



Dr Atkins New Carbohydrate Counter (Paperback)

By Robert C. Atkins

Ebury Publishing, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book. 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.



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