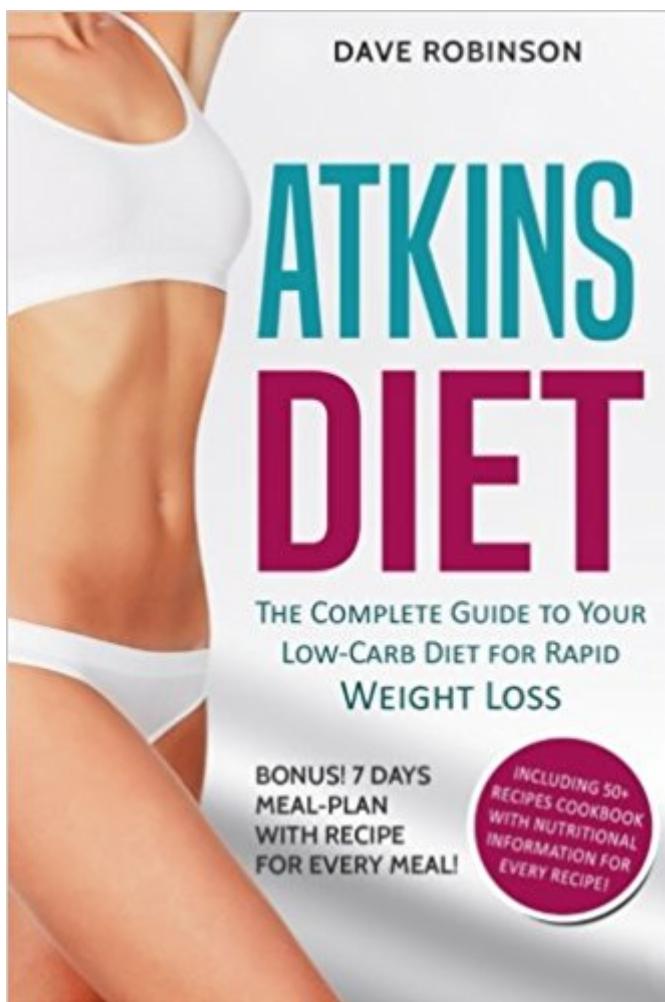


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# The Atkins Diet: The Complete Guide To Your Low-Carb Diet For Rapid Weight Loss



## Synopsis

Are you tired of being overweight? Have you tried tons of diets, but found that they do not work? Are you tired of denying yourself food without seeing results? Does this make you sad and unhappy? Get ready to say goodbye to all these disappointments forever! Start losing weight now and love your new healthy and beautiful body! The Atkins diet is a time-tested and reliable diet for burning fat and getting healthier every day. Order your copy of the book ["ATKINS DIET. The Complete Guide to Your Low-Carb Diet for Rapid Weight Loss"](#) and start a new life right now. In this book you will find information about: - How the Atkins diet works - How to prepare for a diet so that it's fun - Contraindications - Pitfalls and frequent mistakes - A week-long meal plan with recipes - 51 detailed recipes for delicious and simple dishes that follow your diet Start a new healthy and easy life today! Click the "Buy" button.

## Book Information

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## Customer Reviews

The info in this book (actually booklet) is readily available on the Atkins website with lots more details online than you get from this book(let). This book(let) has about 20 pages of superficial information about the Atkins diet, but nothing in depth and it is not a replacement for the real Atkins books available that have significantly more info. The book(let) does have a bunch of recipes so I added a star for that, though I did not research to see if these are just recipes readily available on the internet, though I suspect they are. I was duped by all of the previous 5 stars reviews, though in looking up the reviewers most of those are quite dubious in nature. This review is to save you from

spending your money like I did. I plan to return the book(let). Thanks for reading.

This book was too general to be helpful, and the recipes weren't especially appealing, either.

Satisfied

Not everyone's body responds the same way to different approaches to losing weight. The key is to find a match for your body and metabolism. Great recipes book with delicious 51 recipes. By reading it, you will be able to have some ideas about how atkins diet works as well.

This book here is a really awesome overview of the Atkins diet that most people are trying out these days. Luckily, I found this book and did not doubt but buy it immediately. I read it and slowly I learned the basic ways to practice this type of diet. So far he has done well. Thank you for the guide and download..

Wow!!! This book was amazing. The book is packed with delicious and healthy low carb diet recipes. Most of the recipes are easy to make and the directions are easy to follow. I can eat my favorite food without having that guilt feeling. Atkins diet followers must take a look at this book.

This is a great and informative book! This book is exceptionally elegantly composed and simple to understand. This book gave me a ton of smart thoughts about a low carb way of life. It is significantly less demanding than I thought. Recommended. Thank you Dave! Such a helpful book!

I have never tried Atkins diet yet so I think this diet is so essential to have a healthy life. This book provides reliable information in how to perform this diet properly. This is a good start to a new lifestyle

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet 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: 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 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 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: 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) 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) 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 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 ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) The Atkins Diet Head Start: The trusted guide to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) 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) 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) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) LOW CARB: The Complete Newbie Guide: Recipes & Meal Plans: How to Have Long Term Success On A Low Carb

Diet (Weight Loss, Atkins Diet, Appetite, Fat Loss, Low Carbohydrate)

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