

Atkins Cookbook

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Summary:

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Easy Low Carb Recipes, Meals, & Snacks | Atkins Atkins has over 1600 easy low carb recipes and meals that help you lose weight, while still enjoying your favorite foods. Expand your cookbook today. Robert Atkins (physician) - Wikipedia Atkins, Robert C. Dr. Atkins' Age-Defying Diet St. Martin's Press, 2001, 2002; Atkins, Robert C. Dr. Atkins' Vita-Nutrient Solution: Nature's Answers to Drugs Simon and Schuster, 1997; Atkins, Robert C. Dr. Atkins' Quick & Easy New Diet Cookbook Simon and Schuster, 1997; Atkins, Robert C. Dr. Atkins' New Carbohydrate Gram Counter. New York: M. Evans and Company, 1996.

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