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Ebury Publishing, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book. The easiest way to count your carbs, no matter what diet you're on is with Dr Atkins New Carbohydrate Counter. Plan your daily or weekly menu by adding up all the carbohydrate grams in the foods you plan to eat. Pocket-sized, it is handy enough to take with you to the supermarket, or to make out your shopping list in advance. The Dr Atkins New...

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- Authored by Robert C. Atkins
- Released at 2003

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