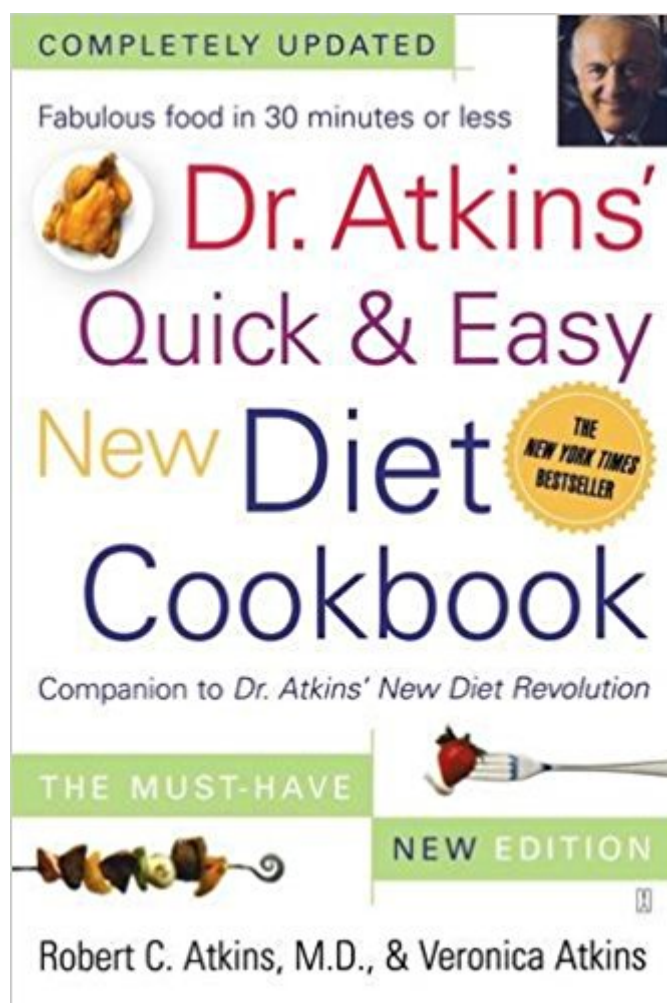


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# Dr. Atkins' Quick & Easy New Diet Cookbook: Companion To Dr. Atkins' New Diet Revolution



## Synopsis

Great taste in no time -- the Atkins way! Based on the bestselling Dr. Atkins' New Diet Revolution, the recipes in this completely revised edition will give you a quick and easy way to eat healthy, whether you're just beginning to slim down or want to maintain your goal weight and enhance your health and well-being. This new edition includes 50 new recipes, updated favorites, and new nutritional data -- including Net Carbs -- making it easier than ever to follow the controlled carbohydrate lifestyle pioneered by Dr. Atkins. Here's just a sampling of the satisfying, super-quick recipes you'll find inside: • Energizing breakfasts like Almond French Toast and Ricotta and Leek Frittatas • Elegant appetizers such as Curried Stuffed Eggs and Smoked Salmon Rolls • Family-friendly main dishes like Pork Chops with Orange and Rosemary, Hazelnut-and-Pepper-Crusted Swordfish, and Sautéed Zucchini with Nutmeg • Decadent desserts such as Chocolate Buttercream and Lemon-Poppy Pound Cake Plus many, many more mouthwatering main and side dishes, snacks, and treats! Designed for healthy eating and simple preparation, the low carb recipes in this must-have new edition of a perennially favorite cookbook will help you produce delectable meals that will be the key to a whole new you.

## Book Information

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## Customer Reviews

"Diet food can be better, richer, and more sumptuous than most everyday foods," says Dr. Robert Atkins, author of the massive bestseller, Dr. Atkins' New Diet Revolution. Carbohydrates, in his opinion, are the root of metabolic evil and the source of hyperinsulinemia, a condition that makes it

next to impossible to lose weight. Billed as a companion to his Diet Revolution book, this collection of recipes focuses on ultralow-carbohydrate dishes. His anticarb stance leads to some unconventional dietary advice: "Remember that, as a rule, the lower the fat content of a milk product, the higher its carbohydrate grams. Use cream, not skim milk; use sour cream, not yogurt." While these recipes are certainly quick and easy to prepare and feature easy-to-find ingredients, some are very high in fat (Zabaglione, Crab and Avocado Salad, Ham and Cheese Sandwiches, Baked Eggs in Bacon Rings). While it may be true that fat is flavor and is necessary to some extent to keeping blood sugar on an even keel, these recipes won't be helpful for those who are watching their cholesterol or are on similarly restricted diets. --This text refers to an out of print or unavailable edition of this title.

To readers of celebrity and/or health and beauty magazines, Dr Atkins and his low-carbohydrate diet are as familiar as Audrey Eyton and her low-fat F-Plan diet were in the early 1990s. The main difference between them is that nutritionists were able to endorse the F-plan, with its emphasis on vegetables and fibre, as a healthy way of eating regardless of whether weight loss was the desired objective, whereas the official health view seems to be more ambivalent about the benefits of Dr Atkins's so-called New Diet Revolution, with its high-fat, high-protein, low-carbohydrate regime, and its assertion that it is better to cook with cream than with skimmed milk. That said, anything that helps to ameliorate the effects of the obesity epidemic sweeping the West certainly has to be a good thing, and Atkins is not short of celebrities queueing up to endorse his system, which offers sumptuous food of a quality that probably means the dieter is more likely to stick to the regime. His wife, Veronica, provides the low-carbohydrate recipes you will find here, all easily prepared in 30 minutes or less and all of which, it must be said, sound delicious and unlike any diet food you will ever have tried before. Imagine a dinner of artichoke hearts wrapped in bacon, followed by pork tenderloin medallions with soured cream and dill, with a dessert of chocolate butter cream, or baked goat's cheese and ricotta custards followed by steak au poivre and zabaglione, and you can see how people are attracted to the idea of this no-deprivation diet. Atkins runs through some of the principles behind his carbohydrate-free regime at the beginning of the book, but to understand properly the principles behind it one would probably have to read this in tandem with the two earlier books. There is no denying, however, that most of the recipes sound quite delicious and simple, and if this diet works for you, then that can only be a good thing. (Kirkus UK) --na --This text refers to an out of print or unavailable edition of this title.

I've been using this book for approx. 2 weeks in conjunction with the diet. I have enjoyed every recipe I have tried and have found them to be tasty as well as fairly easy to make. Some of the recipes do have higher carb content than I would like, but I just plan ahead and eat less carbs throughout the day--it's worth it. This cookbook has helped make this the easiest "diet" I've ever tried and I can certainly see this turning into a lifelong way of eating, definitely more so than any other plan I have tried. I always knew deep down inside, that I could never stick to a low-fat, high carb diet indefinitely--the thought of that always depressed me. I am now going to purchase his other cookbook on the basis of having such success with this one. I've never been much for cooking, just the basics, so I didn't find the recipes to be tedious or redundant. I loved the creamed chicken w/mushrooms, burgers w/feta, pork medallions in dill sauce, and garlic dill meatballs. I just tried the cheese bread and found it to be very satisfying after 3 1/2 wks (and 17 lbs lighter) with no bread. I just wish there were more recipes. I love this book and I love this way of eating!!!

I have "done Atkins" a number of times and been sidetracked by family, work, living situations. . . Now that the kids are all out of the nest and I am totally enjoying single life, I am totally enjoying Atkins once again. The Dr. Atkins Quick & Easy New Diet Cookbook is a fantastic addition to the collection of Atkins recipes I have collected over the years. Between the old and the new I have lost 24 lbs in the past 6 weeks and am looking forward to being down to ideal weight by April 1 just in time to move back home to Florida and hit the beaches. I can't say enough positive about Atkins and this is just one more homerun.

I bought Atkins' "Quick & Easy New Diet Cookbook" from Amazon and love it! It is indeed as his widow Veronica says "controlled carbohydrate fine cuisine." The recipes are simple and easy. About Atkins -- for years, I tried to lose weight counting calories. It didn't always work and I stayed hungry. Fortunately, I kept a food journal this last time, and I recommend doing this to everyone who's struggling with the mysteries of fat loss (you do NOT want to lose muscle mass!) I was down to 500 calories a day, and the weight wouldn't budge. I kept a graph, too, and watched my weight go all over the chart. Then, I discovered Atkins. I noticed that most of the food I had been eating was low in calories but high in carbohydrates - the white stuff: white breads, white rice, white potatoes. I discovered that, if I'm trying to drop a few pounds, I have to avoid even the brown rice, whole wheat breads and whole-wheat pastas and high-sugar fruits. And I found that I just can't ever do sugars and starches and lose weight. I guess some people can, depending on their metabolism and how their bodies process food, but you have to find out what works for you. Atkins has been criticized in

his earlier books for the amount of fat he allows but his later works have modified some of that. And, too, it seems that his critics didn't read his books in entirety, or if they did, weren't accurate about their reporting and seemed alarmed possibly because these critics might be in the pasta industry and losing sales! When we lost Atkins, we lost a brilliant food chemist. Low carb, high protein may not be for everyone, but it is for me. Dr. Oz wrote an interesting article in the September 19, 2011 issue of "First for Women" magazine about diet and blood types. According to the article, Type O seems to process protein better than other types. Don't know about that but, I am Type O. Again, this latest Atkins' cookbook is great.

I gave it three stars because most of these recipes are fantastic and warrant 5 stars. I only gave it three stars because many of the recipes call for ingredients you cannot get any more. They sell the book as fully revised, but they have not updated the recipes to reflect either the current market or their current product line. The good news is that some of the ingredients have been reproduced and can be found on the web (in recipe form only). The bad news is, they are not exactly the same as the missing ingredients. If you buy this you will make some mouth watering food and be glad you bought it, but you will also be very frustrated broken recipes. For the record I have about 5 low carb cookbooks and it is common to find recipes built on ingredients you can no longer buy -- my beef with this book is that it's sold as "fully revised" which does not apply to the content, but rather to the copyright.

I was looking for original Dr. Atkins Cookbook & could not find it. I purchased the book in the late 1990's & lost it about 10 years ago. It was through his cookbook I became acquainted with Stevia. I looked everywhere to buy it again and couldn't find the old version only the revised version. I was amazed to find it in .com. After his death, the cookbook was revised and I was displeased with the changes they made. One of the changes in the revised version is the use of Splenda in the recipes, which wasn't around when the original cookbook was published. I am so glad I found the original. More natural ingredients used in the old version.

It's a classic for a reason. tasty recipes, and the spiral bound lies flat!

Disappointing. Most of the recipes use Atkins baking mixes that are not even sold any more. Most of the rest of them use microwave ovens, which I do not use. The redeeming quality is the extensive carbohydrate counting list. It will show up at my local charity soon.

Great Recipes. Try the crustless cheesecake.

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