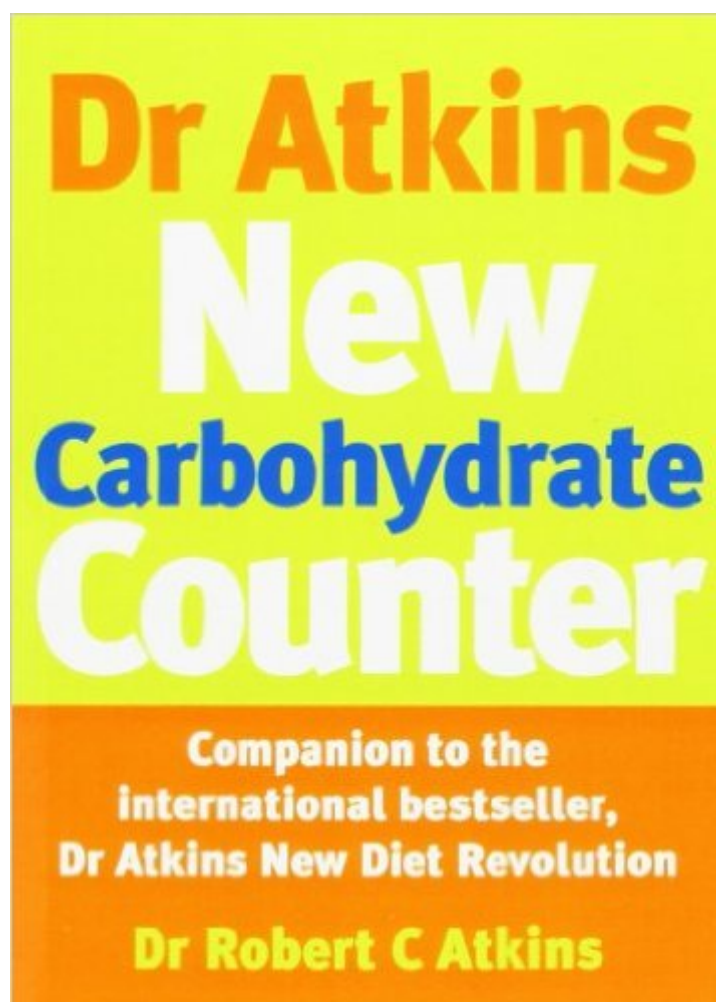


The book was found

Dr Atkins Carbohydrate Counter



Synopsis

The easiest way to count your carbs, no matter what diet you're on is with Dr Atkins New Carbohydrate Counter. Plan your daily or weekly menu by adding up all the carbohydrate grams in the foods you plan to eat. Pocket-sized, it is handy enough to take with you to the supermarket, or to make out your shopping list in advance. The Dr Atkins New Carbohydrate Counter: --Is guaranteed to work for all diets--Has over 1200 listings--Is now in a fully international edition --Lists grams of carbohydrates, protein and fat--Can be used for weight loss and maintenance

Book Information

Paperback: 112 pages

Publisher: Vintage/Ebury (a Division of Random (January 1, 2003)

Language: English

ISBN-10: 0091889472

ISBN-13: 978-0091889470

Product Dimensions: 4.3 x 0.2 x 6.1 inches

Shipping Weight: 0.6 ounces

Average Customer Review: 3.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,425,117 in Books (See Top 100 in Books) #201 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #30024 in [Books > Politics & Social Sciences > Sociology](#)

Customer Reviews

If you're following a low carb lifestyle then this little book is one of the handiest tools you can have. Its good to be able to look up foods when shopping or eating out.

very old, very out dated information, totally wasted my money on this product. I actually threw it away! Don't buy it.

expected carb counts for more foods

[Download to continue reading...](#)

Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy

(Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 1) Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 2) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners Atkins Diet Recipes Under 30 Minutes Vol. 2: Over 30 Atkins Recipes For All Phases & Includes Atkins Induction Recipes (Atkins Diet Cookbook) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Dr. Atkins' New Carbohydrate Gram Counter Dr Atkins Carbohydrate Counter

[Dmca](#)