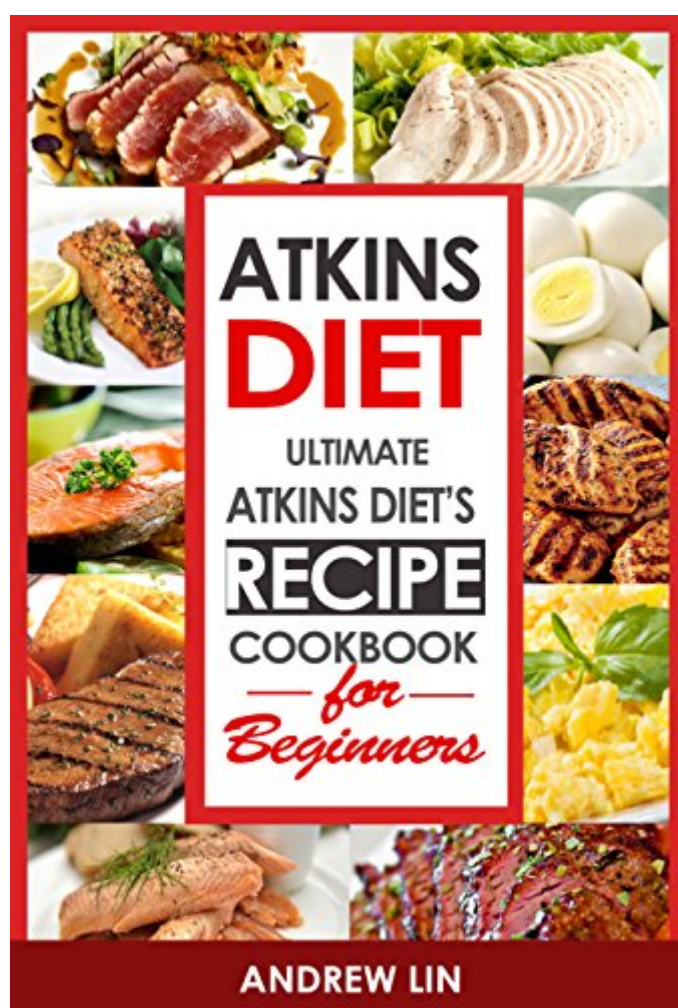


The book was found

Atkins Diet: Ultimate Atkins Diet's Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss)



Synopsis

TURN YOUR BODY INTO A FAT BURNING MACHINE NOW!FREE BONUS INSIDE* * *LIMITED TIME OFFER! 40% OFF! (Regular Price \$4.99)* * *You're about to discover the secrets of shedding serious fat by adopting the Atkins diet. Though it may sound hard, and almost impossible at times, eliminating carbohydrates and consuming a high protein diet is a proven and popular diet change that has been adopted and appreciated by many people around the world. Recent studies have proved that it is excessive carbohydrates, that is adding up to your weight and the calories in your daily meals. Besides, all that fatigue that you are feeling lately, especially after a meal or at the end of the day - it's all because of the excess carbohydrates you keep on consuming throughout the hours. Here Is A Preview Of What You'll Learn...What is the Atkins Diet?Foods to Avoid to Shed FAT!A Low Carb Diet Shopping List4 Phases to the Atkins DietFour Principles of the Atkins DietHow to lose weight with Atkins dietMuch, much more!Download your copy today!Take action RIGHT NOW and download this book for a limited time discount of ONLY\$0.99!

Book Information

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Customer Reviews

I have heard Atkins diet before and I've always wanted to give it a try but have no idea where to start. So I figured by reading this book, it will serve as a guide and as a trial if I'd go for it or not. So far, I've been loving the results of the recipes I copied from here and not only that they're healthy but they also taste better which is a very important factor for me. Many of the recipes mentioned are unique and absolutely delicious. The author makes a conscious attempt to ensure the recipes mentioned are healthy and low on fat. The instructions as to how the recipes should be prepared are clear and easy to follow, meaning this is one cookbook which every Atkins diet follower will fall in love with.

This is the perfect book about the Atkins diet, because it gives a brief description of the Atkins diet without being long and boring, and it contains many mouthwatering recipes, such as the chocolate mint balls. I am allergic to gluten, and therefore, this is the perfect diet for me, as it is free of carbohydrates which consists of bad sugar. I also recommend this book to the people who suffer from diabetes and who would like to watch their sugar level intakes.

I was looking for a low carb cookbook and saw the high ratings on this book so I purchased it. Big waste. It offered a few recipes for each level of the plan. I already have the Atkins plan book, I just wanted some recipes. This book briefly explains each phase of the Atkins plan and then gives you a few recipes for that phase. If you're looking for a cookbook, like I was, save your money.

Gives really simple recipes

I have tried the Atkins diet before. Turns out I would fight my kids for their bread. I am a carnivore, no doubt about it, but after a short week I am ready for carbs. After looking through your meal plans and recipes, I think I can do this. Thanks for the book. The last star will come after I lose the last five pounds.

The recipes don't provide carb counts. Many in the induction phase section seem to use ingredients not on the list - soy flour, chocolate and the like. Another disappointment.

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