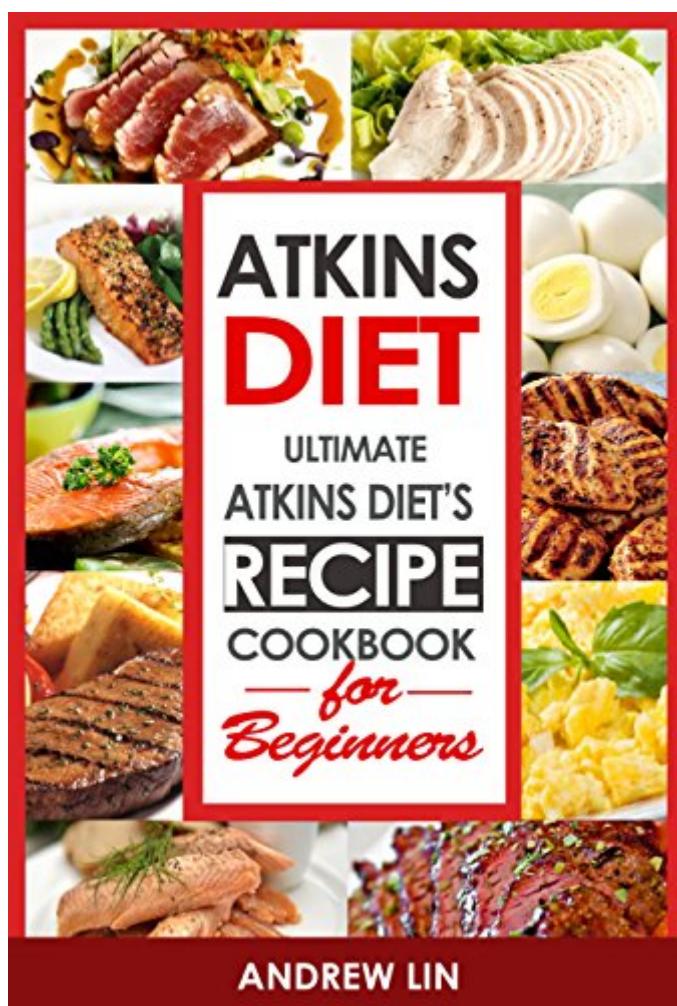


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# Atkins Diet: Ultimate Atkins Diet's Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss)



## **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 mark plans and recipes, I think I can do this. Thanks for the book. The last star will come after I loose 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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Loss) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) 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) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide for Rapid Weight Loss and Amazing Energy (Ketogenic Diet, Atkins Diet, ... Beginners, Intermittent Fasting) (Volume 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketosis: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) 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) 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) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss, Ketogenic Cookbook for beginners) 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 Ketogenic Diet: The Ketogenic Diet Cookbook: 30 Ketogenic Diet Lunch Recipes For Rapid Weight Loss And Amazing Energy (Ketogenic Cookbook Series 2) 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) Vegan

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