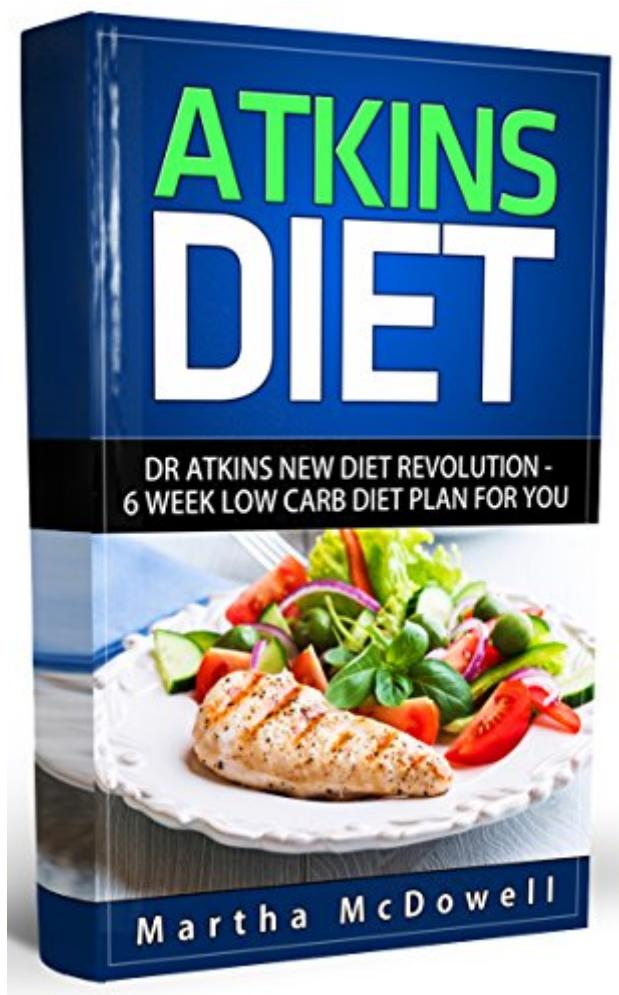


The book was found

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)





Synopsis

I know, it's hard to lose pounds! That's why I created this book! Lose Weight NOW - In Six Weeks, with Atkins Diet Plan!Read on your PC, Mac, smart phone, tablet or Kindle device.Lose weight, boost your metabolism and improve your health. Follow the Atkins diet, achieve your desired weight and optimal health for life!Atkins Diet has a lot to offer, in regard to weight loss and therefore, could be opted in a systematic order. Persistence is a key to success and persistence is needed in this to achieve your overall target goal for weight loss. Deviation from the dietary pattern may keep disrupting the whole body system and therefore, strict adherence to low carbohydrates dietary guidelines needs to be followed. A lot of variety is available in this and flexibility is allowed in the meal plan. Select from all the choices available and proceed accordingly. Use the Atkins diet plan, follow it to suit your individual needs, and experience weight loss the Atkins way.
Here Is A Preview Of What You'll Learn...How to Use Atkins Diet for Weight Loss
Phases of Atkins Diet
Which Foods Should Be Eaten and Which Should Be Restricted
Atkins Six Week Diet Plan
Safety and Effectiveness of Atkins Diet
Recipes for Atkins Diet+ Much Much MORE
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Tags: Atkins Diet, Diet Plan, Weight Loss, Healthy Breakfast, Atkins Diet Recipes, Low Carb Diet, High Protein, Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet

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Customer Reviews

I have been looking around for different types of diet books with meal plans and this one hit the spot. In the book the author explains different types of food and beverages to stay away from and foods to stick with while on the atkins diet. I love the meal plans that are all in this book, it makes it a lot easier to go to the grocery store and know exactly which foods to buy. So far, I am on day 4 from the book and all of the meals I have made from the book have been excellent and I can already see the difference with my weight. I highly recommend this book.

Atkins Diet is a practical guide that introduces the concept of a hight protein- low carb eating style to lose weight. The author does a great job covering key factors in this eating strategy. Making sure you understand all aspects of this diet before you decide whether it's for you or not! I will say this is a difficult diet with quite a few usual food restrictions. Doesn't mean it won't help you lose weight. But for the "normal" person they usually don't stick with it for long. However I recommend you read through this well written diet book and see what you can learn. Good Stuff!

Atkins diet by Martha McDowell MD explains exactly what to eat for 6 weeks to lose weight. Book is well written and easy to understand. Each day has a separate menu so you wont get sick of the food after a week or two like with most of those diets. Recommend this book to everyone.

I am happy I found this book because what I truly need is a meal plan that is simple enough for me to follow yet will give me the results I want. I found the 41-Day Meal Plan in this book very helpful. The foods are basic and easy to find in the grocery. I don't have to worry about following a recipe because I'm not much of a cook anyway. So it's good to know that most of what is in the meal plan are organic foods. I'm so excited to start this diet, I want to lose weight so bad!

Great intro to the atkins diet!! So many people fail on this type of diet because they just think its all meat and eggs. That is a big part of it for sure, buy you need to get the fiber in from the vegetables and getting well rounded nutrition. This book lays out menu plan, in different phases, that is easy to follow and will help you along the atkins diet path with as little stress as possible.

Great Atkins Guide..lots of helpful information. I love the meal plan..it sounds delicious and not depriving! If your looking for a jump started guide to begin the diet, this book is for you. They include a few recipes in the back as well, and in the beginning the author discusses the various phases of the diet as well. Worth a read.

This "little pamphlet" is pretty much a waste of money. It gives meal plans but only 3 recipes. Big disappointment. You would be better off getting the latest Atkins book.

This book has a plan but only includes 3 recipies so how are you supposed to know how to cook what they tell you to eat each day

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