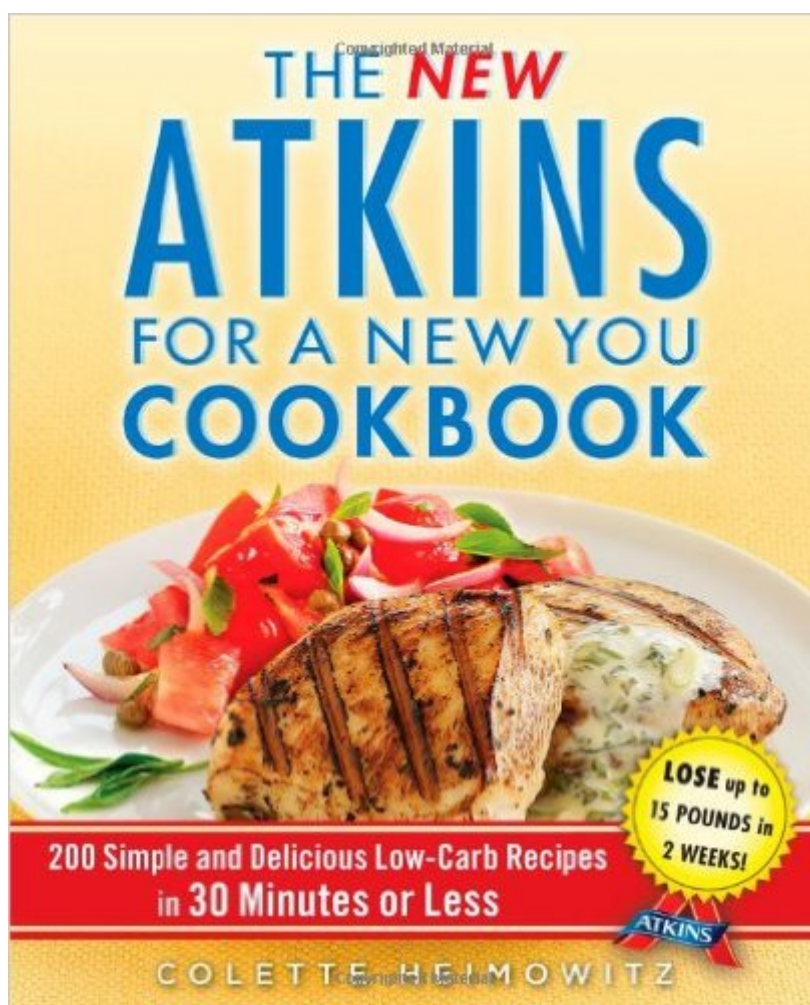


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# The New Atkins For A New You Cookbook: 200 Simple And Delicious Low-Carb Recipes In 30 Minutes Or Less (Touchstone Book)



## Synopsis

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.

## Book Information

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## Customer Reviews

This is the necessarily authoritative cookbook to go along with *The New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great*. If you don't have that book, don't worry;

pages 1-6 will briefly tell you the basics to get started. Then visit the website, if you haven't already done so. So, your shopping list. You'll need lots of heavy cream and butter. There are several recipes in which their use is generous. That theme of old, though, does not run nearly as rampant in this book as I had expected. The fattest of yesteryear has been scaled back. Olive oil is the preferred flavor carrier, with butter and/or cream as accents on occasion with it. A little bit of cream cheese, a little bit of sour cream, again, as accents. Various hard cheeses appear as accent notes, too, mostly. Some nuts. Less than a cup, usually. The only sweetener used in this book is "granular sugar substitute." Buy your eggs in the eighteen-count carton. Steak, poultry, seafood, lamb-but you knew that. Vegetarian dishes use tofu, soymilk, TVP, tempeh, seitan, and beans. For optimal use of this book, it is mandatory-not optional-to make friends with your farmers' markets and produce department at the grocery store. Lots and lots of fresh vegetables and herbs appear throughout the book. At a bare minimum, keep lemons and garlic handy. Basic chopping-no fancy de-boning a whole chicken or such. Remember that fish sauce you bought that's lurking in your refrigerator door? You'll need to excavate it. Get some almond flour. Not a lot-the small bag will do.

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