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# **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))**





## Synopsis

Get a Happy Healthy Body with the Atkins Diet! Today Only, Get this Atkins Diet Guide For Beginners book. Click the "Buy" button and Start Losing Weight. If You Don't Have Kindle You Can Still Read This Book On Your Web Browser using Free Cloud Reader .You're about to discover how to.....Why Choose Atkins Diet How Does the Atkins Diet Work How to Stay Motivated Losing Weight How to Maximize Results to Lose Up to 30 Pounds in 30 Days Breakfast & Lunch Recipes Dinner Recipes Soup and Salad Recipes Desserts Recipes And more, more, more! This book is about to blow the concept of fat being bad for you right out of the water. The Atkins diet is the most popular of all the low-carb, high-fat diets in the world and it has been scientifically proven to work – provided you follow it properly. The right fat is good for you, as are the right carbs. It's a fact that the average western diet is full of all the wrong types of both and that is why obesity is on the rise – fast. Download your copy NOW! Click the buy button! Tags: Atkins Diet, Books, Recipes, Cookbook, Beginners, Rapid Weight Loss, Weight Loss

## Book Information

File Size: 4020 KB

Print Length: 124 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 27, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01J8IZDJC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #29,268 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #13 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #82 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss

## Customer Reviews

I appreciate author hard work. By this book Author share best information about Atkins Diet. This

book will guide you "how to stay motivated yourself especially when you hit a weight loss plateau. There are some best tips that designed to help you maximise. Best thing they provide Atkins Recipes for full day like recipes for Breakfast, lunch , dinner, soup and salad, Desserts. Recommended for everyone who like to lose belly.

I got this book because the book promised that you can lose 30 pounds in 30 days. The book explains why Atkins diet is effective, how it works and also provides recipes of dishes according to Atkins diet. I can say that following this diet I have already lost 10 pounds in slightly less than two weeks.

Atkins diet is not really new to me, I have read some books about it and I am learning a lot. And since I love to read books about health and diet, I started reading this book. The book gave me information that I did not know. Such as the very basic idea of the Atkins diet. I liked the part of the book where the author shared the phases of this diet. There are also some recipes which I will try. Great read for me.

This book gave me many answers to the questions that arised before I started the Atkins diet. Right now I am proud that I managed to jump in. The diet is very balanced and easy. The recipes (I have tried about 10 so far are nice and simple). I am only missing photos here, but I am glad the author has calculated the carbs, fat and protein.

This is filled with easy to understand explanations of how the diet works, and specific diet plans including breakfast, lunch, dinner, snacks, and desserts. This book works in 1 month only, and this is very helpful for me.

I have decided for Atkins diet because my friend lost more then 20 kg with it. This book is perfect because there are lots fo recipes so I can easily imagine how Atkins diet should look like in every day life. Thanks for that!

I was a bit skeptical about these sort of no-carb diets, but after reading this book, I have a much better understanding of this diet that I previously considered as just another fad...The book is also filled with great recipes so you can make tasty foods while on this diet and never have to feel hungry or deprived of great tasting foods...Will definitely try these recipes for myself!

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