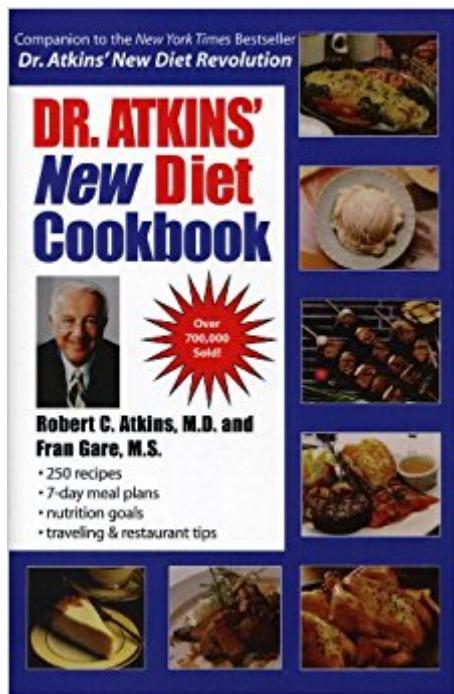


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# Dr. Atkins' New Diet Cookbook



## **Synopsis**

This book contains 250 of the most asked-for recipes at the Atkins Center, along with 7-day meal plans, nutrition goals, and traveling and restaurant tips.

## **Book Information**

Hardcover: 208 pages

Publisher: M. Evans and Company; English Language edition (August 15, 2000)

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Average Customer Review: 4.2 out of 5 stars 46 customer reviews

Best Sellers Rank: #896,543 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #364 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #1603 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## **Customer Reviews**

In 1972, Atkins became a household name with his bestselling book, *The Diet Revolution*. In it, he claimed that to induce rapid weight loss one need only follow a high-fat, low-carbohydrate diet--carbs were the culprit in keeping people overweight. Twenty years later, he published *Dr. Atkins' New Diet Revolution*, continuing to maintain that weight gain had little to do with fat intake--a controversial conviction. His latest work is a cookbook designed as a companion to the 1992 volume, and promising to provide the most "mouth-watering meals for the most effective diet ever devised." In case readers are unfamiliar with his weight-loss program, Atkins describes its four stages and offers a selection of sample menus. Recipes range from the simple (hard-boiled eggs) to appetizers, salads, meats and poultry. No-holds-barred desserts call for heavy cream, eggs, sour cream and butter; despite Atkins's claims, his is not always light cooking. In the end, it's the desserts that illustrate the absurdities of the Atkins program: a recipe for cheesecake is chock full of cream cheese, eggs and creme fraiche, yet the final ingredient is 12 packets of a sugar substitute. "Good cuisine has always rooted itself firmly in luxurious fat," writes Atkins in his introduction. Really? Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This complement to Dr. Atkins' New Diet Revolution (LJ 7/92) presents menus along with 200 recipes. Devised by Atkins Center director Fran Gare, the recipes follow the same high-protein, high-fat, low-carbohydrate diet (including the complex carbohydrates) that Atkins proposes in his previous book. Atkins maintains that his diet controls diabetes, but the Atkins diet is contrary to information given by the American Dietetic Association and the American Diabetic Association. In the "University of California at Berkeley Wellness Letter" (December 1992), Dr. Sheldon Margen cautions people against following this diet, arguing that it could harm some people, especially diabetics. All cheeses are allowed freely (though they are high in fat, sodium, and cholesterol), as are all meats. Several recipes for salad dressings contain raw eggs, which could lead to salmonella food poisoning. Since the recipes in this book could be dangerous if followed, it is not recommended. Loraine F. Sweetland, Rebok Memorial Lib., Silver Spring, Md. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Nice basic cookbook for those of us trying to follow a low-carb lifestyle.

Great recipes

Just what I wanted.

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Great recipes and explanations for getting started on the healthy low carb, high natural fat diet way of life.

I bought the book as we were both flirting with the idea of the Atkins low carb diet but weren't actually sure if the info we were reading on the Net was correct. After reading about Dr. Atkins research the detailed diet and nutrition plan in the original book we decided to go with it. The cookbook has such delicious recipes you aren't aware you're dieting and the pounds just melt away. We are both within 30 pounds of our goal! And we've never felt better.

If you follow this diet you will be healthier and loose weight.

Great job!! Awesome service!!

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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) 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) The Atkins Diet Head Start: The trusted guide to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Atkins Diet: Ultimate Atkins Dietâ€¢s Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss) The Revolutionary Atkins Diet: Say Goodbye to those stubborn Belly Fat Forever (Weight Loss, Proteins, Atkins Diet, Atkins, Clean Eating, Low Carb, Paleo, ... Protein Diet, Healthy Fats, Maintenance) ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes for Beginners (Lose Weight Now!) (Volume 1) Atkins Diet 2017 The New Delicious Low Carb Ketogenic Diet & Atkins Diet Slow Cooker Cookbook HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Dr. Atkins' Quick & Easy New Diet Cookbook: Companion to Dr. Atkins' New Diet Revolution South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach

diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)  
ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Atkins Diet Cook Book: The Atkins Diet Cookbook, a quick and easy way to lose your extra pounds

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