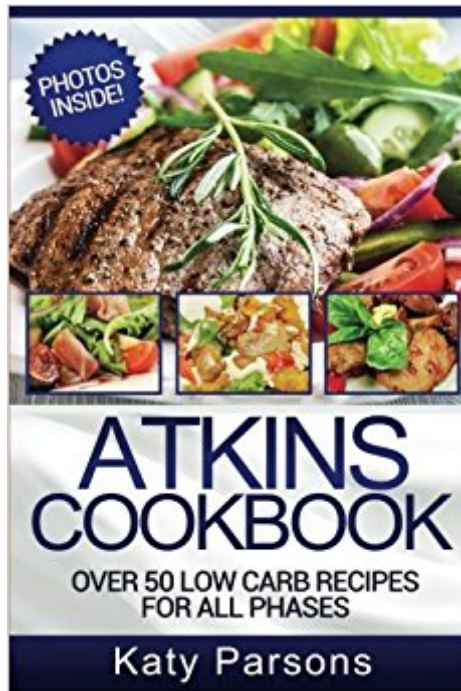




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Atkins Cookbook: Over 50 Low Carb Recipes For All Phases (Full Color)



Synopsis

Lose 15 pounds in two weeks without cravings or hunger! What if we told you that there was a diet out there that wouldn't leave you feeling hungry, where you could eat most of your favorite foods, and you would still lose a considerable amount of weight? Does this sound like a mirage or a far-fetched dream? You're not in the midst of a slumber, it's a reality! The New Atkins Diet Quick Start Guide will show you how you can eat until you are totally satisfied, whilst also seeing the numbers on the scales rapidly decline. The Atkins Diet has undergone many changes over the years and it is now easier than ever to follow. This book will show you exactly what you need to do in order to follow the diet correctly, including what you can and can't eat, how to eat it, when to eat it, as well as giving you all the information you could possibly need to ensure a smooth and easy journey to your weight loss goal.

Book Information

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Customer Reviews

Wow!!! This book was amazing. The book is packed with delicious and healthy low carb diet recipes. Most of the recipes are easy to make and the directions are easy to follow. I can eat my favorite food without having that guilt feeling. Atkin diet followers must take a look at this book.

is great book

I love it

Use all the time.

I found the recipes to be ok. Found better ones free online.

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