

**The New Atkins For A New You Cookbook: 200 Simple  
And Delicious Low-Carb Recipes In 30 Minutes Or Less  
(Touchstone Book)**

**By Colette Heimowitz**

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<http://www.atkins.com/newsroom/2011/the-new-atkins-for-a-new-you-cookbook>

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Atkins diet, also known as Atkins nutritional approach, is a low-carbohydrate diet promoted by Robert Atkins from a research paper he read in The Journal of the [http://en.wikipedia.org/wiki/Atkins\\_diet](http://en.wikipedia.org/wiki/Atkins_diet)

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<http://www.amazon.co.uk/New-Atkins-For-You-Ultimate/dp/0091935571>

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Official web site of the Atkins Diet program, pioneer and advocate for the use of low carbohydrate diets. Includes details on the science behind the diet.

<http://www.atkins.com/>

The low-carb Atkins diet leaves much to be desired. It's effective for short-term weight loss, but isn't great for overall health.

<http://health.usnews.com/best-diet/atkins-diet>

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The New Atkins diet incorporates the latest nutritional information to create a plan that helps you lose weight healthily & maintain a balanced diet.

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