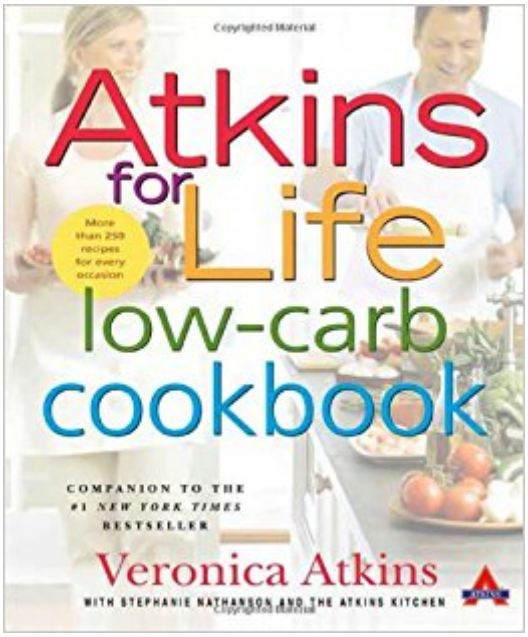
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Atkins For Life Low-Carb Cookbook: More Than 250 Recipes For Every Occasion



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Synopsis

"Controlling carbs works in virtually every situation, when you’re having dinner with the family or hosting a dinner party, when you’re in a hurry or spending the day creating delicacies in your kitchen. If you like to take shortcuts or you enjoy starting from scratch, if you mostly tinker in the kitchen on the weekends or cook every day, here are the recipes that suit your lifestyle."- Veronica AtkinsAtkins for Life took the nation by storm, proving that doing Atkins is not a "fad" - it’s a healthy and satisfying way of eating that you can follow for a lifetime. With multiple weeks at the top of the New York Times bestseller list, Atkins for Life whet the appetites of millions of new and established Atkins followers, and had them clamoring for even more great-tasting recipes that complement the low-carb lifestyle. Enter Atkins for Life Low-Carb Cookbook. Whether you’re an Atkins devotee or you’re just beginning to explore the benefits of controlling carbs, this all-purpose cookbook has the solutions you need to cook and eat appropriately - and enjoyably every day, at every meal, whether you’re feeding your family, throwing a sit-down dinner party, or just looking for a healthy between-meal snack!This invaluable book makes low-carb cooking easier than ever before. Illustrated with more than 80 full-color photographs, it includes 250 recipes for sumptuous dishes such as Pan-Seared Steak with Mustard Sauce, Clementine-Glazed Duck Breast, Ginger Ice Cream with Caramelized Pears, and more! There are also a slew of home-style favorites you may not have thought you could enjoy on Atkins, including Pork Stew with Hominy and Collards, Mini Meatballs and Spaghetti, Mexican Chicken Wrap, and Creamy Lemon Bars.Although many of these recipes are tailored to fit the Pre-Maintenance and Lifetime Maintenance phases of Atkins, more than half of them are also appropriate for the Induction and Ongoing Weight Loss plan. Inside you’ll find:* More than 100 tips and sidebars including: Nuts About Nuts, Smart Snacks and Sides, and Spotlight on Ginger* Complete nutritional information for every recipe, including Net Carbs and suitable Atkins phases* Helpful ideas for choosing the highest-quality foods and avoiding those full of hidden sugars or dangerous added trans fats* Countless bits of wisdom to simplify cooking and preparation, plus important low-carb cooking techniquesThe wide range of recipes fills the bill for:* Speedy weeknight suppers in under 30 minutes* Budget and vegetarian options* Family-friendly fare for healthy eating at any age* Outdoor grilling and barbecuing* Snacks and bag lunches* Luscious desserts to satisfy a sweet tooth - all without sugar* Special-occasion and party menus, including: Thanksgiving, New Year’s, Super Bowl Sunday, Valentine’s Day, Easter, Halloween, and more! Now you don’t have to give up your favorite dishes to control your carbs - you can simply make them the Atkins way.

Book Information

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Customer Reviews

From the wife of the late Dr. Robert Atkins, here is an inventive cookbook that will allow low carb devotees to keep the faith without cutting down the fat. Grounded in the carb counting, fat allowing formula that launched millions of dieters, Veronica Atkins has designed a book "to make doing Atkins a permanent part of your life." Following a refresher course on the four phases of Atkins, she includes 250 easy to follow recipes and cooking tips geared for people close to their weight goals, in which she underlines the essentials of low carb ingredients and preparation (substitute wheat for white, splenda for sugar, nuts for breadcrumbs, cream or broth for flour). Gathered into three main sections ("day by day", "on the weekend", and "party and holiday menus"), recipes range from family dinners, brownbag lunches and snacks to brunch dishes and camping treats. Singles "tired of dividing recipes by four" will also enjoy the "cooking for one" section, and those who fear the holiday temptations will find inspiration to stay on track in such creative fares as Atkins-friendly Thanksgiving side dishes, low carb Xmas eggnog, Zucchini Hanukkah latkes, Superbowl pomegranate guacamole, Oscar Night chocolate martinis and a dozen uses for leftover matzo. Readers may be distracted from the simplicity and freshness of the recipes by a few zany suggestions (alphabetizing spices to save time) and the marketing of the Atkins brand products in the many recipes that use Atkins mixes, pastas and flavorings. Yet the book’s creative approach will assure the faithful that a low carb diet can be a moveable feast. --Barbara Mackoff

Just when it seems there could be nothing more to add to the low-carb canon, here’s another

supplement to the Atkins juggernaut. An enthusiastic, conversational companion cookbook to the bestselling Atkins for Life, the book often suggests readers use Atkins brand ingredients (such as pasta, bread, and pancake and waffle mix). Still, the 250 recipes that Atkins (widow of Robert C. Atkins) presents are simple enough for kitchen novices and varied enough to make the prospect of low-carb dieting less daunting. Atkins includes nutritional information, specifics on which phase of the diet plan each recipe falls into and cooking tips. Entries range from fairly commonplace low-carb fare (such as Minted Lamb Chops with Mango-Cucumber Salad or Asparagus, Pepper, and Goat Cheese Frittata) to surprisingly Atkins-friendly pastas and sweets (like Pasta with Gorgonzola and Walnuts, and Applesauce Pumpkin Muffins). With this volume's recipes for all occasions, including weeknight suppers, dinners for one, brown-bag lunches, and holidays and parties, Atkins devotees can no longer use lack of selection as an excuse for slipping off the wagon. Photos. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I needed a quick weight loss program because of the amount of weight I wanted to lose (120-140 and down 47 right now). HCG is fantastic and doing the trick, but then every 35 pounds I have to stabilize for three weeks and wasn't sure where to turn. I didn't want to go back to the way I was eating and remembered the Atkins Diet from years ago. The recipes in the book are amazing. I can use them exactly or to help me modify my "old family recipes" that weren't too healthy to begin with. I'm loving this cook book. I picked up some of the Atkins bars too. Thanks for getting me the book so quickly. I will certainly order from you again.

The book is easy to follow and tons of information. So very helpful for a "newbie" to Atkins. I suggested slightly outdated because two of the websites referenced were no longer available. Some of the Atkins products included in the recipes are not available anymore. Definitely worth the money and it will be a long term resource for me.

Very good cookbook with a lot of information for anyone who wants to continue this way of eating for the long haul

Beautifully laid out book, with great photography. Have made a number of Atkins recipes in the past which were easy, tasty, and repeatable. Looking forward to trying many of these recipes.

Lots of good recipes!

Several recipes for all occasions. If you are on a low carb high protein diet it works out great. Many easy recipes to choose from.

Just what I needed to make a variety of foods. My imagination in the kitchen is sometime limited to the things that I am familiar with and I just needed the extra boost of all the normal stuff.

good price, nice receipes

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Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Atkins for Life Low-Carb Cookbook: More than 250 Recipes for Every Occasion 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) 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: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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: 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)

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