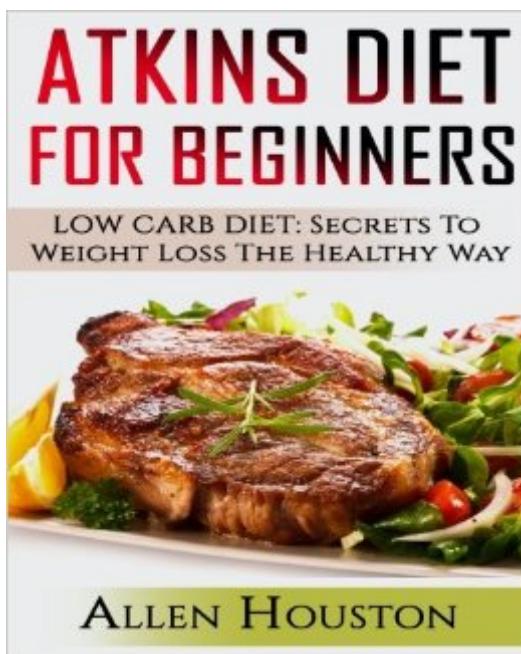


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# **Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1)**



## Synopsis

"Why are my friends able to lose weight successfully while still enjoying the foods they like? How can it be happening? How do I avoid those supplement weight loss pills or even those promising weight loss tea that doesn't work? How can I reach my targeted weight within 3 months without counting the number of calories day after day, meal after meal!?" Look, I understand you have a lots of question in mind. You will probably be asking what is this Atkins Diet craze all about? How does it work? Does it really work? Will it work for me? What are the things I need to take note of? How do I start the diet the correct way? **ATKINS DIET FOR BEGINNERS - LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!)** No more spending huge amount of money on trying to lose weight. Say NO to counting of calories day in and day out. The missing puzzle is already available in our daily life, especially in our intake of foods. Know the types of food to avoid and the types of food to consume for a better health. Enjoy losing weight while enjoying the foods you like. **What You'll Learn In This Book...** How Does Atkins Diet Work Maximize Your Chances of Dieting Success Using Atkins Diet Different Phases Of Atkins Diet Explained Weight Maintenance Of Atkins Diet 14-Day Atkins Diet Meal Plans **BONUS: Atkins Diet Dessert Recipes ATKINS CARBS GRAM COUNTER** The main course of this book also includes a huge food list categorize into different food types for easy referencing when planning for your Atkins Diet Meal Plans. This food list will have the following for each individual food item: 1) Portion 2) Total Carbs 3) Fiber 4) Net Carbs 5) Protein 6) Fats 7) Calories **7 DAYS ATKINS DIET MEAL PLANS (BREAKFAST / LUNCH / DINNER)** This Atkins Diet Cookbook provides you with more meal options to choose and try from. The recipes will have a Nutrition Facts Table to well inform you of the various intake of nutrients for each particular meal you will have during the deal. Atkins Diet For Beginners book will cover all the details you need to start out your very own Atkins Diet program. This book will save you both time and money, in which at the same time achieve the results you want. Download Your Copy Now! Find out what is missing for you and take massive, consistent action today!

## Book Information

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## Customer Reviews

I am new to the whole Atkins phenomenon so I ordered several Kindle books that had good reviews. I wanted a carb counter book, a few recipe books and a couple general information books. I am getting older and starting to worry about pre diabetes so I wanted to be a little proactive (not to mention I could lose 10-15 pounds). All of the books I ordered were good books and gave a lot of the same intro info. I like this one because it not only gives you a good background and explanation of the general diet and the phases but it also offers some meal plans that you can use to help you grocery shop and plan meals ahead of time. The information is great to have and certainly helpful, in fact I have referred back to the book several times for reminders and encouragement. I have been using this book for about a week now and I have to say dieting sucks...I didn't realize how much I liked carbs until I had to start looking at the carb counts. This book is a must have for the Atkins dieters. I would recommend it to my friends for sure.

This book is so disorganized that it's confusing and painful to read. The author does not know how to write a professional book. I don't think he has a comprehensive knowledge of the Atkins diet. It seems that he copied material from other sources and put together without deep thinking. It did not go through the process of thorough editing. There are plenty of better books on Atkins diet out there. Skip this one.

This book makes the Atkins plan easy to understand. It provides the reader with all the information they need to make a great personal Atkins plan to lose the weight and improve their health. It is full of the most up to date research and a lot of more options to allow the reader to adapt it to their lifestyle. Spending my time and money in this book is really worth it.

Choosing the right diet is hard to do. We don't know if the diet is really effective. Now, I browse

for a diet that I can try again and I choose this Atkins diet book. The recipes are awesome and they are easy to do. I learned that Atkins diet has lots of benefits that I really want. This book shows how to implement this kind of diet in my life. I suggest that replace expensive ingredients to cheap one so that it is really amazing.

For anyone looking to get their weight back on track you should definitely check out this book. The author does a great job of explaining low carb dieting and its benefits and the chapter on choosing your ideal carbohydrate level is particularly useful.

This is a very informative book presented in a very detailed and organized manner. I like how Allen Houston wrote it. Very organized and very easy to understand. I am a very happy and satisfied customer :) I have learned a lot from every chapter which makes me more knowledgeable of this diet and I am loving it. I highly recommend this book. Worth the money and time.

Great guide if you are planning to loose weight. This book will pamper you with ideas for your to get started. Also, numerous carbs recipes are listed and nothing to worry because the procedures are easy to follow. Eat more and worry no more. Grab this book.

If you're looking for a very well detailed guidebook on how to start your Atkins diet for rapid weight loss, buy this book. Allen explains everything perfectly! The proven and scientific techniques that you can use to start your low carb diet are really very helpful. It is indeed a very informative book and I highly recommend it to everyone.

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