

# Dr. Atkins' Diet Cook Book

by Fran Gare and Helen Monica  
under the supervision of and with an  
introduction by Robert C. Atkins, M.D.

How to eat well and keep thin for a lifetime  
Based on the principles of

**“DR. ATKINS’ DIET REVOLUTION”**

Over 300 luscious recipes • A special meal plan  
A restaurant menu guide  
A section of low-carbohydrate, low-fat recipes

# Dr Atkins Diet Cook

**Thomas Griffiths**



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