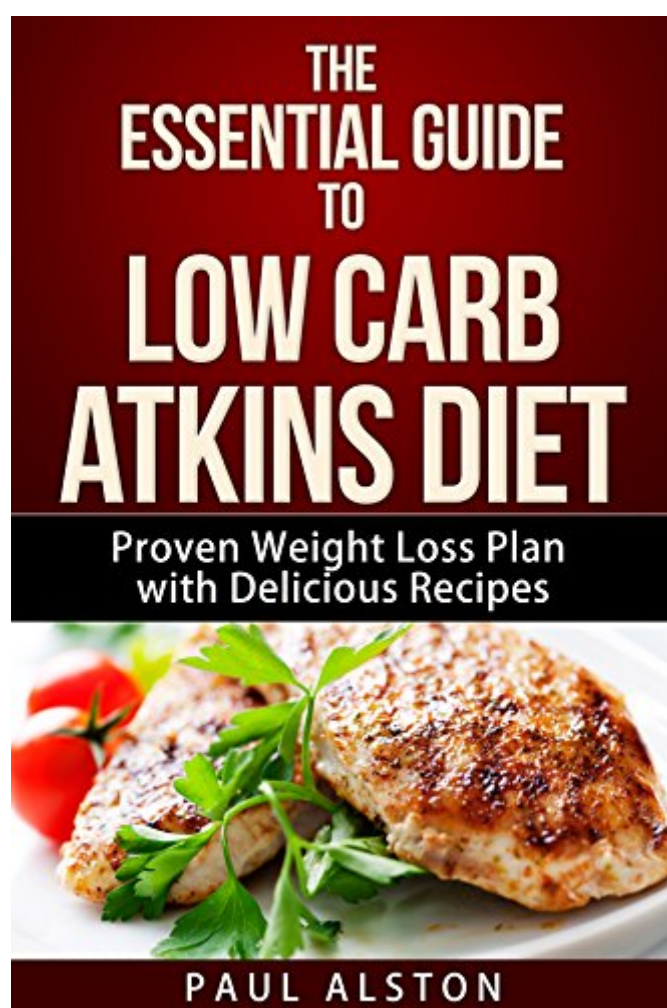


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# **The Essential Guide To Low Carb Atkins Diet: Proven Weight Loss Plan Guide With A Delicious Recipe Cookbook**



## Synopsis

Start Your Low Carb Atkins Diet with this Essential Guide Backed by published scientific research and studies, the Atkins diet is a long-term, well-balanced program with reduced levels of refined carbohydrates and sugars, encouraging the consumption of protein, fiber, fruits, vegetables and good fats. The Atkins diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. The Essential Guide to Atkins Diet is your unique guide that will show you how to maintain your goal weight and eating regimen, as well as how you can still eat out, with proven tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself--The Essential Guide to Atkins Diet will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come. You will discover: Atkins Diet Basics All About Net Carbs Why You should Reduce the Intake of Carbohydrates How the Atkins Diet Works Essential Rules to Follow with Atkins Diet 4 Phases of Atkins Diet How to Succeed With Atkins Diet Atkins Diet Recipes- Breakfast Recipes- Lunch Recipes- Dinner Recipes

## Book Information

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## Customer Reviews

The Essential Guide to Atkins Diet: Proven Weight Loss Plan with Delicious Recipes is a terrific book full of important information to ensure our success with this diet. We learn all about the basics of the Atkins diet; scientifically proven benefits, carbs and why we should reduce them, protein and fat that we should eat, exercise and why this diet works. Alston explains the different phases and rules to follow with food tips and lifetime maintenance information, plus how to succeed with grocery tips, eating out advice and the side effects related to the Atkins Diet. There are recipes for breakfast, lunch, dinner, snacks and my favorite â dessert! We not only get the ingredients and directions, but also the nutritional information, which is very important to me! At a glance, I can see how much protein, carbs, fiber, fat and calories Iâll be consuming. In short, there are several delicious recipes to choose from to help us maintain our weight goals on this diet plan.

I have a problem with how many carbs I eat and have been trying to figure out a good diet to be on. Especially when I'm trying to focus on yoga and jogging. I've always heard about the benefits of healthy fats and have been doing research on Atkins diet. I like this book so far because it has a good explanation of how everything works. So far, I've been eating smaller meals throughout the day and drinking more water. It's not as hard as you would expect, just because you get to snack a lot. It's supposed to help your body properly burn fat. It's nicely written and easy to understand, with everything clearly laid out. At any rate, this is a great book if you need an introduction to the Atkins diet. I recommend it if you have questions about how it works. Good luck :)

I started my weight loss journey and was looking for a book to help me come with recipes. I came across this book as it was a light bulb that went off in my head. This book has a lot of great content and recipes for every meal of the day. This book has helped me so much and I highly recommend to anyone that is serious about weight loss. I hope the author comes up with more series.

I just started the Atkins diet and I was a little confused as to exactly what to do. I'm really glad I purchased this book, as the author really gave a step by step guide that was easy to understand for a beginner like me. I've already noticed some weight loss and I feel better. Thank you

This book had great overview of what to expect on the Atkins diet. It also had good tips on how to combat hunger pangs and cravings. I only gave it four stars because it did not include any of the lists for the phases of the diet and wished that the recipe section had more single serving recipes.

I haven't started this diet yet, but if you are planning on doing it, this is a very good book about it. I would suggest to anyone to read this first if they are interested in a diet that absolutely works - providing you have the willpower to stick to it EXACTLY as it is recommended. I cite from experience several people I know who DID do it properly and they all lost a lot of weight and seem to be keeping it off. There you have it.

My wife and I have been trying to lose weight for a few years but didn't succeed. Our marriage was not the same since we took on a lot of weight. We were both depressed, cranky about everything and we weren't happy with ourselves or each other in a very long time. But this book really helped us understand the Atkins diet to achieve the most amazing results with comprehensive details about the diet and delicious recipes for day to day meals, perfect for when youâ™ve run out of ideas on what to cook. I lost 45 pounds and she lost 30 pounds following the book to the letter. We also started exercising and we now live a happy, healthy life. Weâ™ve never felt better in years! I owe everything to this book, the Atkins diet is a true life changer!

Good book if you're interested in trying Atkins lifestyle. It explains clearly how to start and different phases for you to follow. I am glad I tried this program.

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