



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

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

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Read the book that revolutionized the Atkins diet for a whole new generation! This *New York Times* bestseller explains WHY Atkins is the safest and most effective way to eat, HOW you can use the diet to easily lose pounds and maintain a healthy weight, and WHAT to eat to feel satisfied, every day.

*The New Atkins Made Easy* made a lot of people reexamine what they THOUGHT they knew about low-carb diets. 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 eighty 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 twenty-four 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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