



The New Atkins Cookbook: Atkin s Recipes for All Phases (Paperback)

By Gordon Rock

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you need to go on a low carb diet or have been wanting to lose some weight, then this is the perfect guide for you. Throughout the pages of this Atkin s cookbook, you will learn how to lose weight as well as live a healthier lifestyle. You will have access to 25 Atkin s friendly recipes such as: - Polynesian chicken - Philly cheesecake lettuce cups - Simple baked tilapia - Slow cooker corned beef and cabbage - Italian chicken - Thai fish cakes - Spiced beef roast - Horseradish mahi mahi - Teriyaki kabobs - and much, much more! So, what are you waiting for? Grab a copy of this Atkin s cookbook and start cooking as soon as today!.



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