

《阿特金斯饮食观ATKINS FOR L》

图书基本信息

书名：《阿特金斯饮食观ATKINS FOR LIFE》

13位ISBN编号：9780312315238

10位ISBN编号：0312315236

出版时间：2003-12

出版社：St Martins Pr

作者：Atkins, Robert C

页数：368

版权说明：本站所提供下载的PDF图书仅提供预览和简介以及在线试读，请支持正版图书。

更多资源请访问：www.tushu111.com

《阿特金斯饮食观ATKINS FOR L》

内容概要

"Taking it to the Next Level" Whether you've lost weight doing Atkins and want to make your success permanent or you're new to Atkins and are concerned about your health and weight control, Atkins for Life is for you. Filled with advice and tips on navigating the everyday challenges that come with eating low carb in a high carb world, the book provides a simple and straightforward lifetime program that anyone can follow. With Atkins for Life, finding your ideal weight and staying there has never been so easy or so good "Dig In And Discover: "-200 menu plans-that adds up to over six months of menus With controlled carbohydrate counts of 45, 60, 80, and 100 grams, anyone can succeed on the plan.-125 recipes, including tasty breakfasts, fabulous lunches, delicious dinners, and smart snacks. - How to create special holiday meals and fantastic ethnic cuisines ... the low carb way - Before and after photos and success stories -with time-tested tips from those who've been there and won their battle with weight.- Self-tests and quizzes to help you meet and stay with your goals.

《阿特金斯饮食观ATKINS FOR L》

书籍目录

Acknowledgments Introduction: It's a Lifestyle Foreword Part One: A Lifetime Plan 1 The Atkins Advantage 2 A Lifetime of Health 3 Yes, You Can Eat Carbs? 4 The Skinny on Fat and Protein 5 Putting It All into Practice 6 Get Moving? 7 Everyday Challenges 8 Looking Forward Part Two: Eating for Life Getting Your Kitchen in Order How to Use These Meal Plans Thirty Meal Plans at Each Level 45g Net Carbs per day 60g Net Carbs per day 80g Net Carbs per day 100g Net Carbs per day Twenty Meal Plans for Special Occasions 45g Net Carbs per day 60g Net Carbs per day 80g Net Carbs per day 100g Net Carbs per day Carb Counting Made Easy 125 Recipes for Success References Index

《阿特金斯饮食观ATKINS FOR L》

精彩短评

1、这种减肥方法很容易造成便秘。一旦蛋白质摄入量增多，而蔬菜、水果摄入量减少的情况下，就缺少了很多膳食纤维、矿物质和维生素。而适量的膳食纤维对肠道的内环境起到决定性的作用，阿特金斯，他死的时候体重已经达到了116公斤，身高1.8米，时年73岁。

《阿特金斯饮食观ATKINS FOR L》

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:www.tushu111.com