

# The New Atkins For A New You Cookbook: 200 Simple And Delicious Low-Carb Recipes In 30 Minutes Or Less (Touchstone Book) By Colette Heimowitz

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### **Atkins diet - wikipedia, the free encyclopedia**

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New Atkins for a New You Cookbook: 200 Simple and Delicious Low-Carb Recipes in 30 Minutes or Less Colette is the author of New Atkins for a New You Cookbook:

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