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Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health

Robert C. Atkins

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Taking It To The Next Level

Whether you've lost weight doing Atkins and want to make your success permanent or you're new to Atkins and are concerned about your health and weight control, Atkins for Life is for you. Filled with advice and tips on navigating the everyday challenges that come with eating low carb in a high carb world, the book provides a simple and straightforward lifetime program that anyone can follow. With *Atkins for Life*, finding your ideal weight and staying there has never been so easy or so good!

Dig in and discover:

-200 menu plans-that adds up to over six months of menus! With controlled carbohydrate counts of 45, 60, 80, and 100 grams, anyone can succeed on the plan.

-125 recipes, including tasty breakfasts, fabulous lunches, delicious dinners, and smart snacks.

- How to create special holiday meals and fantastic ethnic cuisines ... the low carb way!

- Before and after photos and success stories -with time-tested tips from those who've been there and won their battle with weight.

- Self-tests and quizzes to help you meet and stay with your goals.

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