



# **The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today!**

*Colette Heimowitz*

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## The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! Colette Heimowitz

Atkins simplified—a faster, easier, and more effective plan for healthy, low-carb eating that helps you to start losing weight immediately (and keep it off forever).

If you think you know all about the Atkins Diet, think again! With this streamlined version of the classic Atkins program, you'll learn how to shed pounds even as you slowly add more carbs—the right carbs, in the right order—back into your diet. *The New Atkins Made Easy* will guide you every step of the way with:

- Easy-to-follow steps to successful weight loss that ease the transition from one phase to the next
- Detailed shopping lists for the fresh foods and easy-to-find pantry staples that make losing weight delicious—and easy
- Tasty recipes such as Zucchini-Pumpkin Spice Pancakes, Cheesy Chicken and Green Bean Skillet, Chipotle Shrimp Salad, and Tiramisu Pudding
- Dozens of low-cook and no-cook options, including grab-and-go foods like Atkins snacks, shakes, and frozen meals
- Digital tools and apps to take the guesswork out of meal planning and tracking your progress
- Success stories from people just like you, who have used the new Atkins Diet to lose weight and keep it off!

The new Atkins is more effective than ever, it's backed by decades of scientific research, and it's sustainable for a lifetime. If you're done with diets that leave you hungry and are looking for a healthy, delicious way of eating that leads to enhanced health, *The New Atkins Made Easy* is the program for you. Turn to the Week 1 shopping list on page 66, pick up some tasty foods at the grocery store, and start losing weight—today.

## The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! Details

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**and Feel Great -- Starting Today! Colette Heimowitz**

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## **From Reader Review The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great -- Starting Today! for online ebook**

### **Kim says**

This book really helped to connect all the pieces together to be successful on the Atkins diet.

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### **Christina says**

It's a life-style modification but it works and is enjoyable.

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### **Tamara says**

This book sucked. It felt like a big plug for Atkins products and really said nothing new from the original Atkins diet. Skip.

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### **Angelyn says**

I think I have found the only diet I have ever liked. My dad was on this and had lost a bunch of weight and I went on it with him just because. I immediately lost all the weight I wanted to which was only 10 pounds and have kept it off for two months. I like the food. I feel satiated all the time and it isn't just meat and salads like I previously thought. You have to read the book though and do it right. I will say I cheated quite a bit and it still worked for me. I am not an expert on diets but I did do the Jenny Craig diet for a whole year faithfully and only lost about 8 pounds. It may have set me up for Atkins though with the portion control. This way of eating made me feel good with lots of energy and it is a way of eating that I can make a lifestyle.

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### **The Advocate says**

"Included in this book are meal plans, shopping lists, and descriptions of how to use the Atkins food products in this plan. It's easy to read and understand. I did lose weight and feel better. Note: I also walk regularly and take yoga classes a couple of times a week. You should always consult a physician before beginning health or diet plan."

[Read more here.](#)

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### **Lauri Rottmayer says**

I have known about the Atkins diet since Dr. Atkins's first book that was published back in 1972. What I know is that a low carb food plan works for me.

In the intervening years, it would seem, from reading this book, that people were confused about the Atkins diet and so this book was written to give more detailed instructions on how to eat this way for life.

It's not all bacon and butter! The first phase, now called Kick Start and formerly called Induction, is relatively restrictive. It includes proteins, foundation veggies (greens!), fats and cheese. I know over the years, I've known people who have thought this was the extent of the diet.

But there are several more phases where more food variety and more carbs are added to the maintenance level which shows you how to maintain your weight loss for the rest of your life.

The foundational Atkins principles are in this book. But added to them are really great explanations about how to increase the carbs and live healthy.

Included in this book are meal plans, shopping lists, FAQs, and for those who are really in a hurry, a description of how to use the Atkins food products in this plan.

I liked the fact that the program is spelled out clearly and that there are many options for the reader. You can choose how fast you wish to lose weight and which foods you want to include. Although exercise is encouraged, it's not mandatory.

I also downloaded the Atkins iPhone app which is a handy little tool. I haven't used it a lot but it's pretty complete and you can even scan a product's UPC code and get the nutritional information about it. I also looked at Atkins.com where you can find communities and forums for help and support.

I think this is a really great guide towards healthy eating and living. It's easy to read and understand and let's you get started straight away. :-)

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### **Joanne says**

It's a great book but I do miss features such as recipes and allowable food lists. The book references often to the website (which is NOT user-friendly!) for these things.

All-in-all, I preferred the previous version of this book and wish I had never given it away. :(

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### **Denise Morse says**

In confession, I am a long time fan of the Atkins diet although have fallen off the wagon in the past couple of years. I still have the original version from Dr. Atkins and I have to say that I do prefer that one to this. This book is great if you are already a fan of the diet and are looking to do a restart. It also is a nod to the non-Atkins fans by emphasizing less protein, more veggies, healthier fats and even a vegetarian way. I say that this book also shows a less strict Atkins diet with the ok to bypass the Induction phase if you really want to.

The best tip in this book was how to deal with the "Atkins flu" symptoms. I have gotten leg cramps in the past and there was some good ideas on how to deal with those.

All in all, a good book and a good read. However I still recommend the original book because it explains the science and the reasons why rather than just the how to

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**Satia says**

Six weeks = 14 lbs  
8.8 total inches lost

For my full review, click [here](#).

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**Lehtomaki says**

DIET

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**Looly 1988 says**

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**Barbara Pearlman says**

Very interesting take on dieting and dealing with food cravings.

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**Jennifer says**

Solid explanation of Atkins. Great menu suggestions for each phase. Excellent recipes & Q&A/troubleshooting sections.

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**Paula says**

Very thorough and helpful.

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**Jenna Blackmar says**

great guidelines!

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