



# **The New Atkins for a New You Cookbook: 200 Simple and Delicious Low-Carb Recipes in 30 Minutes or Less (Touchstone Book)**

*Colette Heimowitz*

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With more than two hundred new recipes to support your healthy, low-carb lifestyle, the *New York Times* bestselling *New Atkins for a New You Cookbook* is a must-have guide for anyone who is looking for fresh, delicious ways to lose weight and keep it off for life.

*The New Atkins for a New You* revolutionized low-carb eating and introduced a whole new approach to the classic Atkins Diet, offering a more flexible and easier-to-maintain lifestyle. But there's one thing people keep asking for: more Atkins-friendly recipes. And that's what *The New Atkins for a New You Cookbook* delivers—it's the first cookbook to reflect the new Atkins program, featuring thirty-two pages of full-color photographs and hundreds of original low-carb recipes that are:

**QUICK:** With prep time of thirty minutes or less

**SIMPLE:** Most use ten or fewer ingredients

**ACCESSIBLE:** Made primarily with ingredients found in supermarkets

**DELICIOUS:** You'll be amazed that low-carb food can be this fresh and tasty!

Atkins is more than just a diet—it's a healthy lifestyle that focuses on weight management from day one, ensuring that once you take the weight off, you'll keep it off for good. And *The New Atkins for a New You Cookbook* features recipes with a broad range of carb counts, providing the perfect plan for a lifetime of healthy eating.

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