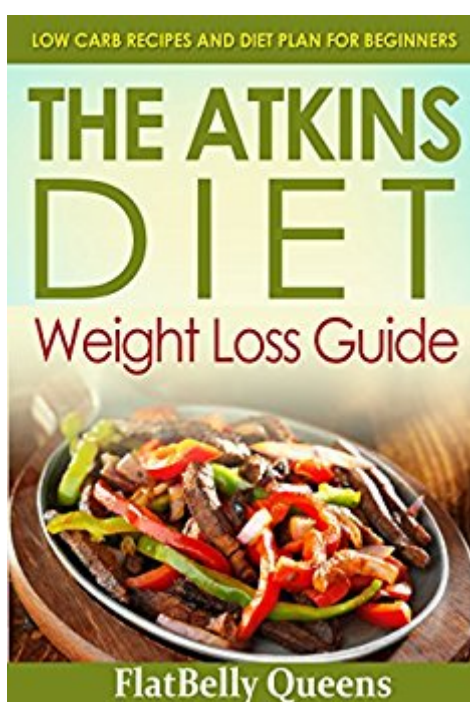


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# ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes And Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book)



## Synopsis

Achieve Your Weight Loss Goals with The Atkins Diet Weight Loss Guide This book is for busy professionals who would like to lose weight quickly using the Atkins diet but don't know how to get started. We have condensed all our tried and tested solutions into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem foods to eliminate from your plate and focus on foods which support a lean body. The Atkins diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. The Atkins Diet Weight Loss Guide is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- The Atkins Diet Weight Loss Guide will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come. Examine This Book For A Full 7 Days 100% Risk FREE! That's right! If you are not 110% satisfied, you have seven days to go to "Manage Your Kindle" page and ask for a complete Refund. We have included a comprehensive weight loss report as a free gift which is only available for a limited period. Some of our readers have reported back with unbelievable results when they combine the book with the report.

## Book Information

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## Customer Reviews

The book explains the various principles of the diet and has some recipes in the back of the book that I don't see myself using. There is only one sample day of menus and they are using some of the recipes, which again, I won't be using. I was hoping to find a week's worth of basic menu options that would get me started. I wanted to know the amount of protein ( by weight) for each meal and simple ways of getting enough fat worked into my menus without doing a lot of cooking. I am thinking that I will go to the library and look through various Adkins books to find something more usable for me.

I always wondered what the Atkins diet was all about. I always saw books in the bookstore about the diet. I'm glad I took the time to read this book. It thoroughly explained what the Atkins diet was all about in a matter of minutes with no fluff and easy to understand principles. I'm planning on starting this diet after this weekend and I'm glad I have this book by my side. The recipes are going to be easy to make and I expect them to be delicious. There are recipes for each phase, in detail, towards the end!

Great book in aiming a good and healthy diet. This Atkins diet actually looks effective, though I didn't try it yet. But this book provides guidelines and tips on how to practice this diet. The diet food recipes looks nice too and the pictures added makes the book more interesting to read.

It is what I expected. It's a book to go by for the diet. Has a lot of tips to use

Somewhat informational. I prefer the original Atkins book.

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weight loss, low carb food list) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious,Quick And Easy, Low Carb Recipes for Every Meal) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Atkins Diet: A 14-Day

# Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals)

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