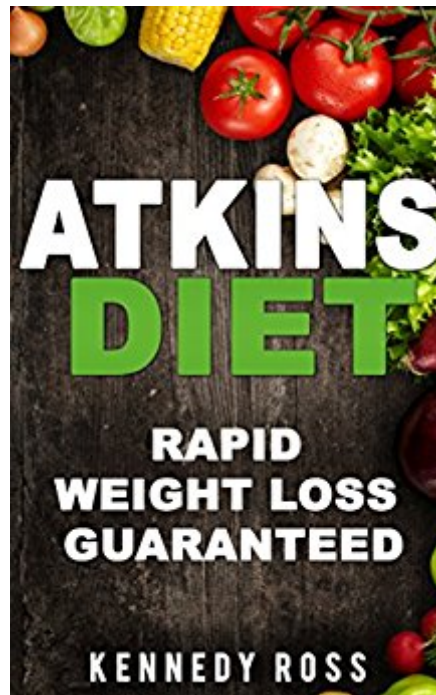




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Atkins Diet: RAPID WEIGHT LOSS GUARANTEED



Synopsis

For Guaranteed Fast Weight Loss choose the Atkins Diet. Ever Wonder Why Celebrities choose the Atkins for fast weight loss? Because it works..it's that simple! Kim Kardashian, Jennifer Aniston, Demi Moore, Courtney Thorne-Smith, Renee Zellweger and many more have turned to the Atkins Diet for fast weight loss. Kim Kardashian lost a whopping 25lbs on the Atkins Diet. Sharon Osbourne lost as much as 23 lbs in 6 weeks. The best part is you don't have to be on this diet for LIFE. You'll need to complete all 4 phases of this diet and keep your carbs in balance afterwards. During the last 2 phases you'll get to reintroduce carbs back into your diet to assess your carb limit. This is the quantity of carbs you can consume daily to maintain your weight. One of the greatest perks of the Atkins diet is learning about your body's carb limit to prevent weight gain in the future. Numerous studies have concluded that low carb diets are highly effective in achieving weight loss. The real reason why the Atkins diet has proven to be so successful is because when individuals significantly lower their carb intake and increase their protein consumption, their appetite goes down and they automatically eat less calories. Less calories=guaranteed weight loss. NO need to implement the tedious task of calorie counting. Calorie counting is a hassle. It's an unsustainable method of losing weight. Losing weight doesn't have to be hard and it definitely doesn't have to be painful. The Atkins Diet was designed to be simple. All you need to do is cut out the carbs that you have in your diet and you will definitely achieve dramatic weight loss. The added health benefits combined with weight loss will be enough to make you appreciate all of the things that you can do while you are eating the Atkins style diet. This book is a detailed guide on following the Atkins Diet it also includes delicious recipes to help you get started with your new carb free living attitude. It will be a great way for you to lose weight, get healthy and enjoy everything that comes along with eating limited carbs. The Atkins diet is perfect for nearly everyone. Read on to find out the expert information that tells you exactly why you should be eating the Atkins diet even if you don't have a lot of weight to lose. The book contains some of the most valuable nutritional information and will help you to get started no matter what your goals are. If you have 5 pounds to lose or 50 pounds to lose, you can benefit from the Atkins diet.

Book Information

File Size: 2778 KB

Print Length: 44 pages

Publication Date: April 8, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B06Y5CF8JY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #143,733 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

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Customer Reviews

This is a great book on Atkins Diet. All of the things, tips and recipes that I need to know about Atkins Diet are already included and well written inside. Kennedy Ross has done an incredible awesome job in compiling and creating this book. All the recipes are very healthy, delicious and easy to prepare. This book is really a great resource for those who want to learn more about Atkins Diet. The book is worthy of attention! I highly recommend this book to all.

I love this book! I find this book helpful and informative. The Atkins diets is definitely a very interesting type of lifestyle. This book definitely gave me a lot of valuable information that I was looking for. This book will definitely get you up and running with this diet if you decide to go this route. I really love the recipes and it's really well-organized. Thanks to the author for writing this book!

I think this book to be one of the best diet books. I have read. I have found some information about healthier lifestyle and the benefits of diet are undeniable. This book will lay out easy to prepare recipes and now I choose my favorite recipes to be diet friendly. I understand that choosing Atkins diet I can have simple, easy and incredibly healthy. If you desire to lose weight, strengthen your digestive system or even boost your overall health, Atkins diet is key. Very highly

recommended!

This book is worth every penny. It's instructional and full of easy, varied and tasty recipes that made it super easy and I stick to our diets, no small feat believe me. I used this book as a guide to put together menus & grocery lists for two weeks at a time and we enjoyed every single one.

This is a great book, it explains how good fats are good for you! It explains the phases and how to eat for life. It is more than a diet it is a way to eat for life and keep the weight off for good and to be happy and healthy. This book is a great step in the wonderful Atkins legacy.

This book is pretty good and useful. I was not feeling very comfortable with my last diet and decided to search another one. I liked that each chapter has weight loss hacks and I had already tried several. Some of them I liked and use them every day and some not so. You will have your delicious, healthy and easy to cook recipes that you can enjoy every day.

all good

I started reading the book and what caught my eye when I got it was the weight loss was guaranteed. I have tried many diets, but the Atkins diet is what seems to work for me. Even though you are removing the carbs from your diet, this is not difficult to do when so many other good foods, discussed in the book, can still be eaten. The way to lose weight is when you are convinced about the diet to follow. You cannot do this by simply reading articles online, you need to read a book, like this one, to prepare your mind to do the work. I liked reading this book because it's easy to read and has helped me achieve my goals to losing weight.

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