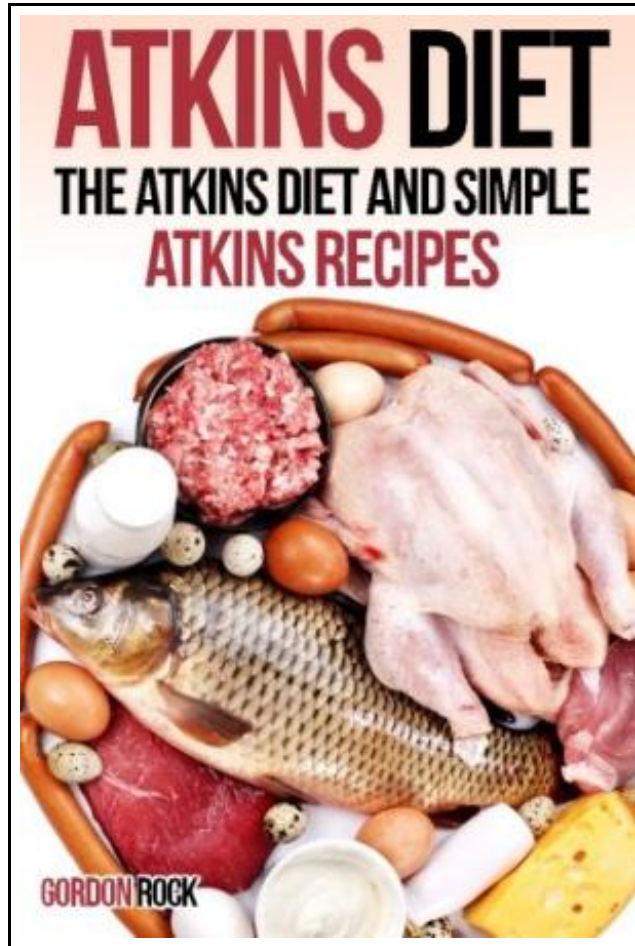


## Atkins Diet: The Atkins Diet and Simple Atkins Recipes



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*(Prof. Damon Kautzer III)*

## ATKINS DIET: THE ATKINS DIET AND SIMPLE ATKINS RECIPES



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A number of diet programs has come and gone, but one weight loss method have stayed and improved over the years: the Atkins Diet. Designed to work as a low carbohydrate diet, the Atkins diet is a scientifically-proven weight loss diet supported by years of research. This Atkins cookbook focuses on various atkins recipes that you can easily whip up all throughout the day. As a low-carb diet, the recipes are equipped with nutritional information, including how much carbohydrates you re consuming per serving, so you can better keep track of your carb count and achieve your target weight easily and safely. A variety of great-tasting and filling meals for breakfast, lunch and dinner inside The Atkins Diet and Simple Atkins Recipes will prove that dieting should not be just about bland-tasting hard-to-find foods. The Atkins recipes contained herein use the basic and most common kitchen staples and this allows flexibility to dieters from all walks of life - busy employees to vacationers to lazy-weekend lovers. Furthermore, the atkins recipes come with simplified procedures that do not intimidate, but encourage dieters to choose and cook healthier and pound-shedding meals! Most importantly, the Atkins diet is not designed as a short-term weight loss method. Composed of four phases, each transitioning strategically to the next, the Atkins diet is created as a lifestyle that invokes overall health and wellness. The Atkins diet is a journey that took more than 50 decades of scientific evidence, now laid out to you in a cookbook that makes losing weight superbly fun yet deliriously delicious! Never again would you have to ask what to have for dinner or wonder if you ve exceeded your...



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