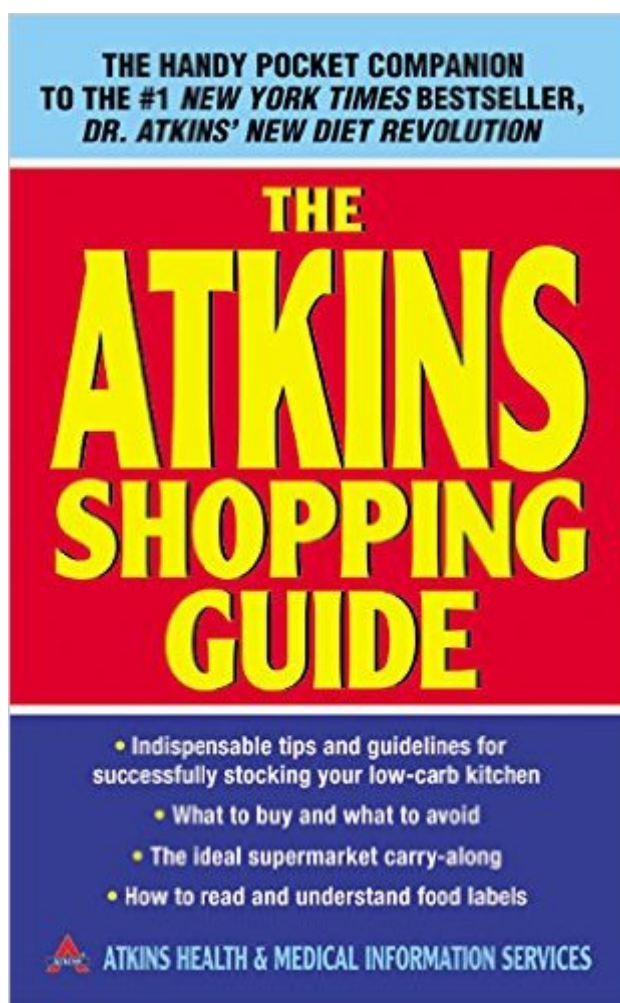


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# The Atkins Shopping Guide: Indispensable Tips And Guidelines For Successfully Stocking Your Low-carb Kitchen



## Synopsis

This easy-to-use pocket guide, the ultimate shopping reference and an indispensable companion to the #1 New York Times bestseller Dr. Atkins's™ New Diet Revolution, will show you which foods to buy and which to avoid as you follow the Atkins Nutritional Approach—a celebrity-favorite diet perfect for losing weight before your wedding or to bounce back into shape post-baby, or if you just want to look and feel your best. What should I eat, and where can I find it? Which products are the most Atkins-friendly? Are there hidden dangers in seemingly "acceptable" foods? Now Food Shopping the Atkins Way is Easier Than Ever! Whether you're one of the millions already losing weight and feeling great thanks to the remarkable Atkins Nutritional Approach or you are just discovering the healthy benefits of a low-carb lifestyle, shopping for food need no longer be a daunting process. The Atkins Shopping Guide contains everything you must know to stock your pantry with the right foods, while avoiding products devoid of nutrients and full of sugar and white flour. With foods clearly arranged by category, this essential handbook takes you aisle-by-aisle through the supermarket, putting helpful information at your fingertips. It also provides useful pointers for shopping at "superstores" and natural foods retailers, all in a handy format portable enough to carry in your pocket or purse. So throw away that misguided food pyramid chart and stop counting fat grams and calories. With The Atkins Shopping Guide, confusion about the right way to eat will be a thing of the past, as you follow the proven Atkins path to healthy living!

## Book Information

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## Customer Reviews

First off, my credentials: I lost fifty pounds on this diet. This is a review of this guide, not of the diet. The beginning part of the book gives a brief, peppy rundown on the diet itself. It has some good information, but the tone is irritating. The phrase 'doing Atkins' may be colloquially understood, but it sounds amateurish and is heavily overused. No opportunity to pimp Atkins brand products is passed up. The result had me on edge by the time I began reading the actual shopping guide, and then it got worse. The useful parts are those dealing with raw foods, ones that don't involve 'branding' (that's corporate newspeak for "ramming the product name into your head and keeping it there," folks): fruits, basic meats, cheeses. Gouda is gouda; tofu is tofu; beets are beets. Unfortunately, even these parts suffer from some degree of measurement inconsistency. If you're going to compare nutritional facts from item to item, you have to use the same size portions for each item in a class. It is no good referring to 1/2 cup of most vegetables, then switching to 'half a baked potato' or 'two tablespoons'. Sure, the reader can convert, but isn't that why I bought the book? Pick a half cup and stick with it. Or an ounce. A ton. I don't care, as long as it's consistent, and the book's measurements are often so inconsistent as to be impractical for reference. Where the book really begins to go south is when it comes to any form of 'branded' food. Atkins Nutritionals, or whichever branch of the Atkins empire put this out, has naturally listed Atkins brand products first in every category. Okay, fine, we're big kids and can read past this obvious skill; but even so, a lot of the other name brand products evaluated are going to change as the market reacts.

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