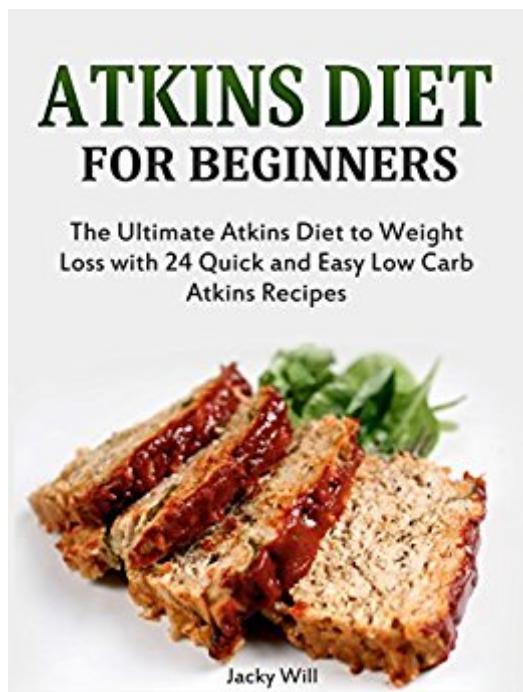


The book was found

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)



Synopsis

Atkins Diet for BeginnersThe 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 Diet Book)Weight is a highly talked about subject, whether it is obesity, underweight or simply trying to get into shape. There are numerous weight loss programs that a person can try. Some of these include slimming tea, slimming pills or exercising. One of the reasons for weight gain is high carbohydrate intake. Our body needs carbohydrates for energy, however too much of it has been suggested as a reason for gaining too much weight. It is important to know just how much carbohydrate is enough to keep you going. Practicing a low carb diet for weight loss is what is referred to as Atkins diet. Chances are you have heard of it, maybe after trying numerous other things.This book will equip the reader with useful information on Atkins in weight loss. This information is divided into chapters for ease of reading and understanding. These are:1.) Introduction to Atkins diet2.) How Atkins low carb diet works3.) Tips for Atkins diet beginners4.) Quick and easy Atkins low carb recipesJust like any other weight loss program, Atkins diet requires personal sacrifice, determination and commitment. Putting your heart and mind into it will increase the chances of succeeding. Successful weight loss requires complete lifestyle change: this is not easy, especially in the beginning; hence a person can easily give in to the temptation to quit.

Book Information

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Customer Reviews

This diet is not for everyone. You should definitely check with your doctor before doing this one. My doctor who uses both conventional medicine and alternative medicine told me that if I had been on this diet I would have died. He had no real problem with the diet itself, but said it was dangerous for some people. The book is not well written. There are a lot of grammatical errors and some poor sentence structure. The recipes use grams and ml and if you are in a part of the world where your measuring cups have ml and you can measure grams you are fine. There should be a conversion table in the book for people who do not have access to a conversion table. Most real cookbooks have these tables.

This is great for someone who doesn't know much about nutrition, carbohydrates, fat, protein, etc., but wants to get started with an easy effective lifestyle change with lasting effective weight loss and maintenance. I only wish it had a carb counter. But I can see why it doesn't, as that could be intimidating.

A lot of good info if you are not familiar with the Atkins diet plan. The diet works if you follow it . I have lost 270 lbs following the Atkins diet . I know it works !

Good recipes to try and feeling a little more healthy with these simple changes.

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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) Rapid Weight loss Diet: 101. Delicious, Nutritious, Low Budget, Mouthwatering Rapid Weight loss Diet Cookbook 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: Delicious Weight Loss Desserts: The Top 110+ Approved Low Carb Dessert Recipes for Rapid Weight Loss (The Ultimate Beginners GuideÂ©, Atkins Plan Cook Book) Low Carb: The Low Carb Cookbook BIBLEÂ© with over 350+ Delicious Recipes & One Full Month Meal Plan (1 YEAR of the Best Low Carb Recipes for Rapid Weight Loss) 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) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Ham Radio for Beginners: Quickstart Guide for New Hams and Amateur Radio Enthusiasts (Get your license and go from beginner to expert in survival communication and self reliance) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss ATKINS: The Akins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) Rapid Weight Loss: Hypnosis for Losing Weight Fast and Increasing Your Motivation to Lose Weight via Beach Hypnosis and Meditation Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb: Low Carb Dumb Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating) 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)

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