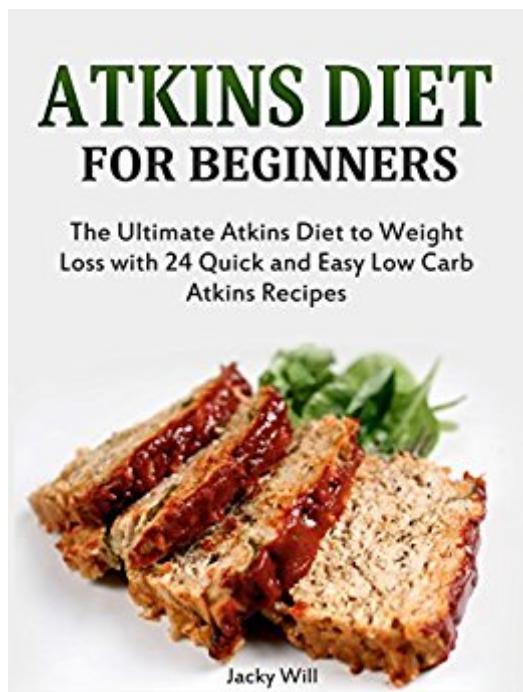


The book was found

Atkins Diet For Beginners: The Atkins Diet Quickstart Guide To Rapid Weight Loss With 24 Quick And Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet For Beginners, Atkins Diet Cookbook)



Synopsis

Atkins Diet for Beginners The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook, Atkins Diet Book) Weight is a highly talked about subject, whether it is obesity, underweight or simply trying to get into shape. There are numerous weight loss programs that a person can try. Some of these include slimming tea, slimming pills or exercising. One of the reasons for weight gain is high carbohydrate intake. Our body needs carbohydrates for energy, however too much of it has been suggested as a reason for gaining too much weight. It is important to know just how much carbohydrate is enough to keep you going. Practicing a low carb diet for weight loss is what is referred to as Atkins diet. Chances are you have heard of it, maybe after trying numerous other things. This book will equip the reader with useful information on Atkins in weight loss. This information is divided into chapters for ease of reading and understanding. These are: 1.) Introduction to Atkins diet 2.) How Atkins low carb diet works 3.) Tips for Atkins diet beginners 4.) Quick and easy Atkins low carb recipes Just like any other weight loss program, Atkins diet requires personal sacrifice, determination and commitment. Putting your heart and mind into it will increase the chances of succeeding. Successful weight loss requires complete lifestyle change: this is not easy, especially in the beginning; hence a person can easily give in to the temptation to quit.

Book Information

File Size: 1022 KB

Print Length: 42 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 19, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KPGFPSK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #705,270 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #58

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins

Customer Reviews

This diet is not for everyone. You should definitely check with your doctor before doing this one. My doctor who uses both conventional medicine and alternative medicine told me that if I had been on this diet I would have died. He had no real problem with the diet itself, but said it was dangerous for some people. The book is not well written. There are a lot of grammatical errors and some poor sentence structure. The recipes use grams and ml and if you are in a part of the world where your measuring cups have ml and you can measure grams you are fine. There should be a conversion table in the book for people who do not have access to a conversion table. Most real cookbooks have these tables.

This is great for someone who doesn't know much about nutrition, carbohydrates, fat, protein, etc., but wants to get started with an easy effective lifestyle change with lasting effective weight loss and maintenance. I only wish it had a carb counter. But I can see why it doesn't, as that could be intimidating.

A lot of good info if you are not familiar with the Atkins diet plan. The diet works if you follow it . I have lost 270 lbs following the Atkins diet . I know it works !

Good recipes to try and feeling a little more healthy with these simple changes.

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

Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook)

Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) 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)) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets

Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Atkins

Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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: 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) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss)