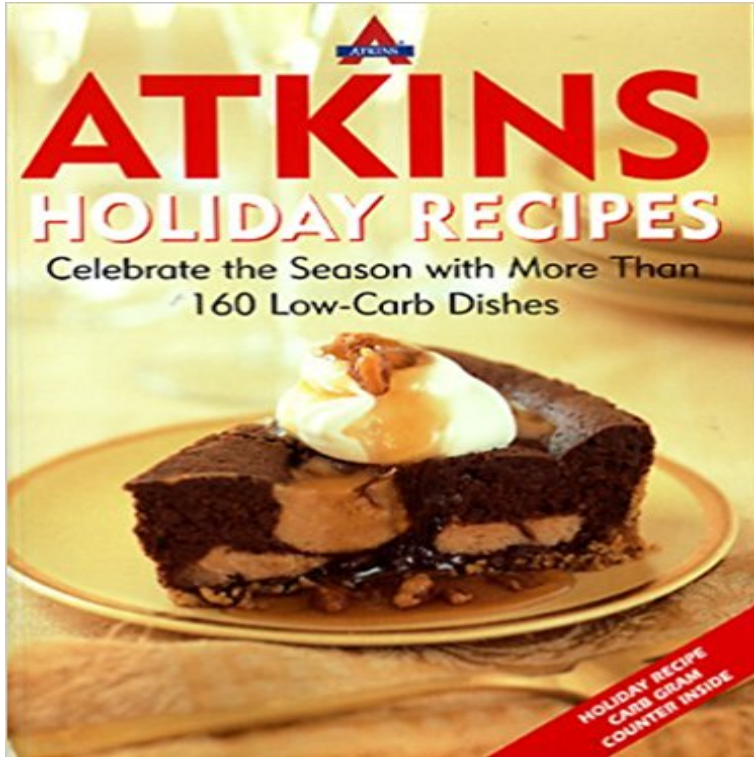


Atkins Holiday Recipes: Celebrate the Season with More Than 160 Low-Carb Dishes



The holidays are practically synonymous with rich, indulgent foods and luxurious meals that make lingering around a festive table extra special. But if you're trying to lose or maintain weight on a low fat, low-calorie program, it can feel like there's little to celebrate- and even less to eat. Turn the pages in this book, however, and you'll quickly see that doing Atkins means you can continue to enjoy the most sumptuous foods at Thanksgiving, Christmas, Hanukkah, and New Years Eve, while you trim pounds or control your weight. Atkins Holiday Recipes lets you dazzle your friends and family with spectacular starters, main dishes and of course, show-stopping desserts. With more than 70 eye-catching photos, you'll be inspired to create a stunning spread that will have your guests singing your culinary praises well into the new year.

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