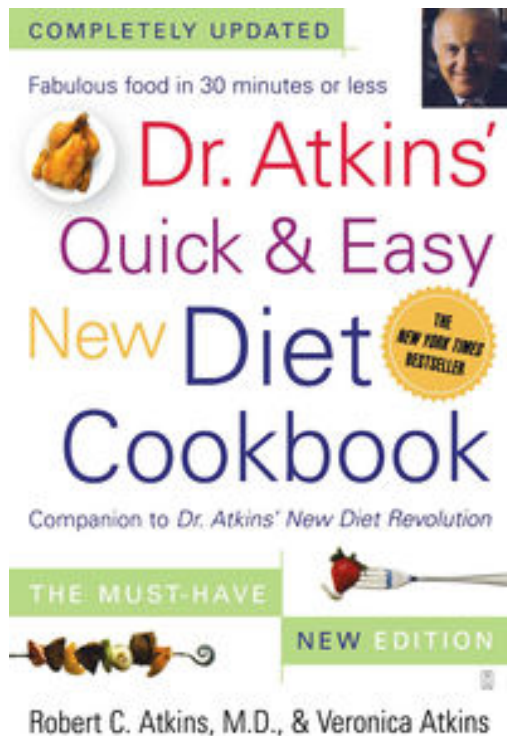


Dr. Atkins' Quick & Easy New Diet Cookbook

- Robert C. Atkins & Veronica Atkins Ler

Ebook



Dr. Atkins' Quick & Easy New Diet Cookbook Robert C. Atkins & Veronica Atkins ler ebook, Great taste in no time -- the Atkins way!

Since its original publication, *Dr. Atkins' Quick & Easy New Diet Cookbook* has sold more than one million copies. Based on the bestselling *Dr. Atkins' New Diet Revolution*, the recipes in this completely revised edition will let you eat the most up-to-date Atkins way, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. The new edition will make it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Highlights include:

- 50 entirely new recipes
- recipes for breakfast
- updated favorites
- new nutritional data, including Net Carbs

Designed for healthy eating and simple preparation, the controlled carb recipes in this must-have new edition of a perennially favorite cookbook will help you every day to produce delectable meals that will be the key to a whole new you.

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