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Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution

Robert C. Atkins, Veronica Atkins

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Great taste in no time -- the Atkins way!

Since its original publication, *Dr. Atkins' Quick & Easy New Diet Cookbook* has sold more than one million copies. Based on the bestselling *Dr. Atkins' New Diet Revolution,* the recipes in this completely revised edition will let you eat the most up-to-date Atkins way, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. The new edition will make it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Highlights include:

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Designed for healthy eating and simple preparation, the controlled carb recipes in this must-have new edition of a perennially favorite cookbook will help you every day to produce delectable meals that will be the key to a whole new you.

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