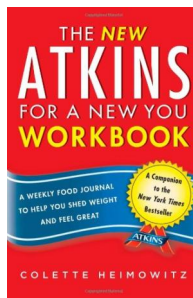


## The New Atkins for a New You Workbook: A Weekly Food Journal to Help You Shed Weight and Feel Great



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