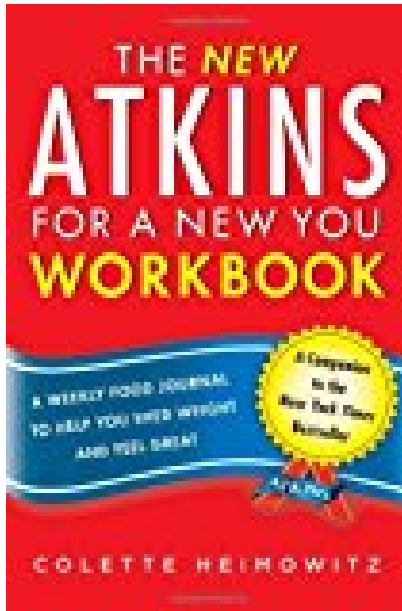


# The New Atkins for a New You Workbook A Weekly Food Journal to Help You Shed Weight and Feel Great

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## BOOK DETAILS

- Author : Colette Heimowitz
- Pages : 336 Pages
- Publisher : Touchstone
- Language : English
- ISBN : 1476715572

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## **BOOK SYNOPSIS**

"The New Atkins for a New You Cookbook" is the first recipe book to reflect the innovative, modern Atkins program, featuring 200 original Atkins-friendly recipes that are quick, simple, accessible, and delicious. The book features color photographs of dozens of recipes and simple instructions.

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