装帧:Paperback

isbn:9780312331306

The proven diet that will slim you down, get you exercising, and change your lifeThe All-New Atkins Advantage is more than a diet: it features the Atkins proven-effective weight loss program in a 12-week, step-by-step plan, including instructions on how to incorporate healthy exercise into your life as well as guidance on maintaining the motivation to stick with the diet and exercise program.Each week builds on the one

before it to raise your level of competence and confidence: Week 1: Combat cravings for sugars and starches with tasty, low-carb alternatives like veal parmesan and trout almondine. Week 4: Achieve peak fitness with the Atkins approach to exercise. Fully illustrated stretching, cardio, and strength training plans will get you energized. Week 6: Start an Atkins journal to maintain your motivation and continue your enthusiasm and success. Week 9: Get out of your lunch rut Go out for a special but speedy meal at a restaurant, instead of the nearby deli. Week 12: All the work you've done thus far has prepared you for this moment: the beginning of the rest of your life Turn your life around and give yourself a dietary, exercise, and lifestyle makeover with THE ALL-NEW ATKINS ADVANTAGE. "The All-New Atkins Advantage" will allow you to enjoy a wider variety of foods, tailor an individualized exercise plan, and do Atkins "your" way. The step-by-step program is designed to allow you to move at your own pace. Part I introduces you to the basics of the Atkins program, from a list of foods you'll want to have on hand to mental exercises to get you motivated. Part II features the 12-week Atkins Advantage Program, including a fitness component that allows you to design your own workout, no matter what your level of fitness. Part III includes 12 weeks' worth of delicious daily meal plans at varying carbohydrate levels. At the end of the twelve weeks, you will have changed the way you eat and become healthier, slimmer, and happier.

作者介绍:

目录:

[The All-New Atkins Advantage_下载链接1](#)

标签

评论

[The All-New Atkins Advantage_下载链接1](#)

书评

[The All-New Atkins Advantage_下载链接1](#)