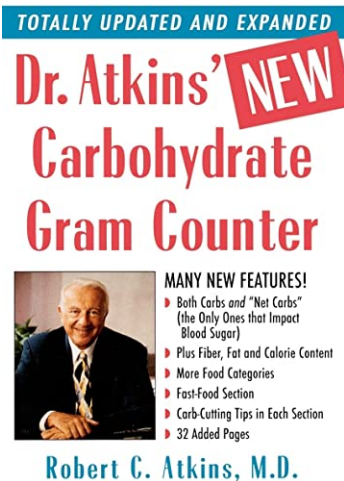


[PDF] Dr. Atkins' New Carbohydrate Gram Counter: More Than 1200 Brand-Name And Generic Foods Listed With Carbohydrate, Protein, And Fat Contents

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Books Details:

Title: Dr. Atkins' New Carbohydrate

Author: Robert C. Atkins M.D.

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Language:

Pages: Paperback Book, 95 pages

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Description:

With only 20 grams of carbohydrate allowed daily in the successful and worldwide bestselling diet phenomenon, readers need to know how many grams are in each bite. The essential "Dr. Atkins' Diet" aide, this handy counter provides that information in an easy-to-follow fashion.

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Start by marking "Dr Atkins New Carbohydrate Counter" as Want to Read: Want to Read savingâ€¦ Want to Read.Â 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 gu 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. Want more? Advanced embedding details, examples, and help! No_Favorite.Â New York : M. Evans and Company. Collection. inlibrary; printdisabled; internetarchivebooks; china. Editorial Reviews. Amazon.com Review. Dr. Atkins' New Carbohydrate Gram Counter has a slightly misleading name. While grams of carbohydrate are listed for various foods, there are also protein and fat grams listed for each entry. With more than 1,200 listings, including hundreds of brand-name products, this makes a handy, portable reference.Â From Publishers Weekly. This small-format companion book to Dr. Atkins' New Diet Revolution offers people a pocketsize guide to any of the four phases of the Atkins plan. Organized into food categories such as "Poultry" and "Beverages," the book gives the amount of carbs, net carbs, fiber, protein, fat and calorie counts for each item. Both generic and brand name foods are included. The lowest-priced, brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable). Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag.Â item 5 Dr. Atkins' New Carbohydrate Gram Counter: More Than 1200 Brand-Name and 5 -Dr. Atkins' New Carbohydrate Gram Counter: More Than 1200 Brand-Name and. Â£4.45. Free postage. item 6 Dr. Atkins' New Carbohydrate Gram Counter by Robert C. Atkins 6 -Dr. Atkins' New Carbohydrate Gram Counter by Robert C. Atkins. Â£4.46. Free postage.