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*DR. ATKINS' NEW DIET REVOLUTION***

**THE
ATKINS
SHOPPING
GUIDE**

- Indispensable tips and guidelines for successfully stocking your low-carb kitchen
 - What to buy and what to avoid
 - The ideal supermarket carry-along
 - How to read and understand food labels



ATKINS HEALTH & MEDICAL INFORMATION SERVICES

Atkins Shopping Guide

Kathleen Armour



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