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Atkins diet - wikipedia, the free encyclopedia

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The low-carb Atkins diet leaves much to be desired. It's effective for short-term weight loss, but isn't great for overall health.

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Food book review: the new atkins for a new you

Dec 08, 2012 summary of The New Atkins for a New You Cookbook: 200 Simple and Delicious Low-Carb Recipes in 30 Minutes or Less (Touchstone Book) by Colette

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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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The New Atkins Diet for a New You - Peter French

The New Atkins Diet For A New You, 2 weeks in. At this point I could have lost 15lbs, but I haven't. I'll come clean about that later At this point I could be

Atkins Cookbook

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