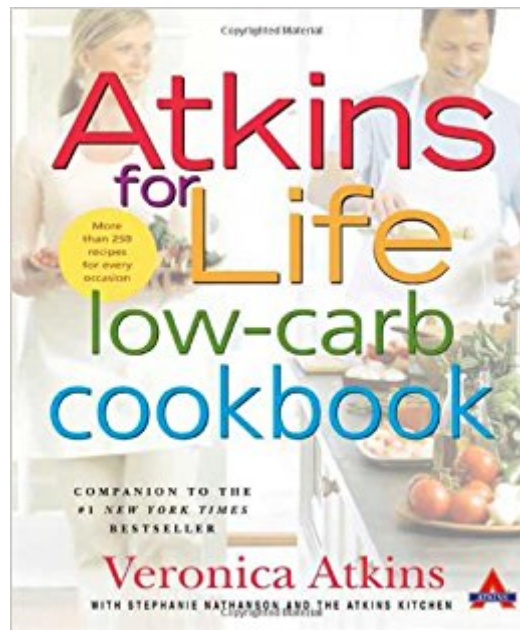


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# Atkins For Life Low-Carb Cookbook: More Than 250 Recipes For Every Occasion



## Synopsis

"Controlling carbs works in virtually every situation, when you're having dinner with the family or hosting a dinner party, when you're in a hurry or spending the day creating delicacies in your kitchen. If you like to take shortcuts or you enjoy starting from scratch, if you mostly tinker in the kitchen on the weekends or cook every day, here are the recipes that suit your lifestyle."- Veronica Atkins  
Atkins for Life took the nation by storm, proving that doing Atkins is not a "fad" - it's a healthy and satisfying way of eating that you can follow for a lifetime. With multiple weeks at the top of the New York Times bestseller list, Atkins for Life whet the appetites of millions of new and established Atkins followers, and had them clamoring for even more great-tasting recipes that complement the low-carb lifestyle. Enter Atkins for Life Low-Carb Cookbook. Whether you're an Atkins devotee or you're just beginning to explore the benefits of controlling carbs, this all-purpose cookbook has the solutions you need to cook and eat appropriately - and enjoyably every day, at every meal, whether you're feeding your family, throwing a sit-down dinner party, or just looking for a healthy between-meal snack! This invaluable book makes low-carb cooking easier than ever before.

Illustrated with more than 80 full-color photographs, it includes 250 recipes for sumptuous dishes such as Pan-Seared Steak with Mustard Sauce, Clementine-Glazed Duck Breast, Ginger Ice Cream with Caramelized Pears, and more! There are also a slew of home-style favorites you may not have thought you could enjoy on Atkins, including Pork Stew with Hominy and Collards, Mini Meatballs and Spaghetti, Mexican Chicken Wrap, and Creamy Lemon Bars. Although many of these recipes are tailored to fit the Pre-Maintenance and Lifetime Maintenance phases of Atkins, more than half of them are also appropriate for the Induction and Ongoing Weight Loss plan. Inside you'll find:

- \* More than 100 tips and sidebars including: Nuts About Nuts, Smart Snacks and Sides, and Spotlight on Ginger
- \* Complete nutritional information for every recipe, including Net Carbs and suitable Atkins phases
- \* Helpful ideas for choosing the highest-quality foods and avoiding those full of hidden sugars or dangerous added trans fats
- \* Countless bits of wisdom to simplify cooking and preparation, plus important low-carb cooking techniques

The wide range of recipes fills the bill for:

- \* Speedy weeknight suppers in under 30 minutes
- \* Budget and vegetarian options
- \* Family-friendly fare for healthy eating at any age
- \* Outdoor grilling and barbecuing
- \* Snacks and bag lunches
- \* Luscious desserts to satisfy a sweet tooth - all without sugar
- \* Special-occasion and party menus, including: Thanksgiving, New Year's, Super Bowl Sunday, Valentine's Day, Easter, Halloween, and more!

Now you don't have to give up your favorite dishes to control your carbs - you can simply make them the Atkins way.

## Book Information

Hardcover: 384 pages

Publisher: St. Martin's Press; 1 edition (October 26, 2004)

Language: English

ISBN-10: 0312331258

ISBN-13: 978-0312331252

Product Dimensions: 7.7 x 1 x 9.4 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #220,158 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet](#) #224 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #395 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

## Customer Reviews

Granted - even in the introduction (which I instruct any reader to read thoroughly), Veronica Atkins mentions that this cookbook is intended mostly for those at 'maintenance' level, where only 'healthy' eating (rather than weight loss) is the goal. Were someone not seeking to lose weight, or at any rate no substantial amount, the main dish recipes could be useful - they could find that they no longer needed snacks and the like because they had sufficient protein not to be ravenous. But most of the recipes are useless for low carb dieters who either actually want to lose weight or do not want to regain weight they have lost on the Atkins programme. A few main dish recipes and side dishes are valuable, but most of the items in this cookbook are of little value. I doubt too many people are worried about relatively low carb Halloween drinks, for example. There are other dishes which anyone wishing to lose weight on a low carb programme would never touch, such as pasta. I found it rather annoying. Robert Atkins was a true pioneer in the nutritional field, and now the very approach which many dieters found to be a godsend is being sacrificed for this new 'healthy nutritional approach not aimed at weight loss.' The recipes too often are a blatant advertisement for Atkins products - none of which are necessary to following the diet at all. I imagine this book was intended to attract a new market, or to satisfy those who want to think that Atkins dieters are increasing their intake of grains, but I found it largely useless.

A wonderful tribute to Dr. Atkins' philosophy and a MUST for low carb diners. This cookbook's first asset is the at-a-glance check as to which phase of Atkins each recipe applies. It has wonderfully

useful chapters addressing holidays and parties, dinners for one, using slow cookers, grilling and making lunches to brown bag. Tips suggest how to use, store and keep fresh the various ingredients. Full of tasty, real life recipes -- even a section dedicated to family fare. And the photos will whet your appetite as surely as the recipes!!

I am a huge fan of Dr. Atkins; I firmly believe in low-carb diets for all people, not just those with weight issues. This recipe book claims to have over 250 recipes for every occasion (it is broken into weekday, weekend, morning, holiday, etc.). In addition, each recipe is categorized as 1, 2, 3, or 4 (the stages of progression), and this organized method of delivery is easily translated when finding recipes for the current stage of eating. However, I am strongly disappointed with the recipes and carb content in most. First of all, Mrs. Atkins gives us recipes for foods that a child could make without a cookbook. A great example of this is the bean and cheese burritos (spread low-carb tortilla with organic refried beans, sprinkle with shredded cheese, and fold). Really? On the other hand, she lists recipes that involve caviar, lobster, and/ or oysters. Again, really? The most disappointing aspect of the book is that it is a blatantly obvious advertisement for Atkins brand products (which are not needed for this lifestyle). The main ingredient in nearly all of the recipes involve some form of Atkins brownie mix, Atkins chocolate bars, ice-cream, etc. And to add to the disappointment, she uses ingredients that a low-carb lifestyle will not allow (such as whole milk, apricot preserves, etc.). Overall, this is just a picture book for those who live on a serious low-carb regimen.

You don't have to be on the Atkins Diet to use and enjoy this book. This low-carb cookbook offers over 250 recipes designed to let you indulge in gourmet type dining, with minimal carbs. The book is a compilation of popular low-carb recipes from the Atkins Center, and is written by the wife of the late Dr. Robert Atkins. It is printed on glossy paper, which is great for use in a kitchen environment, and many of the recipes are complemented by full-page color photos of recipe presentations. It's a beautiful book, that you can also use as a coffee table book, but its practical recipes makes it more than just decoration. The book includes 100s of tips for low-carb dieting, and each recipe includes detailed nutritional statistics. The recipes are divided into sections for 30-minute meals, tight budgets, bag lunches, snack, and desserts. About half of the book is dedicated to recipes for specific holidays and seasons. I highly recommend this book.

Don't get me wrong: I love Atkins and I'm a low carber myself. But I don't know what they were thinking when they put this cookbook together. Oh wait, I do know: they were thinking that total carb

count is all that matters. Anyone who really understands low carb knows that it isn't just the total number of carbs you consume: where those carbs come from matters at least as much. So I was surprised to see recipes in this book calling for ingredients most low carbers wouldn't dream of touching on a regular basis. There also seemed to be an over-reliance on Atkins products, and overall, it looked too much like someone took a regular cookbook and just substituted artificial sweeteners for sugar and Atkins bake mix for flour and thought the recipes would fly. Not only did I make the decision not to buy this book, I didn't even like it enough to check it out of the library after reading through it. I hope the next Atkins book is closer to the mark.

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