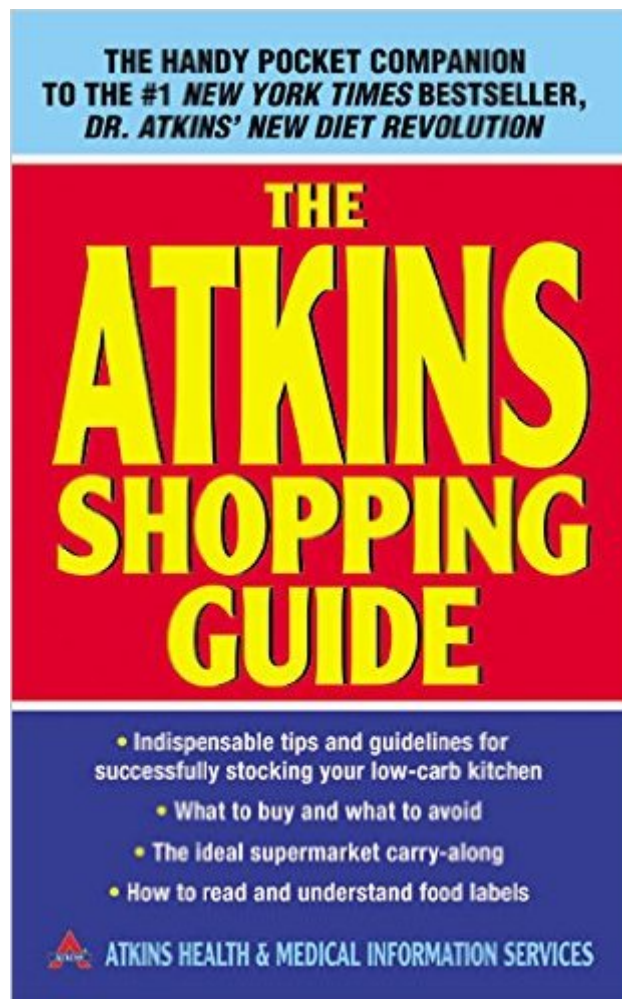


The book was found

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

Mass Market Paperback: 432 pages

Publisher: Avon (April 27, 2004)

Language: English

ISBN-10: 0060722002

ISBN-13: 978-0060722005

Product Dimensions: 4.2 x 1.1 x 6.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (104 customer reviews)

Best Sellers Rank: #44,652 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #53 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #96 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

First off, my credentials: I lost fifty pounds on this diet. This is a review of this guide, not of the diet. The beginning part of the book gives a brief, peppy rundown on the diet itself. It has some good information, but the tone is irritating. The phrase 'doing Atkins' may be colloquially understood, but it sounds amateurish and is heavily overused. No opportunity to pimp Atkins brand products is passed up. The result had me on edge by the time I began reading the actual shopping guide, and then it got worse. The useful parts are those dealing with raw foods, ones that don't involve 'branding' (that's corporate newspeak for "ramming the product name into your head and keeping it there," folks): fruits, basic meats, cheeses. Gouda is gouda; tofu is tofu; beets are beets. Unfortunately, even these parts suffer from some degree of measurement inconsistency. If you're going to compare nutritional facts from item to item, you have to use the same size portions for each item in a class. It is no good referring to 1/2 cup of most vegetables, then switching to 'half a baked potato' or 'two tablespoons'. Sure, the reader can convert, but isn't that why I bought the book? Pick a half cup and stick with it. Or an ounce. A ton. I don't care, as long as it's consistent, and the book's measurements are often so inconsistent as to be impractical for reference. Where the book really begins to go south is when it comes to any form of 'branded' food. Atkins Nutritionals, or whichever branch of the Atkins empire put this out, has naturally listed Atkins brand products first in every category. Okay, fine, we're big kids and can read past this obvious skill; but even so, a lot of the other name brand products evaluated are going to change as the market reacts.

[Download to continue reading...](#)

The Atkins Shopping Guide: Indispensable Tips and Guidelines for Successfully Stocking Your Low-carb Kitchen Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with

24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

[Dmca](#)