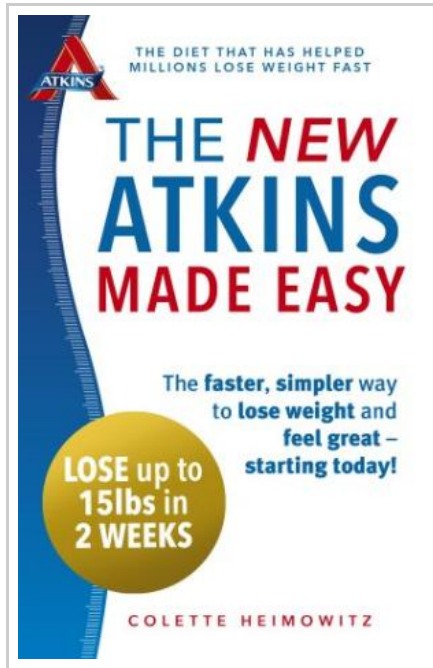




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The New Atkins Made Easy: The Faster, Simpler Way to Lose Weight and Feel Great - Starting Today!

By Colette Heimowitz

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New Atkins Made Easy: The Faster, Simpler Way to Lose Weight and Feel Great - Starting Today!, Colette Heimowitz, Atkins remains the world's most famous diet, and for good reason: the Atkins high-protein, low-carb plan has helped millions of people around the world lose weight and keep it off. In The New Atkins Made Easy, this amazing lifestyle plan has been further simplified to guarantee quicker weight loss with even less hassle. Alongside simple, straightforward guidelines you'll find: tips and advice for keeping on track with your diet; budget-friendly meal plans and recipes for the whole family; low-carb grab-and-go food options; solutions to common dieting problems; and, inspirational case studies. Simpler than ever before, The New Atkins Made Easy is your key to guaranteed weight loss.



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