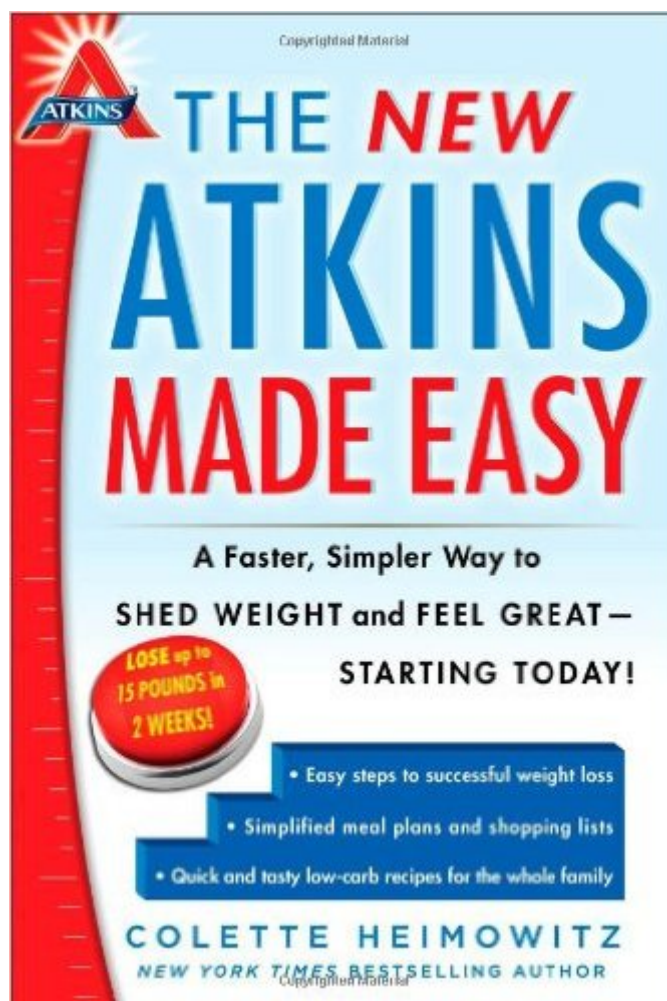


The book was found

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



## Synopsis

Atkins simplifiedâ”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, youâ”™ll learn how to shed pounds even as you slowly add more carbsâ”™the right carbs, in the right orderâ”™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 deliciousâ”™and easy -Tasty recipes such as Zucchiniâ”™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, itâ”™s backed by decades of scientific research, and itâ”™s sustainable for a lifetime. If youâ”™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 weightâ”™today.

## Book Information

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 [See all reviews](#) (475 customer reviews)

Best Sellers Rank: #2,033 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #7 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #8 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

## Customer Reviews

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.

[Download to continue reading...](#)

The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! Atkins: A Faster & Simpler Way to Shed Weight and Feel Great: 250 Simple and Delicious Low-Carb Recipes Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) The New Atkins for a New You Workbook: A Weekly Food Journal to Help You Shed

Weight and Feel Great Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) A Simpler Guide to Gmail, third edition: An unofficial user guide to setting up and using your free Google email account (Simpler Guides) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners

[Dmca](#)