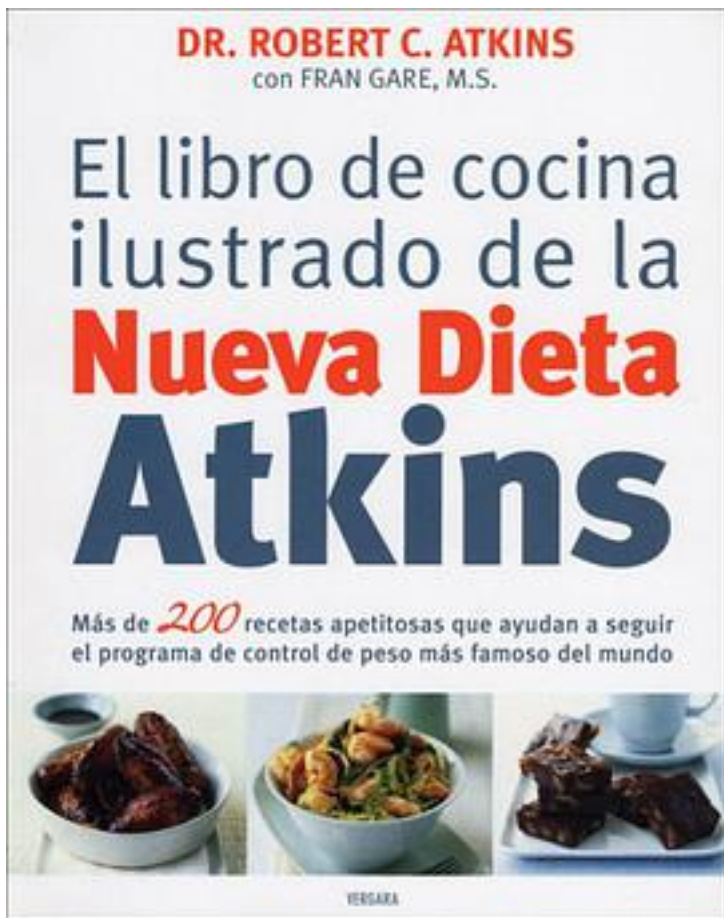


El Libro de Cocina Ilustrado de La Nueva Dieta Atkins



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Full of satisfying, low-carbohydrate recipes made with fresh and delicious ingredients, this comprehensive collection of recipes and meal plans helps dieters adhere to one of

the world's most popular diets without counting calories. Dieters will learn to create dishes from creamy mushroom soup to chunky chocolate ice cream while maintaining their ideal weight for life.

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