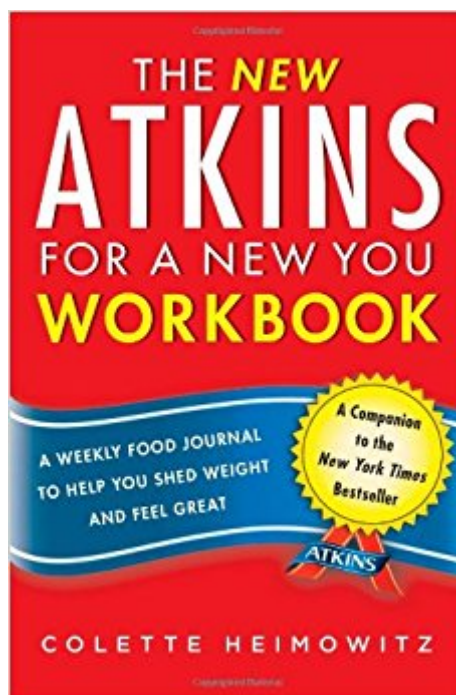




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# The New Atkins For A New You Workbook: A Weekly Food Journal To Help You Shed Weight And Feel Great



## Synopsis

The essential companion workbook to the New York Times bestselling *The New Atkins for a New You* and *The New Atkins for a New You Cookbook*, this step-by-step guide makes it easier than ever to follow the Atkins diet and live the low-carb lifestyle. *The New Atkins for a New You Workbook* takes the bestselling diet one step further with techniques that help you put the plan into action. The book includes grocery shopping guides, food lists (and carb counts) for common Atkins-friendly foods, tools for visualizing your weight-loss journey, and record-keeping for sixteen weeks of progress and staying on trackâeverything you need to incorporate the Atkins diet into your busy life. Forget what you think you know about Atkins. The new Atkins Diet is all about personalizationâincluding a range of delicious protein, healthy fats, and fresh vegetablesâand this workbook is an essential part of the plan. It doesnât belong in the kitchen or on a bookshelf: Take it with you for carb counting, motivational tips, and advice for shopping or eating on the go. *The New Atkins for a New You Workbook* offers tools for new and experienced dieters alike to achieve significant weight loss in an easy, practical, and measurable way.

## Book Information

Series: Atkins (Book 4)

Paperback: 336 pages

Publisher: Touchstone; 1 Csm Wkb edition (December 25, 2012)

Language: English

ISBN-10: 1476715572

ISBN-13: 978-1476715575

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 147 customer reviews

Best Sellers Rank: #80,461 in Books (See Top 100 in Books) #17 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #116 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #211 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

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.

It's a pretty good book. I think it would work so much better if it was more of a spiral notebook that you could really use as a workbook. I find it a little difficult to write things in. They don't give you a lot of space to write your answers. I also think it would be more interesting if they varied the questions in the "Today's Journal" part to give you more incentive to write every day. That being said I really like the tips they give on each page. I look forward to reading those daily as they are different every day. It includes a handy carb counter at the end of the journal part which I find helpful. and the beginning overview of the diet was informative. I already had the other new Atkins book so this info wasn't new to me. But it was a nice review. Overall I feel it was worth buying it to really stay on track with the Atkins diet.

I have found this to be an invaluable tool in my weight loss efforts on the Atkins program. As I have had a lot of weight to lose, this is my 3rd workbook, This book explains the program, it has 16 weeks for daily meal/carb tracking and a page where you also review your day's efforts with encouraging words, tips and an Atkins program FYI, in the back pages there is a food/carb counter, 3-4 blank pages for personal notes. This one book offers a lot. Highly recommend it for those on the Atkins program.

Easy to read, includes simple instructions ... and a lot of health data. Not just about eating 'meat' as a lot of people incorrectly thing (including me until I read the book). I would recommend to anyone struggling with extra lbs., sugar problems, sluggish thyroid, etc.

I just started the atkins diet a month ago, at the request of my Neurologist to try and stop seizures. I use this workbook every single day to me keep track of my of my carbs. Its great! I have already bought a second one, so I am prepared when I need it. In a month, I have already lost 18 pounds.

This is a great help when you are starting induction. Includes pages for each day and each meal, plus weekly updates for weight and measurements. Success stories are interspersed throughout the

book. If you have the Atkins app, you don't really need this book. I use it mostly for keeping track of weight and inches.

I am using this book almost continuously. It has a great section at the end of the day regarding how you feel, any problems, etc. It also has a handy carb counter at the back so I do not have to use the other book. I would highly recommend this workbook as it helps to keep you honest.

Having this workbook helps keep track of carb counts and anything else I need during this diet process. I love it.

Too many people hop on their own version of the Atkins diet thinking they can just pig out on all the meat, cheese and eggs they could ever want to consume. Oh, if only it were that easy. Take it from someone who once weighed 410 pounds and was able to shed 180 pounds off of my body--it's a process that takes patience, diligence and a lot of record-keeping. If you want to know the secret to success on the Atkins diet (or really any diet plan), then here it is: KEEP TRACK OF WHAT YOU CONSUME AND HOW IT MAKES YOU FEEL. That's it. In a nutshell, if you are consuming foods that are nourishing your body (and the high-fat, moderate protein, low-carb ones you get on the Atkins diet fit that bill perfectly), then you will feel satisfied and enjoy what you are doing immensely while reaping the weight loss and more importantly the health benefits this way of eating has to offer. But unless you are writing all of that down as THE NEW ATKINS FOR A NEW YOU WORKBOOK shows you how to do, then you can't possibly get there from here. The book's author Colette Heimowitz is a veteran Atkins nutrition health expert who knows her stuff and stands ready to help you too. If you bought *New Atkins for a New You* and/or *The New Atkins for a New You Cookbook* to start anew on your healthy low-carb lifestyle, then you owe it to yourself to get this book to guide you on the pathway to success!

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