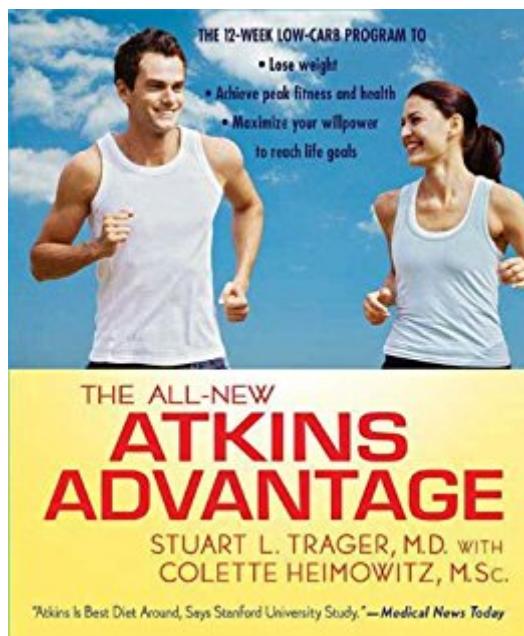


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# The All-New Atkins Advantage: The 12-Week Low-Carb Program To Lose Weight, Achieve Peak Fitness And Health, And Maximize Your Willpower To Reach Life Goals



## Synopsis

The proven diet that will slim you down, get you exercising, and change your lifeThe All-New Atkins Advantage is more than a diet: it features the Atkins proven-effective weight loss program in a 12-week, step-by-step plan, including instructions on how to incorporate healthy exercise into your life as well as guidance on maintaining the motivation to stick with the diet and exercise program. Each week builds on the one before it to raise your level of competence and confidence: Week 1: Combat cravings for sugars and starches with tasty, low-carb alternatives like veal parmesan and trout almondine. Week 4: Achieve peak fitness with the Atkins approach to exercise. Fully illustrated stretching, cardio, and strength training plans will get you energized. Week 6: Start an Atkins journal to maintain your motivation and continue your enthusiasm and success. Week 9: Get out of your lunch rut! Go out for a special but speedy meal at a restaurant, instead of the nearby deli. Week 12: All the work you've done thus far has prepared you for this moment: the beginning of the rest of your life! Turn your life around and give yourself a dietary, exercise, and lifestyle makeover with THE ALL-NEW ATKINS ADVANTAGE. The All-New Atkins Advantage will allow you to enjoy a wider variety of foods, tailor an individualized exercise plan, and do Atkins your way. The step-by-step program is designed to allow you to move at your own pace. Part I introduces you to the basics of the Atkins program, from a list of foods you'll want to have on hand to mental exercises to get you motivated. Part II features the 12-week Atkins Advantage Program, including a fitness component that allows you to design your own workout, no matter what your level of fitness. Part III includes 12 weeks' worth of delicious daily meal plans at varying carbohydrate levels. At the end of the twelve weeks, you will have changed the way you eat and become healthier, slimmer, and happier.

## Book Information

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## Customer Reviews

What's with a brand new "Atkins" book being published years after the famous low-carb diet doctor has deceased? Well, it's not by the late great Dr. Robert C. Atkins, but you could say he was the one who inspired it and may have indeed written it himself had he lived a few more years. It's called The All-New Atkins Advantage featuring the writing and research of Ironman competitor and orthopedic surgeon Dr. Stuart Trager as well as Atkins Nutritionals, Inc. spokeswoman Colette Heimowitz. I'm gonna admit I was quite skeptical of this book when I first heard about it. I mean, come on! Do we REALLY need another book to tell us how to do the Atkins diet? Well, yes and no. As someone who lost 180 pounds after reading and implementing the principles found in Dr. Atkins' New Diet Revolution back in 2004, I couldn't imagine what this "new Atkins" book would tell me to improve upon what I previously learned. But I try to keep an open and am always willing to learn. This new Atkins is very focused on giving people a specific 12-week plan for success, including tips about how to implement the diet into your life with menu plans and advice about how to become a success. One of the ways that is done is by providing a myriad of low-carb plans to choose from based on YOUR specific needs. When I was losing weight on Atkins, my carbohydrates needed to stay around 35g a day in order for me to keep losing weight. Some people need less than that while others can get away with more carbs. Since we're all different, The All-New Atkins Advantage tries to accommodate and customize this plan to your specifications based on your body. They don't really tell you which one to follow, so I suppose you start at 20g and work your way up. How is this different from the Atkins diet I did?

The low-carb diet has been evolving over the last 10-15 years as the nutritional power and availability of vegetables have increased. I can't understand a dieter like Delores Haze today. I've been on low-carb for 7 years and have almost never had a "hunk o' meat and veg" for dinner.

Tonight I had a delicious stir-fry with broccoli, red and white onions, snow peas, grated carrots, large, vine-ripened tomato slices, cut-up chicken sausage and diced fresh chicken from my last evening's dinner. I cook this slowly in extra-virgin olive oil and a splash of canola oil. Absolutely no seasoning is needed. I made a lot and it's a good thing. Both my younger kids had friends over and they had seconds and thirds. "We never get food like this at home" was a typical comment. Interestingly, nobody even noticed that the meal was very low in net carbs. So, my suggestion to Delores is to put a bit of effort into your dieting and you'll be amazed at how much delicious variety you can eat. I do agree with Delores (and others) who experience headaches a few days into the diet. However, she is incorrect to say that using addiction terminology is wrong. It is, in fact, right on. Just watch very heavy people gorging on ice cream, candy, cake, cookies, and Grape-Nuts (yes, they have a huge amount of sugar disguised as barley malt). Why do they do it? They really need to, physically and mentally. That's addiction. Like all addicts, when they gorge on their addictive substance (that first drink of alcohol, the first bite of ice cream, that big bowl of Grape-Nuts, etc.) they feel great. But we all know what happens down the line. So, get through the headaches (mine came on after three days and did not fully disappear until about ten days).

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