

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

By Colette Heimowitz

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New Atkins for a New You Cookbook: 200 Simple and Delicious Low-Carb Recipes in 30 Minutes or Less Colette is the author of New Atkins for a New You Cookbook:

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The New Atkins diet incorporates the latest nutritional information to create a plan that helps you lose weight healthily & maintain a balanced diet.

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