



THUMBNAIL
NOT
AVAILABLE

DOWNLOAD



The New Atkins New You Cookbook: 200 Delicious Low-Carb Recipes You Can Make in 30 Minutes or Less

By Colette Heimowitz

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The New Atkins New You Cookbook: 200 Delicious Low-Carb Recipes You Can Make in 30 Minutes or Less, Colette Heimowitz, The bestselling "New Atkins New You" introduced a whole new way to do the classic Atkins diet, offering a more flexible, more effective and easier-to-maintain low-carb lifestyle. Now, "The New Atkins New You Cookbook" provides 200 delicious Atkins-friendly recipes for making Atkins-friendly breakfasts, lunches, dinners and desserts. Although low-carb, they are not carb free, which means you can indulge in delicious muffins, tasty Paninis and flavorsome pizzas - and still lose weight. The book also fully explains the Atkins diet and offers a clear plan for you to stay on track and reach your target weight. Recipes include: Spicy Pecan Pancakes and Cheddar-Dill Scones; Thai Coconut Shrimp Soup and Chicken Teriyaki Burgers; Chocolate Pudding and Cherry Pie; and, Low-carb versions of muffins and smoothies. You really can eat tasty food morning, noon and night and still shed pounds.



READ ONLINE

[4.69 MB]

Reviews

An extremely awesome pdf with perfect and lucid reasons. I have got go through and so i am certain that i will going to read again once again in the foreseeable future. I found out this ebook from my dad and i recommended this publication to understand.

-- **Angela Kassulke**

An incredibly wonderful ebook with lucid and perfect answers. It is writter in easy words instead of difficult to understand. Its been printed in an exceptionally easy way in fact it is simply following i finished reading this publication in which really modified me, modify the way i think.

-- **Mr. Keyshawn Weimann**