

The book was found

Atkins: Eat Right, Not Less: Your Guidebook For Living A Low-Carb And Low-Sugar Lifestyle



Synopsis

Beautifully illustrated and filled with 100 whole food recipes and simple solutions for eating the foods we love in a healthier way, this brand-new Atkins guide focuses on eating rightâ "not lessâ "to achieve weight management goals and improve your overall health. For more than forty years, Atkins has been a leading brand, using proven scientific research to help hundreds of thousands of people achieve weight loss and weight management goals on a lower-carb diet. But while many Americans would like to lose weight, most donâ™t want to adhere to a strict program. Discovering a healthy, sustainable way of eating that you can live with beats yo-yo dieting that only leaves you frustrated and discouraged. Atkins: Eat Right, Not Less offers choices and helps you find the level of carbohydrate consumption that you will be able to sustain in Atkinsâ™s first four-color hardcover guidebook. By making small adjustments to the foods you already eat, you can ease into a healthier lifestyle while still making a huge impact on your health and weight. Detailed information about the popular Atkins 40 approach (a favorite of Alyssa Milano and Kim Kardashian, and one of the Most Googled Diets of 2016), and the new flexible, personalized Atkins 100, Atkins: Eat Right, Not Less also provides step-by-step directions for those of us who need a more structured program with the original Atkins 20 approach, as well as meal plans for all three levels, grocery lists, and 100 simple and delicious recipes to kick-start your new lifestyle.

Book Information

Series: Atkins (Book 6)

Hardcover: 336 pages

Publisher: Touchstone (December 5, 2017)

Language: English

ISBN-10: 1501175440

ISBN-13: 978-1501175442

Product Dimensions: 1.1 x 1.1 inches

Shipping Information: [View shipping rates and policies](#)

Average Customer Review: [Be the first to review this item](#)

Best Sellers Rank: #556,357 in Books (See Top 100 in Books) #73 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #271 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #377 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

“As the science continues to support low-carb eating as a healthy and therapeutic lifestyle, there is a critical need to help people make the behavioral switch to limiting carbs while embracing fat. This book lays out a simple set of principles that can be tailored to meet the unique metabolism and preferences of different people. Colette shares her decades of practical experience by providing delicious recipes and valuable tips to make this life-changing transition safe, easy, sustainable, and most importantly, pleasurable.” —Jeff Volek, PhD, RD

As Vice President of Nutrition & Education, Colette Heimowitz is the driving force for nutrition information at Atkins Nutritionals, Inc. She is the nutritionist face to the Atkins Community, which is dedicated to helping people reach their weight management goals. As part of this initiative, she publishes a weekly nutritionist blog, creates content devoted to educating new members about the program, and stays up to date on emerging research on human nutrition. Colette has been a guest on radio programs nationwide, as well as on television networks including CNN, Fox News Channel, and MSNBC. She has more than twenty-five years of experience as a nutritionist and received her MSc in clinical nutrition from Hunter College of the City University of New York.

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

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Atkins: Eat Right, Not Less: Your Guidebook for Living a Low-Carb and Low-Sugar Lifestyle Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic 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: 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) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)