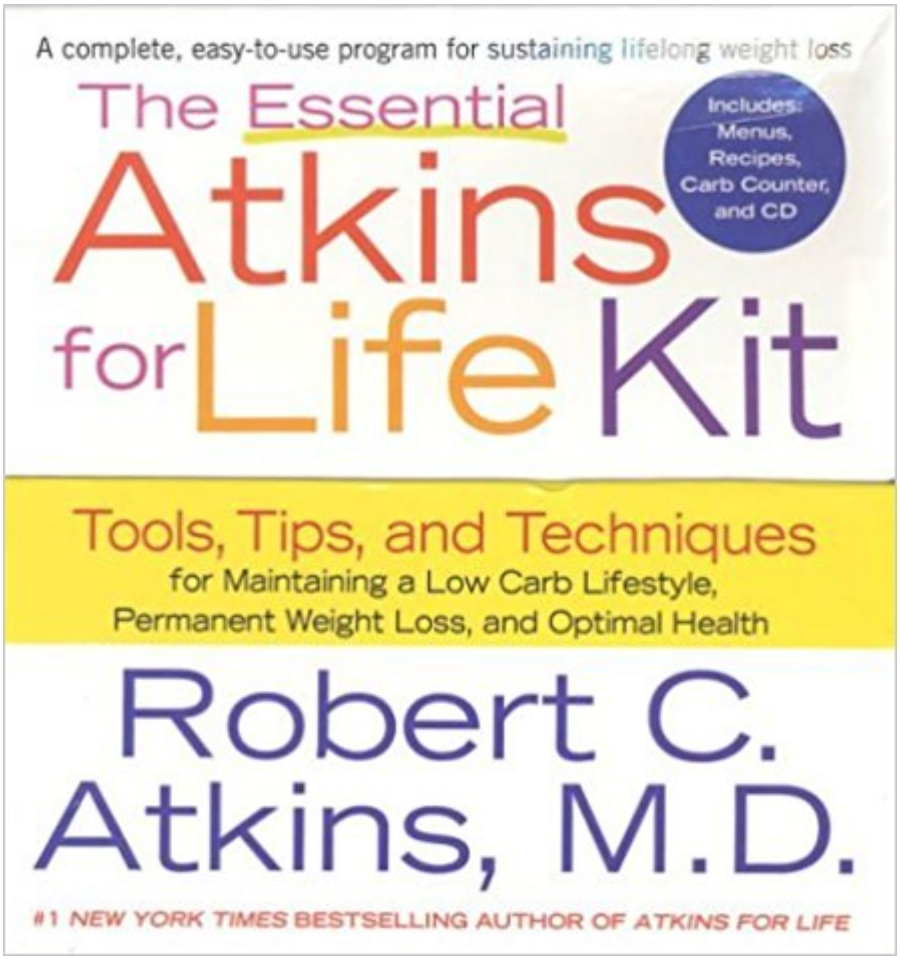
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The Essential Atkins For Life Kit: Tools, Tips, And Techniques For Maintaining A Low Carb Lifestyle For Permanent Weight Loss And Optimal Health



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Synopsis

A complete, easy-to-use program for sustaining lifelong weight loss from the author of the #1 New York Times bestseller Atkins for LifeThe Essential Atkins for Life Kit Includes:Eating for Life: 144-page book - Menu Plans: 120 menu plans with controlled carbohydrate counts of 45, 60, 80, and 100 grams- Carb Gram Counter: Listings and information on protein and fat grams for each entry- Daily Carb Log: Pages to record your Net Carb intake 100 Recipe Cards: Delicious controlled carb recipes with important nutritional informationStaying -On-Track Card Deck: Hundreds of tips and strategies for Lifetime MaintenanceChoosing The Rich Carbs: Foldout guide with easy-to-use Atkins Glycemic Rankings Compact Disc: 60 minute Motivation for Life CD with special introduction by Dr. Robert C. AtkinsWallet-Size Dining Out Guide: Tips for eating out at Chinese, Italian, Mexican, and other restaurants

Book Information

Misc. Supplies: 160 pages
Publisher: Griffin (October 2003)
Language: English
ISBN-10: 0312321600
ISBN-13: 978-0312321604
Product Dimensions: 6.4 x 3 x 6.6 inches
Shipping Weight: 2.5 pounds (View shipping rates and policies)
Average Customer Review: 3.2 out of 5 stars 8 customer reviews
Best Sellers Rank: #801,170 in Books (See Top 100 in Books) #98 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #472 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #1827 inÃ Â Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

Robert C. Atkins, M.D., was a cardiologist and the founder and medical chair of The Atkins Center for Complementary Medicine in New York City. His books have sold more than 15 million copies, including the #1 New York Times bestseller Atkins for Life.

Atkins saved my life.Lost 40lbs on this way of life.

The kit was pretty worthless overall. Save your money, buy "Dr. Atkins New Diet Revolution" 2002

version, and join some online low carb lists. You'll be better off.

all that was sent was the carb counting little book.. thats not what is was supposed to be.. i used to have this and i know. this is only the little carb book that came with all the other stuff.. what a joke . not funny

This is the unrevised version of Atkins, and it is still too heavy on protein to be a safe sustainable diet. Interesting to have on the bookshelf, but I found it unusable. Has lots of recipe cards and a fold out carb counter and a little book and suggestions for daily food plans based on certain carb levels.As a nurse, I say, unsustainable, way too high in fat and protein, seen plenty of people sick and on the verge of collapse from not eating as the book suggests and chowing down on steak and eggs and sausages and more eggs and wondering why they get dizzy and palpitations and they lose 5kg of water and go off the diet within two weeks and gain 6kg.Try the Zone. It may look complicated, but the key to modern day fat loss is insulin regulation (insulin is a fat storage hormone and it blocks fat releasing hormones), and high protein diets mess with your insulin levels as well as high sugar diets do.

I was on Atkins a few years back and I lost 85 pounds from it. I gained it all back because I didn't go through all the Atkins phases and went right back to my old eating habits. Seeing as South Beach and a few other diets have become more popular for whatever reason, its harder to find Atkins products than it used to be. I'm sure South Beach is nice, but Atkins really helps get the pounds off, builds energy, and it really simple to do. In the beginning meat, veggies and cheese are allowed, as well as butter, oil and spices. You can also use a bit of artificial sweetener(Splenda recommended). So, you can have a cheesecake that tastes like real NY style cheesecake, instead of being on a diet where everything tastes fake and you never feel satisfied. Maintenance allows other kinds of food, but in more moderation, suited to the individual's tolerances.I just bought this kit today and it had everything in it that I expected. Delicious, low carb recipes for when I start maintaining my weight, food planners, carb counters; basically everything I need to keep the weight off once I'm done. Seeing as I got my kit for 99 cents and it's being sold on the marketplace for not much more, there really is no excuse not to buy this. I recommend that every skeptic try Atkins(according to the book) for two weeks, and see if I'm wrong.

This kit includes everything you need (except food) to lose weight and enjoy a low-carb lifestyle. The

dining out guide is especially helpful. If you are a meat lover, Atkins is the way to go! I lost 20 stubborn pounds and have been keeping it off for months now without ever feeling deprived. Also, my blood pressure and cholesterol are lower. Thank you Dr. Atkins and !

this book is more about explaining the diet and teaches you how to be successful. it has recipes in it but this isnt the purpose of this book. if your looking for just a cookbook then find something else. if you want to learn alot about this diet this is a great book

This is a very handy kit which allows me to sit the box almost anywhere and use the items I need without taking up much space. It also makes it easy to find the information I much faster.

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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) The Essential Atkins for Life Kit: Tools, Tips, and Techniques for Maintaining a Low Carb Lifestyle for Permanent Weight Loss and Optimal Health 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) 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) Low Carb: The Ultimate BeginnerÃ¢â ¬â„¢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 Recipies, Low Carb Cookbook) 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 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) 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: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious,Quick And Easy, Low Carb Recipes for Every Meal) 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) 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: 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) ATKINS: The Akins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) 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) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) 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)

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