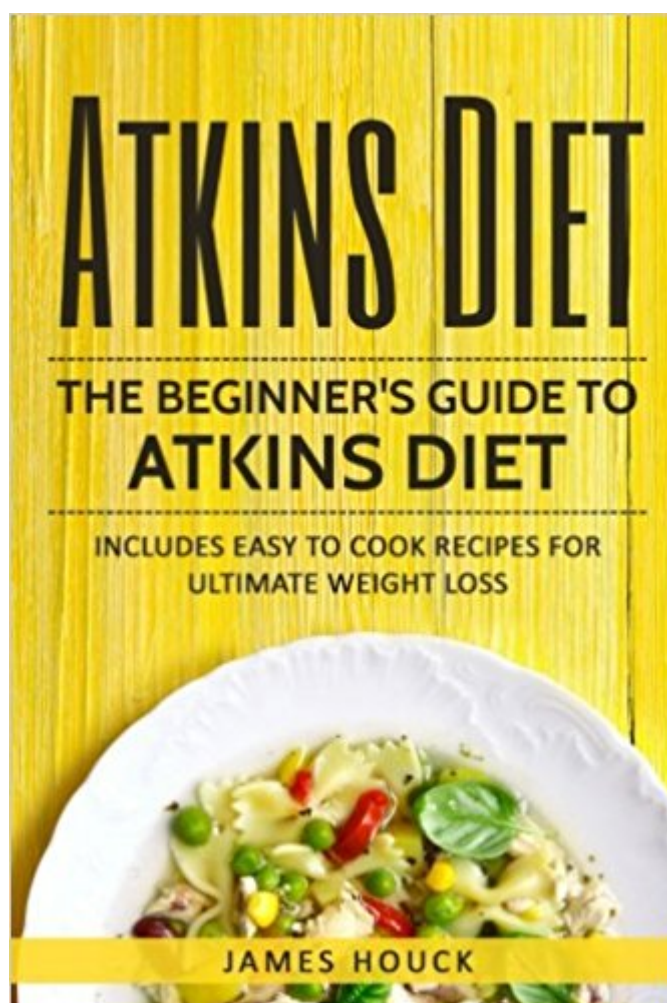


The book was found

Atkins Diet: Atkins Diet Cookbook For Ultimate Weight Loss: Includes Quick And Easy To Cook Recipes



Synopsis

It is very frustrating when you gain a lot of weight. You feel bad especially when you go out to a party with your friends or when someone comments on how fat you are. When your favorite dress doesn't fit, that is the time when you feel guilty. Especially after your first child, the weight gain is obvious and very embarrassing. Also, it is very difficult to shed that baby weight. So, it leads to tension and worry. Don't worry about your weight anymore. Atkins' diet will help you lose your extra fat and feel healthy while improving your overall health. It improves blood sugar, triglycerides, and good cholesterol. This diet will introduce you to easy low-carb meal program while not avoiding your favorite desserts. It will help you regain your confidence and attend parties anytime with a fit body and mind. This is not an instant weight loss program but is effective when followed. This book will help to improve your health and introduce you to easy to cook and simple recipes which can be used during the Atkins' diet program. Vegetarians and non-vegetarians both can follow this diet. There are both vegetarian and non-vegetarian recipes in this book. Once you are used to this diet plan, you will not switch to your previous diet ever. This diet will change the way you eat.

Book Information

Paperback: 66 pages

Publisher: CreateSpace Independent Publishing Platform (May 2, 2017)

Language: English

ISBN-10: 1546420622

ISBN-13: 978-1546420620

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #582,457 in Books (See Top 100 in Books) #75 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #863 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

I heard about this diet at the beginning of the year, and as a result I came across this book. I have to say I'm starting to see a change and the recipes are simply delicious. It's amazing having so many options on a diet, it makes the whole thing effortless.

I have a T1 diabetic daughter and I wanted some recipes the whole family would enjoy. I found many in here. I have made several and they were great!

One of the worst books I've ever purchased. A waste of money. Poorly written with little usable information.

This book gave me a lot of good ideas about a low carb lifestyle. It is much easier than I thought.

Not a true Atkins diet. Close, but loose translation of the original.

Excellent book

it is just okay

GOOD UNDERSTANDING OF LOW CARB DIET

[Download to continue reading...](#)

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) 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 Atkins Diet: Atkins Diet Cookbook for Ultimate Weight Loss: Includes Quick and Easy to Cook Recipes The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Atkins Diet: Ultimate Atkins Dietâ€™s Recipe Cookbook (Atkins Diet,

Ketogenic Diet, Weight Loss) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) 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) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)