



Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution

Robert C. Atkins M.D., Veronica Atkins

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Great taste in no time -- the Atkins way!

Based on the bestselling Dr. Atkins' *New Diet Revolution*, the recipes in this completely revised edition will give you a quick and easy way to eat healthy, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. This new edition includes 50 new recipes, updated favorites, and new nutritional data -- including Net Carbs -- making it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Here's just a sampling of the satisfying, super-quick recipes you'll find inside:

- Energizing breakfasts like Almond French Toast and Ricotta and Leek Frittatas
- Elegant appetizers such as Curried Stuffed Eggs and Smoked Salmon Rolls
- Family-friendly main dishes like Pork Chops with Orange and Rosemary, Hazelnut-and-Pepper-Crusted Swordfish, and Sautéed Zucchini with Nutmeg
- Decadent desserts such as Chocolate Buttercream and Lemon-Poppy Pound Cake

Plus many, many more mouthwatering main and side dishes, snacks, and treats!

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

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Irma Chavez:

Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to get every word into delight arrangement in writing Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution yet doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be among it. This great information may drawn you into brand-new stage of crucial imagining.

Katherine Shadrick:

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Herbert Oakley:

What is your hobby? Have you heard that question when you got pupils? We believe that that problem was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. So you know that little person like reading or as reading become their hobby. You must know that reading is very important as well as book as to be the matter. Book is important thing to include you knowledge, except your own teacher or lecturer. You find good news or update about something by book. Different categories of books that can you choose to use be your object. One of them are these claims Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution.

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