



# **New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great.**

*Eric C. Westman, Stephen D. Phinney, Jeff S. Volek*

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Think you know the Atkins Diet? Think Again. The New Atkins is...

Powerful:

Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine.

Easy:

The updated and simplified program was created with you and your goals in mind.

Healthy:

Atkins is about eating delicious and healthy food -- a variety of protein, leafy greens and other vegetables, nuts, fruits, and whole grains.

Flexible:

Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out -- wherever you are.

Backed by Science:

More than 50 studies support the low-carb science behind Atkins.

But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, *The New Atkins for a New You* offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

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