



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

Robert C. Atkins M.D., Veronica Atkins

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Great taste in no time -- the Atkins way!

Based on the bestselling Dr. Atkins' *New Diet Revolution*, the recipes in this completely revised edition will give you a quick and easy way to eat healthy, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. This new edition includes 50 new recipes, updated favorites, and new nutritional data -- including Net Carbs -- making it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Here's just a sampling of the satisfying, super-quick recipes you'll find inside:

- Energizing breakfasts like Almond French Toast and Ricotta and Leek Frittatas
- Elegant appetizers such as Curried Stuffed Eggs and Smoked Salmon Rolls
- Family-friendly main dishes like Pork Chops with Orange and Rosemary, Hazelnut-and-Pepper-Crusted Swordfish, and Sautéed Zucchini with Nutmeg
- Decadent desserts such as Chocolate Buttercream and Lemon-Poppy Pound Cake

Plus many, many more mouthwatering main and side dishes, snacks, and treats!

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

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Veronica Roberts:

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