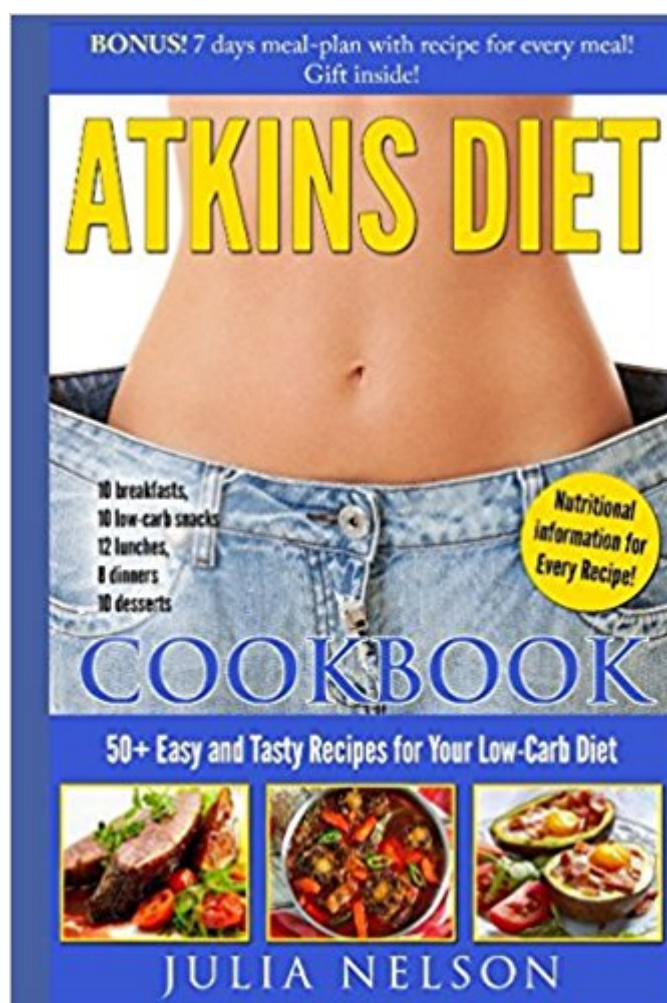


The book was found

Atkins Diet Cookbook: 50+ Easy And Tasty Recipes For Your Low-Carb Diet



Synopsis

Buy the paperback version and buy the kindle version for free! The paper version is more convenient for everyday cooking. Favorite recipes with your notes are always at hand! Are you tired of being overweight? Have you tried tons of diets, but found that they do not work? Are you tired of denying yourself food without seeing results? Does this make you sad and unhappy? **Get ready to say goodbye to all these disappointments forever! Start losing weight now and love your new healthy and beautiful body!** The Atkins diet is a time-tested and reliable diet for burning fat and getting healthier every day. Order your copy of the book "ATKINS DIET COOKBOOK" and start a new life right now. In this book you will find information about: **How the Atkins diet works** **A week-long meal plan with recipes** **51 detailed recipes for delicious and simple dishes that follow your diet** **10 breakfasts,** **10 low-carb snacks,** **12 lunches,** **8 dinners** **10 desserts** **! FREE gift from the author!** **NUTRITIONAL INFORMATION FOR EVERY RECIPE!** Start a new healthy and easy life today! Click the "Buy" button!

Book Information

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Customer Reviews

Awesome recipes! I had heard of Atkins diet a long time ago, but I had no idea what it meant. After reading this book, I finally realized that the Atkins Diet may actually be the source of the ketogenic and paleo diet that are some of the most popular forms of fat burning diets, as it works purely on the concept of ketosis. The book has explained detail how the diet helps in burning fat and reduce weight, the advantages of following this. Really worth recommending!

The Atkins approach is the only thing that has ever really worked for me and the only thing that has ever made any sense for how my body functions. Hard to believe people still think they "know" what Atkins is when they have never even read the book. Would recommend this to anyone needing to lose weight or just wanting to feel more alert and alive every day. It might not work for everyone's body type but it certainly works for mine!

Despite the fact that the recipes are not supplemented with pictures I think the book is not bad. I put 4 stars for the fact that the author most likely worked hard to write this cookbook. The instructions are clear. Although the recipes are not very many, I would like more. Would recommend for those people who are trying to lose weight until the summer or just for people like me who are interested in a healthy lifestyle. It is convenient that the calorie content of each dish is written at the end of the recipe.

Perfect to read book and I am so lucky that I found it. There are a lot of great recipes associated with this book and I am pretty sure will help you specially when you are losing weight.

I really wanted to lose weight and this book has promising results. I read this one and quite convinced that weight loss is possible once I follow the low-carb diet plan. Good that this book has 7 day meal plan so that I'll just buy the ingredients, cook it and consume.

It's the first time that I adapt a low-carb diet and it tastes great. Photos are useful too. Even my kids like the recipes I cooked for them. I hope I could find more recipes in the future and a month-long meal plan.

Atkins follow a low-carb approach in weight loss process. The book also includes a week-plan to get started with the diet immediately once decided and provided the instructions in preparing and cooking the listed recipes.

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