



# **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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definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you is Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution this guide consist a lot of the information of the condition of this world now. That book was represented just how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The writer made some research when he makes this book. This is why this book acceptable all of you.

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