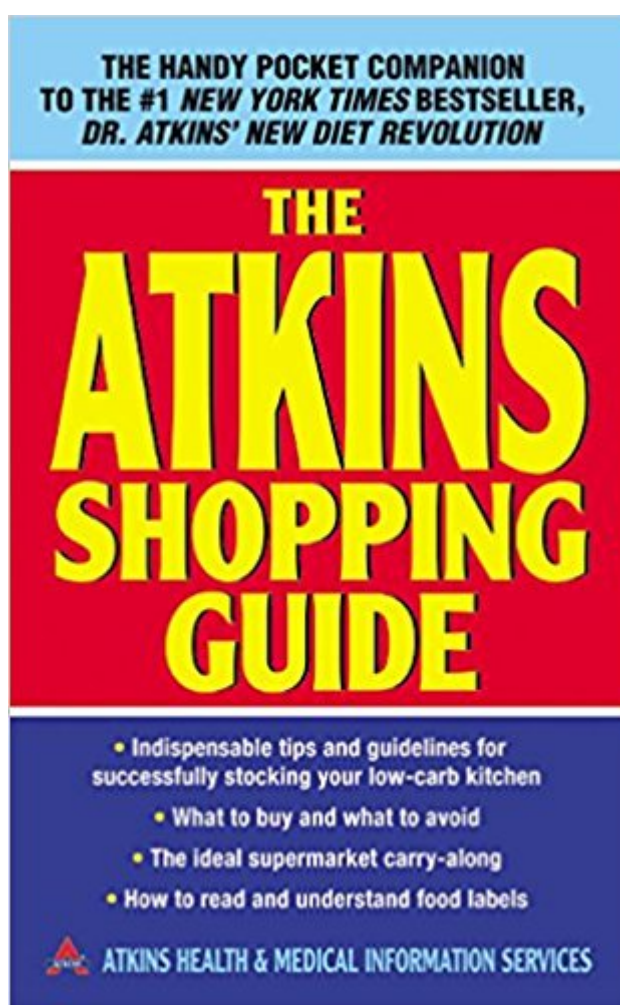


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# The Atkins Shopping Guide: Indispensable Tips And Guidelines For Successfully Stocking Your Low-carb Kitchen



## Synopsis

This easy-to-use pocket guide, the ultimate shopping reference and an indispensable companion to the #1 New York Times bestseller Dr. Atkins's New Diet Revolution, will show you which foods to buy and which to avoid as you follow the Atkins Nutritional Approach – a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best. What should I eat, and where can I find it? Which products are the most Atkins-friendly? Are there hidden dangers in seemingly "acceptable" foods? Now Food Shopping the Atkins Way is Easier Than Ever! Whether you're one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low-carb lifestyle, shopping for food need no longer be a daunting process. The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods, while avoiding products devoid of nutrients and full of sugar and white flour. With foods clearly arranged by category, this essential handbook takes you aisle-by-aisle through the supermarket, putting helpful information at your fingertips. It also provides useful pointers for shopping at "superstores" and natural foods retailers, all in a handy format portable enough to carry in your pocket or purse. So throw away that misguided food pyramid chart and stop counting fat grams and calories. With The Atkins Shopping Guide, confusion about the right way to eat will be a thing of the past, as you follow the proven Atkins path to healthy living!

## Book Information

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## Customer Reviews

This easy-to-use pocket guide, the ultimate shopping reference and an indispensable companion to the #1 *New York Times* bestseller *Dr. Atkins's New Diet Revolution*, will show you which foods to buy and which to avoid as you follow the Atkins Nutritional Approach • a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best. What should I eat, and where can I find it? Which products are the most Atkins-friendly? Are there hidden dangers in seemingly "acceptable" foods? Now Food Shopping the Atkins Way is Easier Than Ever! Whether you're one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low-carb lifestyle, shopping for food need no longer be a daunting process. The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods, while avoiding products devoid of nutrients and full of sugar and white flour. With foods clearly arranged by category, this essential handbook takes you aisle-by-aisle through the supermarket, putting helpful information at your fingertips. It also provides useful pointers for shopping at "superstores" and natural foods retailers, all in a handy format portable enough to carry in your pocket or purse. So throw away that misguided food pyramid chart and stop counting fat grams and calories. With *The Atkins Shopping Guide*, confusion about the right way to eat will be a thing of the past, as you follow the proven Atkins path to healthy living!

Makes it easier to shop for the healthiest choices, for this way of eating.

This book is all you need to start this fantastic diet. The website is free sign up (unlike weight watchers). So you pay once for this book and you are ready to go for as long as you want. I would recommend buying the Atkins Cookbook with it but it is definitely not necessary.

I love that it is packed full of items that are low carb and it is a lot larger book that I was thinking.

great

Provided good tips for the diet I was about to take, I ended up following some of the suggestions in the book to a great success

Nothing new, can find it all on the internet

lot of good information in book

Very helpful to read. Really gave me an idea on what to purchase and what not to purchase. Got me going on correct shopping for low carb foods. Now I only go back to check on new things that I am adding to my low carb diet.

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