

The Essential
Atkins

for **Life Kit**

Includes:
Menus,
Recipes, Carb
Counter
and CD

THE NEXT LEVEL

**Easy Tools, Tips & Techniques for
PERMANENT WEIGHT LOSS & GOOD HEALTH**

**ROBERT C.
ATKINS M.D.**

The bestselling author of Atkins for Life

The Essential Atkins For Life Kit

Robert C. Atkins



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