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that helps you to start  
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With this streamlined version of the classic Atkins program, you'll learn how to shed pounds even as you slowly add more

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the right order—back into  
your diet.

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will guide you every step of  
the way with: -Easy-to-  
follow steps to successful  
weight loss that ease the  
transition from one phase to  
the next -Detailed shopping  
lists for the fresh foods  
and easy-to-find pantry

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weight delicious—and easy  
—Tasty recipes such as  
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Pancakes, Cheesy Chicken and  
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to guarantee quicker, easier  
weight loss without hunger.

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lifetime. If you're done with diets that leave you hungry and are looking for a healthy, delicious way of eating that leads to enhanced health, The New Atkins Made Easy is the program for you. Turn to the

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Week 1 shopping list on page 66, pick up some tasty foods at the grocery store, and start losing weight—today.

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In these stages, the goal is to maintain your weight and feel more energetic. Are you overweight or do you want to lose weight quickly? Then we recommend to start in phase 1 (in which you lose weight fast) or phase 2 (in which

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