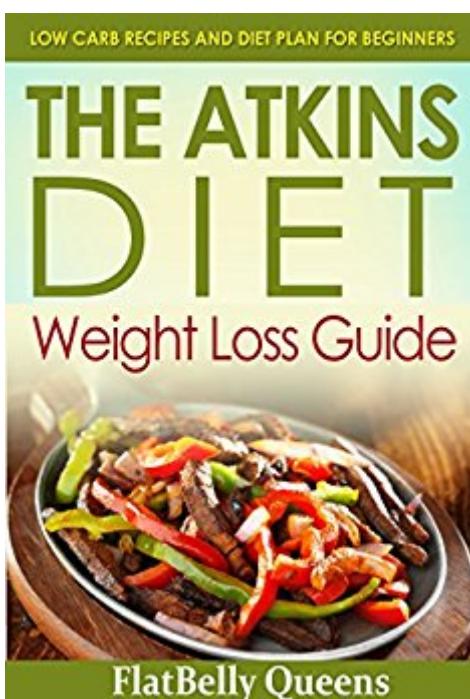


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ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes And Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book)



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 the "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

All you need to know about atkins diet is just right in this book. I admire how they summed up and perfectly constructed the introduction leaving less question in mind for the readers. It also has a portion of faqs that would help other readers to with their inquiries. Great book!

This book will describe the Atkins diet in detail, including the four phases of the diet, the foods that you can eat on each phase, and even some recipes that you can try. Atkins diet is very useful one, it can solve many health problems. I would recommend this book to anyone!

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.

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!

Somewhat informational. I prefer the original Atkins book.

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