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Has anyone ever been on the Atkins diet and how did it go? I remember I tried it many years ago and lost a good 23 pounds. I thought it was easy and fun at the time

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As the recipe developer for the The New Atkins Made Easy , Skinny Chef Jennifer Iserloh highlighted how easy and fast these dishes come together.

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now is the time to give it a try, said Colette Heimowitz, (with The New Atkins Made Easy: A Faster, Simpler Way to Shed Weight and Feel Great?Starting Today!)

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The new Atkins made easy just released for

The New Atkins Made Easy is an extension of The New Atkins for a New You which was published in 2011. Colette spends many hours researching the latest

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Phase 1: list of acceptable low carb foods |

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