



Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health

Robert C. Atkins

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Taking It To The Next Level

Whether you've lost weight doing Atkins and want to make your success permanent or you're new to Atkins and are concerned about your health and weight control, Atkins for Life is for you. Filled with advice and tips on navigating the everyday challenges that come with eating low carb in a high carb world, the book provides a simple and straightforward lifetime program that anyone can follow. With *Atkins for Life*, finding your ideal weight and staying there has never been so easy or so good!

Dig in and discover:

-200 menu plans—that adds up to over six months of menus! With controlled carbohydrate counts of 45, 60, 80, and 100 grams, anyone can succeed on the plan.

-125 recipes, including tasty breakfasts, fabulous lunches, delicious dinners, and smart snacks.

- How to create special holiday meals and fantastic ethnic cuisines ... the low carb way!

- Before and after photos and success stories -with time-tested tips from those who've been there and won their battle with weight.

- Self-tests and quizzes to help you meet and stay with your goals.

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From Reader Review Atkins for Life: The Complete Controlled Carb Program for Permanent Weight Loss and Good Health for online ebook

Martin Bihl says

Tolerably well explained introduction to the diet

Stacie says

Offers a great explanation of the fact that Atkins is really a permanent lifestyle... NOT just a diet you do until you reach your goal weight. For those starting out, you really need to read "New Diet Revolution" first... but "Atkins for Life" is great as you prepare to move through the phases.

Stephanie says

not a good idea

maybe just borrow from the local library

Elizabeth A. Rochel says

I hate diets but this isn't really a diet it's a game changer.

Daylene says

Well, I'm still fat, so apparently you have to APPLY the self-help book to your life in order to benefit from it. That sucks! LOL

Kathryn says

A very informative and helpful book. Everything is explained in a way that makes it very easy to understand.

Subject900 says

nothing new. same stuff from previous books repackaged.

Faizah Roslaini says

Tentang diet Atkins:

<http://ohpocet.blogspot.com/2010/10/w...>

Cecilia Hernandez says

its alright has recipes at the end of the book which I liked the most. which count calories a meal planner as well is included in this book ok read .

Meran says

Excellent guide to eating lighter, especially when the carbs need to be less, because of medical reasons, as in diabetes.

Lyndsay says

I did the Atkins diet several years back & lost over 50 pounds on it. It really does work. However, it is not something I could do for the rest of my life and once I went off, I gained everything back. I'm now on Weight Watchers & lost 45 pounds on that (then got pregnant and am now starting over). But, I can do WW for the rest of my life and not feel deprived, I couldn't say the same for Atkins.

Roxane says

Am not sure the program is do-able for me (at least for a life time) - but does provide a lot of common sense info re: eating healthy...

Teri Stich says

Recently, this book came across my desk as a donation. I, as with most of the people I know, need to lose a couple of pounds the winter has added to my frame, so thought I'd give it a read. I have not read the previous Atkins, so I don't know if this continues where they left off (as it seems) or whether the premise has changed. This "Diet" actually makes sense in many ways. The focus is on reducing/eliminating processed foods, extra sugar and other things we all know are not good things. While I have heard "Atkins" was all about eating lots and lots of meat, according to what I read in this book that's not true. Protein is important but not excessive, and it is mentioned many times throughout, this can be accomplished by vegetarian means

as well. The early stages for the program has you eating more but as you go through the program and slowly add more carbs, the amount drops. One of my problems with this "diet" is I do not believe vegetables should be limited. There is nothing better for you than lots of vegis!

My other issue is with the pushing of "Special Foods and Supplements", of course, sold by them. Really!?! On one hand it promotes eating "real food" but, well, not sugar, you should use "Artificial Sweeteners" instead? How does that make sense? Oh well they all have their angles.

Jostalady says

I gave it a full two weeks. I was melting away fat, I loved what I was eating, I felt great and then I tried to cheat and have my favorite Starbuck's mocha. It did not taste at all like it should, it was awful! To make sure it was the new diet and not a barista in training, I bought a quality controlled liter of Mountain Dew with the same awful results. Is life worth living if you can't cheat on your diet and enjoy it? It took a few weeks before chocolate tasted good again and I never looked back.

Kathy McC says

A significant amount of information about a healthy lifestyle. Not nearly as "scary" as his early books. "Low carbs" didn't sound quite as negative and depressing as it seemed.
