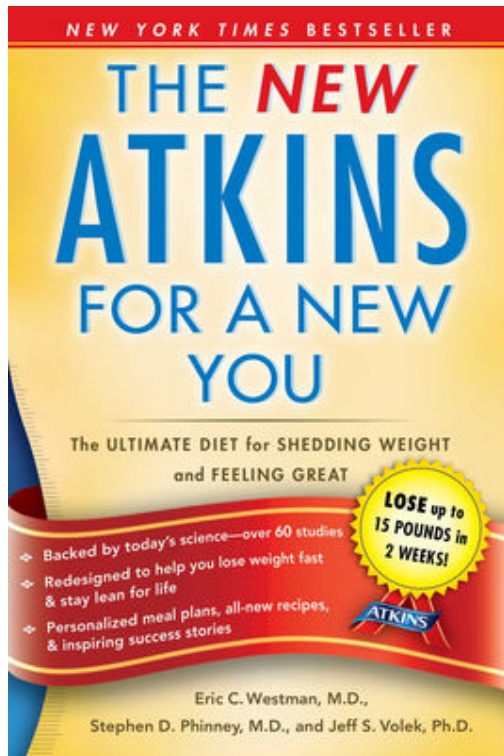


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The all-new international bestseller!

Think you know the Atkins Diet? Think again. This completely updated, easier-than-ever version of the scientifically-proven Atkins diet has helped millions of people around the world lose weight—and maintain that weight loss for life. The New Atkins is...

Powerful: Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine.

Easy: The updated and simplified program was created with you and your goals in mind.

Healthy: Atkins is about eating delicious and healthy food—a variety of protein, leafy greens, and other vegetables, nuts, fruits, and whole grains.

Flexible: Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out—wherever you are.

Backed by Science: More than 50 studies support the low-carb science behind Atkins.

But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off—you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, *The New Atkins for a New You* offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

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