

Download The Low Carb Diet Tracker

Our Carb Tracker App is an essential tool for low carb information about Atkins on the go, while eating out and at the grocery store. – Scott Parker, Atkins Nutritionals, Inc. Screen ViewsIt seems as if everyone is talking about them or is on one type of low carb diet. These controversial eating plans have been propelled into the spotlight by celebrities and other health experts who gush about the results. Metabolic Prime offers a program of quick and intense exercises, designed to help you lose fat fast by boosting your metabolism. You exercise in short 45-second bursts and then rest. The plan was designed by Dr Jade Teta, an integrative physician who runs a metabolic clinic in North Carolina.