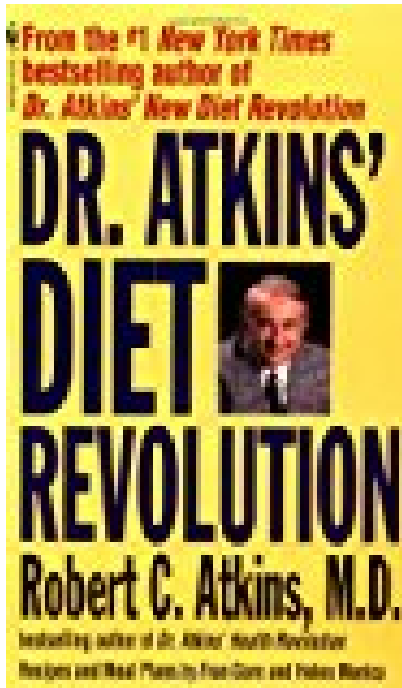


Dr. Atkins Diet Revolution



BOOK DETAILS

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- Pages : 336 Pages
- Publisher : Bantam
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BOOK SYNOPSIS

Millions of people have already discovered how to get healthy, lose weight, and keep it off—and you can too! The Atkins Nutritional Approach™ is the proven weight loss program that enables you to enjoy the foods you love on the road to good health, increased energy, and a greater sense of well-being. With Dr. Atkins New Diet Revolution you get everything you need: essential medical and nutritional information, a helpful carbohydrate gram counter, low-carb meal plans and dozens of mouth-watering recipes for everything from appetizers to entrees to desserts. Start your new life today; become a healthier, fitter, happier you. It all begins with Atkins!

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