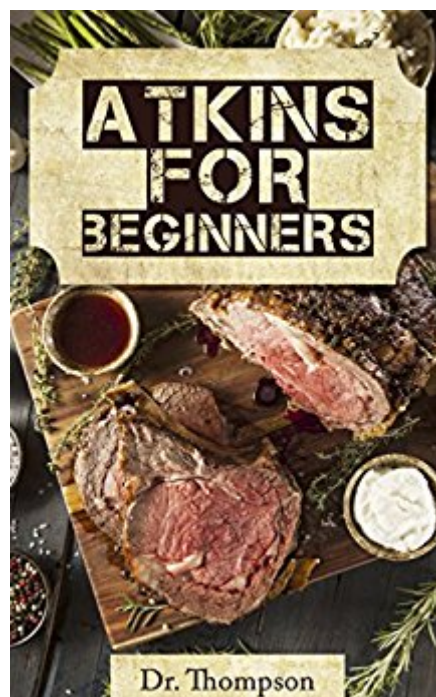




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Atkins For Beginners: A Low-Carb Atkins Cookbook With Weight Loss Paleo Diet Recipes For Healthy Low Carb Cooking



Synopsis

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Customer Reviews

Was looking for a book with a bit more basic information about Atkins. This was not it.

This has some recipes but some are nothing but carbs or the recipes have quite a few carbs. I would not consider this low-carb.

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