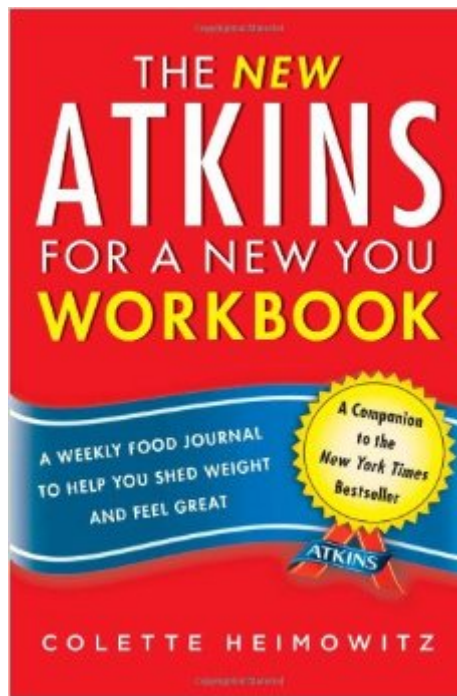


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# The New Atkins For A New You Workbook: A Weekly Food Journal To Help You Shed Weight And Feel Great



## Synopsis

The essential companion workbook to the New York Times bestselling *The New Atkins for a New You* and *The New Atkins for a New You Cookbook*, this step-by-step guide makes it easier than ever to follow the Atkins diet and live the low-carb lifestyle. *The New Atkins for a New You Workbook* takes the bestselling diet one step further with techniques that help you put the plan into action. The book includes grocery shopping guides, food lists (and carb counts) for common Atkins-friendly foods, tools for visualizing your weight-loss journey, and record-keeping for sixteen weeks of progress and staying on track—everything you need to incorporate the Atkins diet into your busy life. Forget what you think you know about Atkins. The new Atkins Diet is all about personalization—including a range of delicious protein, healthy fats, and fresh vegetables—and this workbook is an essential part of the plan. It doesn't belong in the kitchen or on a bookshelf: Take it with you for carb counting, motivational tips, and advice for shopping or eating on the go. *The New Atkins for a New You Workbook* offers tools for new and experienced dieters alike to achieve significant weight loss in an easy, practical, and measurable way.

## Book Information

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## Customer Reviews

Too many people hop on their own version of the Atkins diet thinking they can just pig out on all the meat, cheese and eggs they could ever want to consume. Oh, if only it were that easy. Take it from someone who once weighed 410 pounds and was able to shed 180 pounds off of my body--it's a process that takes patience, diligence and a lot of record-keeping. If you want to know the secret to

success on the Atkins diet (or really any diet plan), then here it is: KEEP TRACK OF WHAT YOU CONSUME AND HOW IT MAKES YOU FEEL. That's it. In a nutshell, if you are consuming foods that are nourishing your body (and the high-fat, moderate protein, low-carb ones you get on the Atkins diet fit that bill perfectly), then you will feel satisfied and enjoy what you are doing immensely while reaping the weight loss and more importantly the health benefits this way of eating has to offer. But unless you are writing all of that down as THE NEW ATKINS FOR A NEW YOU WORKBOOK shows you how to do, then you can't possibly get there from here. The book's author Colette Heimowitz is a veteran Atkins nutrition health expert who knows her stuff and stands ready to help you too. If you bought New Atkins for a New You and/or The New Atkins for a New You Cookbook to start anew on your healthy low-carb lifestyle, then you owe it to yourself to get this book to guide you on the pathway to success!

I do NOT like record keeping at any time and the format of this workbook makes it ez for me to record my food intake and activities as I work toward my goal of losing 100 lbs. I have lost 15 lbs since the first of this year so it may take longer than one calendar year but that is OK. It took me 6 years to pack the weight on so it takes 2 years to get it off I'll be happy. This book will definitely help me do it.

Having this workbook helps keep track of carb counts and anything else I need during this diet process. I love it.

I wanted to keep track of the foods I eat so I can see where I am "making mistakes" so I was doing it online. But I was always losing the data or not able to enter data I wanted. I saw this workbook and wondered if it had enough pages to track my foods on a daily basis. It has 4 months (16 weeks) worth of daily pages, with tips on every page, PLUS a list of the allowed foods. It's great! I love it. It has helped me see where I can cut down on certain foods even more. Taking it on vacation with me!!! Highly recommend... will probably get another one once this one is filled out!!!

this work book helped me to stay focussed on my diet. i have not lost as much weight in the month i thought i would, but the whole point was i have lost weight. i know some of my friends lost 15 lbs the first 2 wks. i lost 13 in 4 wks. but i have a lot of medical problems and to me this was a miracle. i usually lose 5 lbs then gain back 8. i am happy with my atkins diet and i am diabetic and it really works well for me.

this workbook got me on track to quick weight loss. Very happy with the results, loss 7lbs and counting in one weeks.

I found this journal to be a great tool for use on a low carb diet. It doesn't necessarily need to be Atkins. Because it is a bound book though, it makes it a little hard to lay flat on a counter and write in. I would like to see Atkins make a new book that is spiral bound for ease of use. I'd also like to see them scale it down somehow (perhaps take out the fluff and make it just a journal) and make it smaller to carry.

In case you haven't heard: A cardiologist/research/professor at Stanford had his students do a long study comparing the results of all the different diets used in the last 40/50 years. (Nutri-System, Jenny Craig, Weight Watchers, Atkins, Food Addiction, etc , etc, etc. Compared everything. Which diet had most weight lost, which one kept the weight off the longest, which ones gave the best numbers...blood pressure, insulin , cholesterol, thyroid, healthiest , etc, etc. . In a Stanford video taped lecture to report his findings, this cardiologist revealed the truth in complete personal amazement that Atkins clearly came out on top. But that jives with the media over the last year that it has become apparent that fat isn't the bad guy it's been made out to be for the last 60 years, (looking at the European, "Mediterranean diet"). It's the combination of fat with sugar (& flour) that 's the killer. Atkins was the only low carb diet of them all and no one on it had heart problems. The inventor died of a heart problem but it was not fat laden veins. It was a defect in his heart or something not diet related.

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