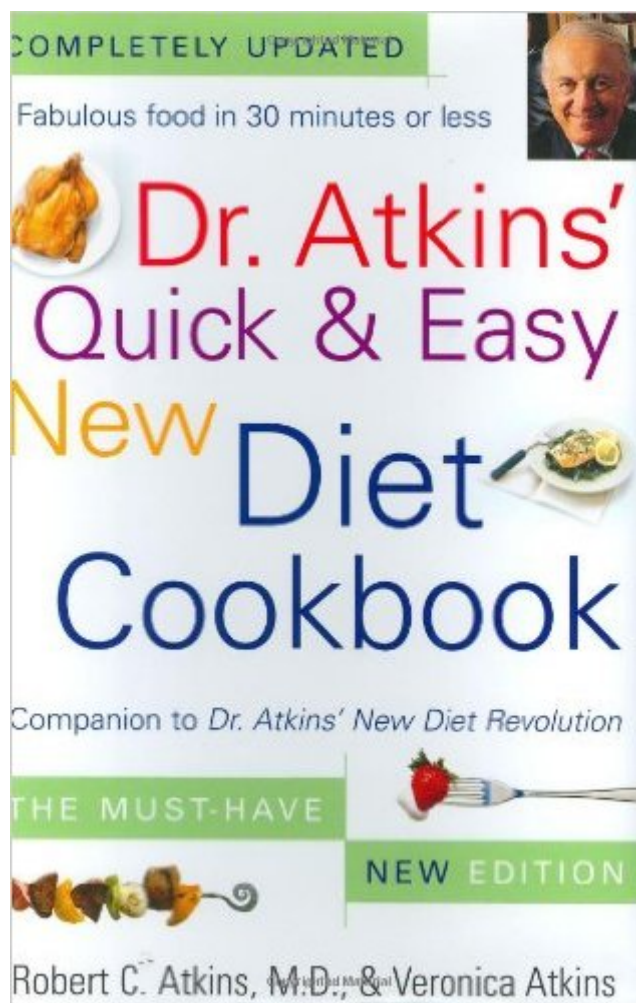


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# Dr. Atkins' Quick & Easy New Diet Cookbook: Companion To Dr. Atkins' New Diet Revolution



## Synopsis

Great taste in no time -- the Atkins way! Since its original publication, Dr. Atkins' Quick & Easy New Diet Cookbook has sold more than one million copies. Based on the bestselling Dr. Atkins' New Diet Revolution, the recipes in this completely revised edition will let you eat the most up-to-date Atkins way, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. The new edition will make it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Highlights include: 50 entirely new recipes for breakfast updated favorites new nutritional data, including Net Carbs Designed for healthy eating and simple preparation, the controlled carb recipes in this must-have new edition of a perennially favorite cookbook will help you every day to produce delectable meals that will be the key to a whole new you.

## Book Information

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## Customer Reviews

It's funny the different opinions on low carb books. I was looking for one, and found that quite a few people preferred Fran McCollough's book, and said that Atkins' book was dull. So, I searched out Fran's book at a store (didn't want to wait for shipping). Her book is more for someone that wants to cook gourmet. I was looking for everyday meals. Dr. Atkins' wife on the other hand has done a wonderful job with the recipes she has come up with. I've read a couple of other comments on review board. Some say that there are ingredients that are too hard to find? I have no idea what they're referring to. Everything I've read is readily available. The first recipe I tried was the Chicken

Paprika. YUM YUM! Then the Garlic Meatballs w/Creamy Mushroom Sauce. YUM YUM! again. Being on Dr. Atkins diet is even easier now! Check it out...you won't regret it. (And, it's almost half the price of Fran's).

I've been using this book for approx. 2 weeks in conjunction with the diet. I have enjoyed every recipe I have tried and have found them to be tasty as well as fairly easy to make. Some of the recipes do have higher carb content than I would like, but I just plan ahead and eat less carbs throughout the day--it's worth it. This cookbook has helped make this the easiest "diet" I've ever tried and I can certainly see this turning into a lifelong way of eating, definitely more so than any other plan I have tried. I always knew deep down inside, that I could never stick to a low-fat, high carb diet indefinitely--the thought of that always depressed me. I am now going to purchase his other cookbook on the basis of having such success with this one. I've never been much for cooking, just the basics, so I didn't find the recipes to be tedious or redundant. I loved the creamed chicken w/mushrooms, burgers w/feta, pork medallions in dill sauce, and garlic dill meatballs. I just tried the cheese bread and found it to be very satisfying after 3 1/2 wks (and 17 lbs lighter) with no bread. I just wish there were more recipes. I love this book and I love this way of eating!!!

After obeying the diet's ground rules, I needed some inspiration to keep up with a good thing. This book passes with high marks. The ingredients are either in your cabinets (as often stated) or easy to obtain. The recipes ARE easy and quick. Tasty. Try the meat-izza for a Friday night. Or die for the crustless cheesecake. Keep red cabbage in the fridge for those filling pre-dinner salads. My daughter and I have been leafing through this diet road map and losing weight every week. In our opinion, this book is a great addition to your kitchen and the perfect companion to the Atkins Diet.

After several months of cooking with this cookbook, I consider it to be one of my favorites. I am very puzzled by the negative customer reviews. After reading the statements about how many ingredients were "unheard of" or not available, I read the book again and still can't figure out what ingredients these people are talking about! My husband (who quickly lost over 10 lbs. on the Atkins program) raves about Mrs. Atkins recipes (actually he fondly refers to her as "Veronica") and we have many favorites, including the Shrimp Scampi, Steak with Cognac sauce, Crustless Pizza, Chicken with Mushroom Sauce, the Sesame Breading and Fennel Parmesan Salad. The Yorkshire pudding is also delicious and incredibly easy. All the recipes I've tried were truly, as the title indicates, "Quick and Easy". I've never written a "customer review" before but felt compelled to do

so in defense of Mrs. Atkins after reading several reviews which, in my opinion, are totally off the mark. I have lost 20 lbs. following the Atkins program and have never eaten so luxuriously on a diet or felt so great. I highly recommend this book for perhaps the more sophisticated cook who appreciates a European style of cooking.

I am so disappointed with this cookbook; I expected something better from Dr. Atkins. The few tasty recipes were too high in carbs and the lower carb recipes just didn't taste good to me. It's obvious that Dr. Atkins and I do not share similar culinary tastes. However, there are a few really good low carbohydrate cookbooks out there now; I recommend "Lauri's Low-Carb Cookbook" by Lauri Randolph or "The Low-Carb Cookbook" by Frances McCullough. These are the best two available to date; they both offer a variety of cooking styles and tastes. I love Dr. Atkins diet plan, but I am very disappointed in his cookbook.

Easy-read, simple recipes. Short ingredient lists. A cookbook that's clearly organized into short chapters according to meat type. This is what I should have had when I started the Atkins' Diet last year. Unlike its predecessor, Dr. Atkins' New Diet Cookbook, this Quick & Easy Diet Cookbook is very handy. It's just the thing after a long day when you don't want to get into an elaborate cooking session. I can pull some meat out of the fridge and look up a recipe; chances are, I will have everything I need stocked in my low-carb pantry and fridge. Most of the main dish recipes take under one half hour to prep and finish, and the ones I've tried are all taste-satisfying winners. There is a beginning chapter that explains how to trim the carb content down if you're in the early Induction phase of the diet. Mostly, though, the meals are all low-carb enough for the Ongoing Weight Loss and Maintenance phases. I think dieters who are into other low carb diets will find it useful, too. There is no guesswork about how many carbs per serving when you measure your ingredients correctly and consult the carb, calorie, etc. counts at the bottom of the page. Finally, I want to thank the team that finished this book after the Doctor's tragic accident last year. It's great that his "estate" is carrying on his good work to help this country and many more around the world learn how to get healthy and stay that way. Thank you all, and may God bless. -Andrea, aka Merribelle

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