

《普通生活 Atkins for Life The Complete Controlled Carb Program for Permanent Weight Loss》

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内容简介

Whether you've lost weight by 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 can come with eating low carb in a high carb world, this book provides a simple and straightforward lifetime program that anyone can follow.

With Atkins for Life, finding your goal weight and staying there has never been so easy--or so tasty!

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60g Net Carbs per day

80g Net Carbs per day

100g Net Carbs per day

Twenty Meal Plans for Special Occasions

45g Net Carbs per day

60g Net Carbs per day

80g Net Carbs per day

100g Net Carbs per day

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