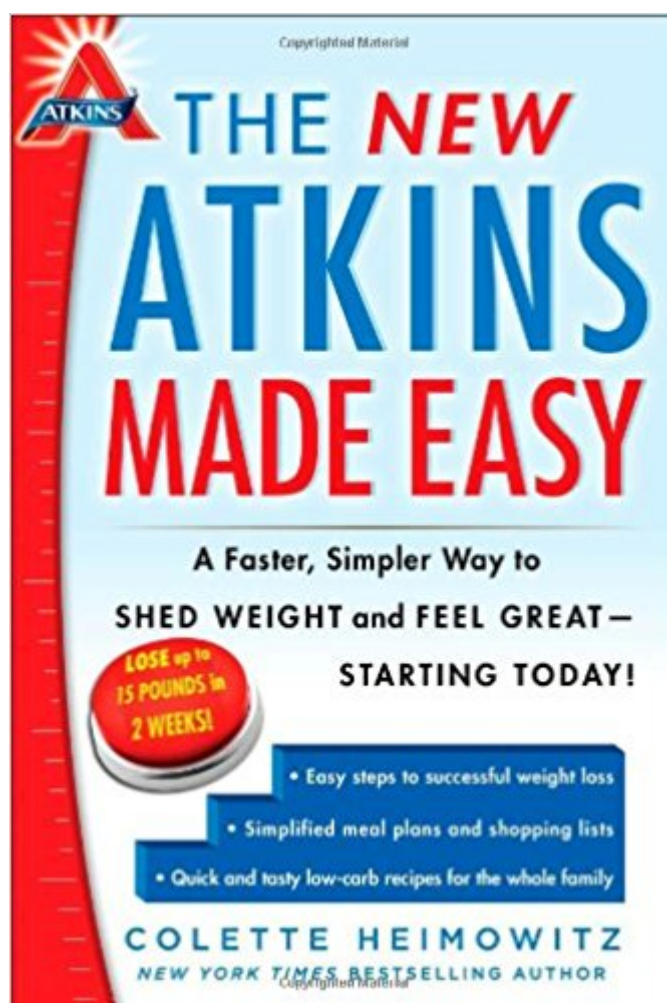


The book was found

The New Atkins Made Easy: A Faster, Simpler Way To Shed Weight And Feel Great -- Starting Today!



Synopsis

Atkins simplified – a faster, easier, and more effective plan for healthy, low-carb eating that helps you to start losing weight immediately (and keep it off forever). If you think you know all about the Atkins Diet, think again! With this streamlined version of the classic Atkins program, you’ll learn how to shed pounds even as you slowly add more carbs – the right carbs, in the right order – back into your diet. The New Atkins Made Easy will guide you every step of the way with:

- Easy-to-follow steps to successful weight loss that ease the transition from one phase to the next
- Detailed shopping lists for the fresh foods and easy-to-find pantry staples that make losing weight delicious – and easy
- Tasty recipes such as Zucchini – Pumpkin Spice Pancakes, Cheesy Chicken and Green Bean Skillet, Chipotle Shrimp Salad, and Tiramisu Pudding
- Dozens of low-cook and no-cook options, including grab-and-go foods like Atkins snacks, shakes, and frozen meals
- Digital tools and apps to take the guesswork out of meal planning and tracking your progress
- Success stories from people just like you, who have used the new Atkins Diet to lose weight and keep it off!

The new Atkins is more effective than ever, it’s backed by decades of scientific research, and it’s sustainable for a lifetime. If you’re done with diets that leave you hungry and are looking for a healthy, delicious way of eating that leads to enhanced health, The New Atkins Made Easy is the program for you. Turn to the Week 1 shopping list on page 66, pick up some tasty foods at the grocery store, and start losing weight today.

Book Information

Series: Atkins (Book 5)

Paperback: 336 pages

Publisher: Touchstone; 1 edition (December 24, 2013)

Language: English

ISBN-10: 1476729956

ISBN-13: 978-1476729954

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 527 customer reviews

Best Sellers Rank: #7,514 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #19 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #33 in Books > Cookbooks, Food & Wine > Special Diet > Low

Carbohydrate

Customer Reviews

“This straightforward guide to the popular protocol is a worthy addition to the evolving Atkins library.” (Publishers Weekly)

As Vice President of Nutrition & Education, Colette Heimowitz is the driving force for nutrition information at Atkins Nutritionals, Inc. She is the nutritionist face to the Atkins Community, which is dedicated to helping people reach their weight management goals. As part of this initiative, she publishes a weekly nutritionist blog, creates content devoted to educating new members about the program, and stays up to date on emerging research on human nutrition. Colette has been a guest on radio programs nationwide, as well as on television networks including CNN, Fox News Channel, and MSNBC. She has more than twenty-five years of experience as a nutritionist and received her MSc in clinical nutrition from Hunter College of the City University of New York.

Let me just state up front that I am a 180-pound Atkins diet weight loss success story and I'm a huge fan of the low-carb diet that the late, great Dr. Robert C. Atkins promoted, advocated and used with real patients in his New York City complementary medicine clinic for three decades. With this as the backdrop of where I'm coming from, you might be surprised to see my 2-star rating for this new "Atkins" book. I think the Atkins Nutritionals company that is pumping out all of these books piggybacking on the 2010 New York Times bestselling *New Atkins for a New You* by three of the leading low-carb diet researchers in the world (Dr. Jeff Volek, Dr. Stephen Phinney, and Dr. Eric Westman) are not giving people anything special with this latest reincarnation of the message. If you're looking to learn about the Atkins diet, then this is not the book for you. Go read *Dr. Atkins' New Diet Revolution* for all the ins and outs of the diet written by the man himself. The *New Atkins Made Easy* is more about getting in the proper mental mindset to make change happen. Every lifestyle change needs this kind of message to penetrate through all the walls we tend to put up when faced with shifting our personal paradigm. I suppose there is merit in this, but a lot of people will just see the word "Atkins" on the cover and think this is an appropriate book for learning the diet well. It is not. This review is not going to endear me to the Atkins Nutritionals company, but I really don't care about that because I've been through the heartache and pain of trying to incorporate their horrible bars, shakes and frozen meal products into my diet over the past decade. These products contain highly inflammatory vegetable oils, estrogenic soy ingredients, nasty sugar

alcohols that cause major gastric distress, and more. If you want to eat a truly low-carb diet, then turn to real food sources of nutrition like eggs, meat, butter, cream, non-starchy and green leafy veggies, almonds, cheese, and more. It's not that hard and you'll save yourself from a lot of disappointment down the road if you forgo these products that are the centerpiece of these newer "Atkins" books. DON'T FALL FOR IT!

If you don't care to get into all of the scientific information on how Atkins works, this is a great book to just get you started, and to get your motivation going again. I used to do Atkins years ago, and I can tell you that it is much easier now to tell people you're following Atkins because they've changed some things, it is much more healthier, or...at least more appealing to people that doubt it. This book does just what it is titled..."Made Easy"...I've read every other book by Atkins and this one is definitely the easiest one to follow. I love this plan, it just works, and now that veggies are such a big part of Atkins, it's easier to put up a fight and defend this way of eating.

If you are doing the Atkins diet this book is really helpful. This is a streamlined version for quick reference so you can get the facts really quick. It is also a small book 6x9 so you can easily slip into your purse and take with you.

For the first time a book has given wonderful instructions that are EASY to follow, including weekly menus that are very do-able. Thank you!

I had one of the older Atkins books and wasn't really getting anywhere with it. I thought a nice new edition would do the trick and it did. Very informative and easy to follow. I never tried Atkins before and with these step-by-step instructions, I'm down 12 lbs. in 2 weeks. And I'm not craving carbs. Great book - great plan.

easy to use, easy to read, and very useful when you want to get on the track for weight loss. I used for getting blood sugar under control, carb sensitive, high protein worked for me

Buy the hard copy. Hard to flip back and forth on an e-reader. Atkins has altered their program from when I used it years ago. Identifies good and acceptable carbs and those you should avoid or eat in moderation.

Very easy to follow book if you want to lose weight and get healthy using Atkins. Takes you through all the stages of Atkins painlessly.

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