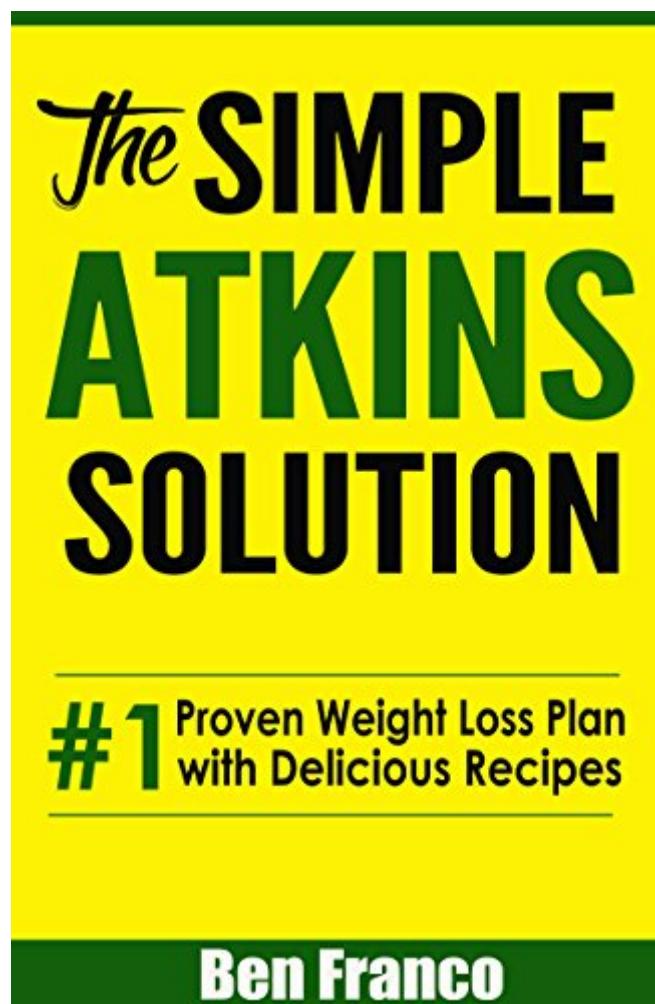


The book was found

Atkins: The Simple Atkins Solution: #1 Proven Weight Loss Plan With Delicious Recipes



Synopsis

Achieve Your Weight Loss Goals with The Simple Atkins Solution 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 your researched and tested solution into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem food 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 Simple Atkins Solution 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 proven 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 Simple Atkins Solution 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.

Book Information

File Size: 2156 KB

Print Length: 122 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 21, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01D9TWD30

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #676,566 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #167 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #320 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #600 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

In keeping with my family's recent trend to learn all we can about different diets and exercise programs in order to promote over all health and fitness, the Atkins diet is another diet that I chose to pick up books on and study. This book has turned out to be one of my favorites on the subject as of yet. What I really liked about it was that it went through each phase and explained in detail exactly what to do and what to expect, then gave lots of recipes that would help with each phase. While I'm not 100% sure that the Atkins diet would be right for our family just yet, I did appreciate that the book was very thorough and well-written, and we will most likely take a few healthy recipes out of it here and there in order to keep us on track to our goals. I'll be looking forward to more books from Ben Franco in the future.

This book talks about how to maximize the chances of dieting success through the Atkins Diet, its benefits and how it works. On Atkins Diet, the body will learn to efficiently burn fat stored in the body, which will lead to weight loss, it will convert the fat stores to fuel so you will feel less hungry and even have more energy throughout the day. Isn't that great! I will definitely recommend this book to my friend who really want to lose weight.

I've always been hesitant to trying to commit into dieting, however I've been curious about the Atkins program. I gave this book a shot and I've got to say that I've learned effective methods of maintaining a healthy lifestyle through the Four Phases of the Atkins diet. In addition, the book includes great recipes that allow a smoother transition from one phase to the next. Great read that I would recommend to anybody interested to starting a healthy lifestyle.

I'm very keen to try Atkins diet challenge. This guide assure me that with this diet I can burn body fat much faster then with other diet. Now, I m know what is vital for my progress and healthier life. I know that this book will help me to look better and feel better. Highly recommended

[Download to continue reading...](#)

Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins: The Simple Atkins Solution: #1 Proven Weight Loss Plan With Delicious Recipes Atkins Diet Rapid Weight Loss: Atkins Diet Guide

for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) 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) Atkins: 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) Atkins: Delicious Weight Loss Desserts: The Top 110+ Approved Low Carb Dessert Recipes for Rapid Weight Loss (The Ultimate Beginners GuideÂ©, Atkins Plan Cook Book) 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) ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Atkins Diet: Top Atkins Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (The Ultimate Beginners GuideÂ©, Low Carb diet, Paleo diet) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Atkins: Top Slow Cooker Recipes: The Top 170+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide, Atkins Cook Book) Atkins Diet: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners GuideÂ©, Atkins Cook Book) Atkins Diet: The Top 230+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners GuideÂ©, Atkins Cook Book) Atkins: The Ultimate Guide: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners GuideÂ©, Atkins Diet Cook Book) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet: Foundational Steps to Shave Off Pounds With the Atkins Diet and Increase Energy (Overweight, Low Carb, Heart Disease, Exercise, Robert Atkins) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)