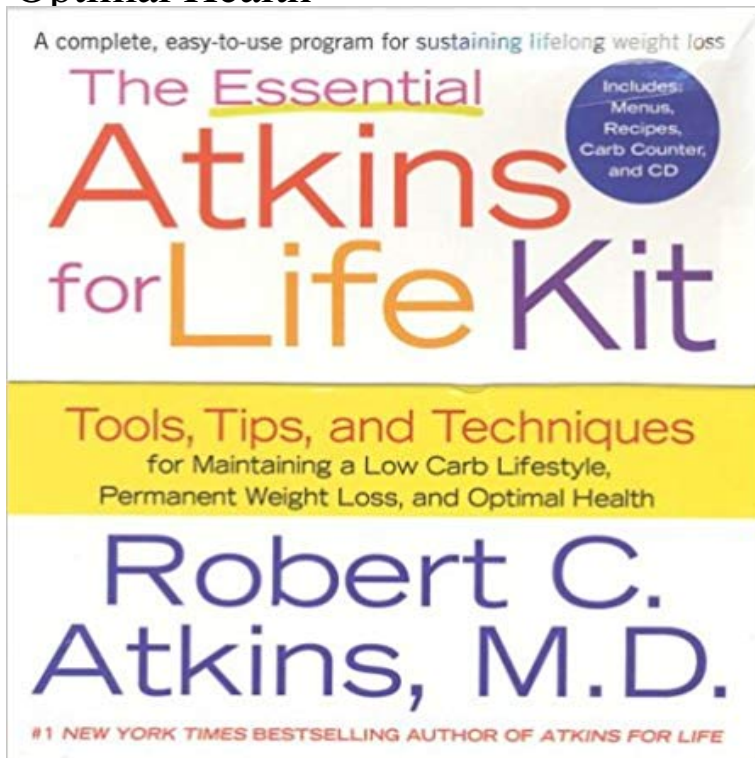


The Essential Atkins for Life Kit: Tools, Tips, and Techniques for Maintaining a Low Carb Lifestyle for Permanent Weight Loss and Optimal Health



A complete, easy-to-use program for sustaining lifelong weight loss from the author of the #1 New York Times bestseller *Atkins for Life*. The Essential Atkins for Life Kit includes:

- Eating for Life: 144-page book
- Menu Plans: 120 menu plans with controlled carbohydrate counts of 45, 60, 80, and 100 grams
- Carb Gram Counter: Listings and information on protein and fat grams for each entry
- Daily Carb Log: Pages to record your Net Carb intake
- 100 Recipe Cards: Delicious controlled carb recipes with important nutritional information
- Staying -On-Track Card Deck: Hundreds of tips and strategies for Lifetime Maintenance
- Choosing The Rich Carbs: Foldout guide with easy-to-use Atkins Glycemic Rankings
- Compact Disc: 60 minute Motivation for Life CD with special introduction by Dr. Robert C. Atkins
- Wallet-Size Dining Out Guide: Tips for eating out at Chinese, Italian, Mexican, and other restaurants

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