



## Dr Atkins Diet Planner: Keep Track of Your Weight Loss with This Unique Carb Companion

By Robert C. Atkins

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Dr Atkins Diet Planner: Keep Track of Your Weight Loss with This Unique Carb Companion, Robert C. Atkins, If you want to lose weight or keep the weight off, Dr Atkins Diet Planner is specifically designed to guide you through the process. It ensures you can chart what you eat each day and helps you keep a daily carb count. It shows you how to track your success as well as retrace your steps when you've temporarily gone astray (and, let's face it, we all make mistakes!) It will help you to pinpoint the foods which are getting in the way of you reaching your target and will also enable you to explore emotions and other lifestyle issues that may have a bearing on your relationship with food. Dr Atkins Diet Planner includes:--120 day plan for counting carbs and tracking supplements, water intake and exercise--Weekly pages for weighing in, rating your progress, confronting challenges, and recording your feelings--Guidelines for success in each phase--Advice on setting up an Atkins-friendly kitchen--Shopping lists--Tips for eating out.



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