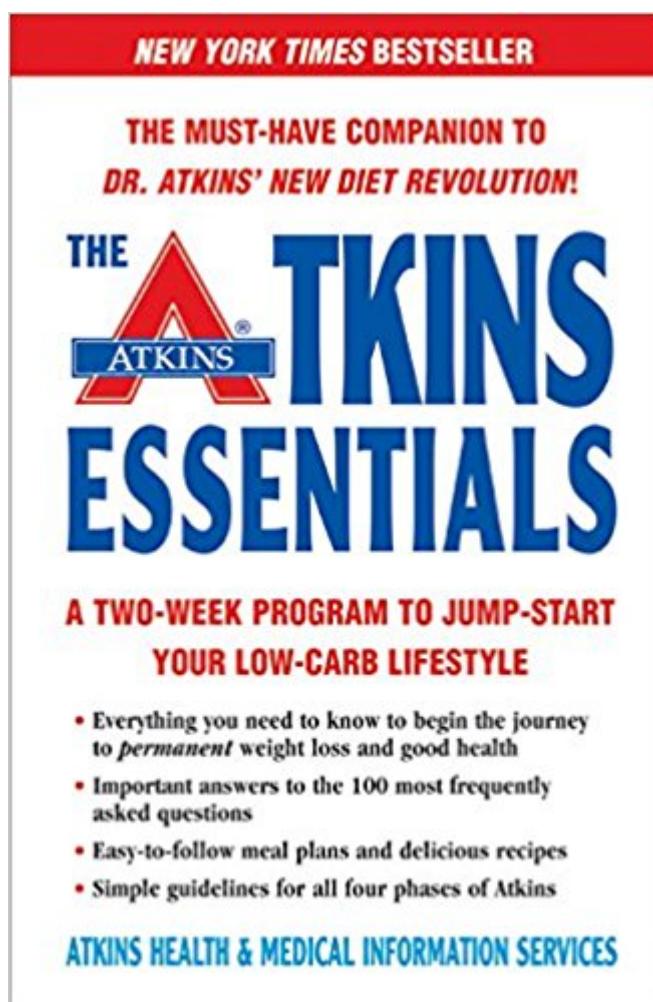


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# The Atkins Essentials: A Two-Week Program To Jump-start Your Low-Carb Lifestyle



## Synopsis

The must-have companion to the #1 New York Times bestseller, Dr. Atkinsâ™ New Diet Revolution, featuring the Atkins Nutritional Approachâ„¢ a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best. Millions of people around the world have already discovered the Atkins Nutritional Approachâ„¢ and the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way! With less of the underlying science and more practical information, The Atkins Essentials gets to the meat of the most popular and effective weight control program ever, providing the basic skills necessary to enable you to lose and keep losing unwanted body fatâ and to keep it off forever! Providing clear, concise answers to your questions and concerns, The Atkins Essentials is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get startedâ and for those already on the program, it offers indispensable tips on eating out, stocking your pantry, and more. Simply put, it is Atkins made easy: The ABCs of doing Atkins An effective two-week launch into weight-losing mode Personal modifications to slow or speed weight loss Helpful listings of acceptable and unacceptable foods Fourteen days' worth of delicious, controlled carb eating...And much more! So get ready to look great and feel great the Atkins wayâ it's easier than ever before!

## Book Information

Paperback: 368 pages

Publisher: William Morrow Paperbacks; Reprint edition (December 28, 2004)

Language: English

ISBN-10: 0060748168

ISBN-13: 978-0060748166

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 61 customer reviews

Best Sellers Rank: #261,534 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #181 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #238 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

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the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way!With less of the underlying science and more practical information, The Atkins Essentials gets to the meat of the most popular and effective weight control program ever, providing the basic skills necessary to enable you to lose and keep losing unwanted body fat -- and to keep it off forever!Providing clear, concise answers to your questions and concerns, The Atkins Essentials is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get started -- and for those already on the program, it offers indispensable tips on eating out, stocking your pantry, and more. Simply put, it is Atkins made easy:The ABCs of doing AtkinsAn effective two-week launch into weight-losing modePersonal modifications to slow or speed weight lossHelpful listings of acceptable and unacceptable foodsandFourteen days' worth of delicious, controlled-carb eating ...And much more!So get ready to look great and feel great the Atkins way -- it's easier than ever before!

Eric Conger's stage credits include appearances Off-Broadway and at the Long Wharf Theater. He has appeared as a regular on Another World and Loving, and has translated the works of Feydeau.  
--This text refers to an out of print or unavailable edition of this title.

I know there's a lot of diets out there, and if you don't like the limitations and the restrictions of Atkins (limited carbs, no sugars) that's understandable. I think I would go with a more well rounded diet myself for the long term. But if you need to lose weight fast and short term (under 6 months) this is a great diet! Plus my blood pressure went down, but not eating sugar, cakes, chocolates and very little carbs for the rest of your life? Tough to do in the long run. Atkins products that supplement the diet taste good, but portion size is small and they are expensive. Atkins could work for some, and contrary to popular belief, it is a healthy way of dieting, and you will lose weight if you follow it, but I think it is way too strict for most people on a long term basis. This book is well written, easy to understand, great diet ideas and good schedule of what you should expect while on Atkins. Well designed, insightful, informative book with lots of useful examples for the Atkins diet plan.

Started by learning the essentials and applied this to my diet. Found blood work returned by my doctor which was simply outstanding in an extremely short time. Lost weight quickly and very permanently. Able to maintain weight and never felt this was a fad diet. From the beginning, I knew this was a life style I could live with forever. Very pleased and will continue to reference. Look forward to reading more like this book.

loaned it out never got it back

This is a good book to add to your diet collection. It is especially good for anyone that likes a good low carb diet .

I bought this as a guide for carbohydrates. I was advised, after a routine check up, to cut back on carbs and I had no idea what contained carbohydrates. Things like peas and certain vegetables never crossed my mind. The book is good, but I have found better information on line

It works. Just stick to what it tells you to do. It won't be easy but what other choice is there?

Remember, this is a life style.

I bought this book because I was curious about the Atkins Lifestyle. Atkins did help me learn about how to eat good carbs, found mostly in veggies. It was a good intro to the information I would need if I wanted to live the Atkins lifestyle. However, it is only phase 1 of 4. The Atkins Revolution would have been more helpful. Also, both this book and Atkins Revolution I am told have incorrect information. They say to count 3 cups of veggies - this is no longer how it works. Net carbs must be counted instead of cups to make sure you are getting enough nutrients and good carbs in your body. I used the website a lot to assist me and the USDA website for finding net carbs. I recommend Atkins for anyone who is looking to safely lose serious weight. I am not a big girl, but I lost 7 lbs during Induction. The only trick with this "diet" is that it isn't a diet at all. It truly is a lifestyle. Bounce back to bad habits and stuff your face with cupcakes and other junk for a day or a few and I gained back 3 lbs. It takes dedication!! Do you have it?

This diet works: however, it is difficult to maintain on the limited selections of food. It is the main diet that has ever worked for me. I like protein foods, and after this diet my taste for carbohydrates has diminished. Helpful in understanding our digestive processes.

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Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet)

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