



Atkins Made Easy: The First 2 Weeks

By Atkins Health & Medical Information Services

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Atkins Made Easy: The First 2 Weeks, Atkins Health & Medical Information Services, The Dr Atkins book which makes it really easy for those revolutionizing their weight and their health with the programme. It answers all your questions and dispels the myths. This 2 week starter plan - which includes helpful food lists and recipes - is everyone's essential for the new year. The book answers the 100 most frequently asked questions and takes the reader step by step through the Atkins nutritional programme. It provides a 4 phase plan which allows 3 cups of healthy low carb veggies a day at the start, moving up to the final phase - Lifetime Maintenance - where most people can eat every kind of vegetable. Good and bad fats are explained too so that people can choose the healthy way to incorporate the essential fats in their diet. The book also shows how to incorporate healthy activity and exercise into your week - dispelling the myth that Atkins encourages people to lose weight without taking exercise. It explains how the Atkins programme helps to decrease your risk of heart disease, prevent and control type...



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