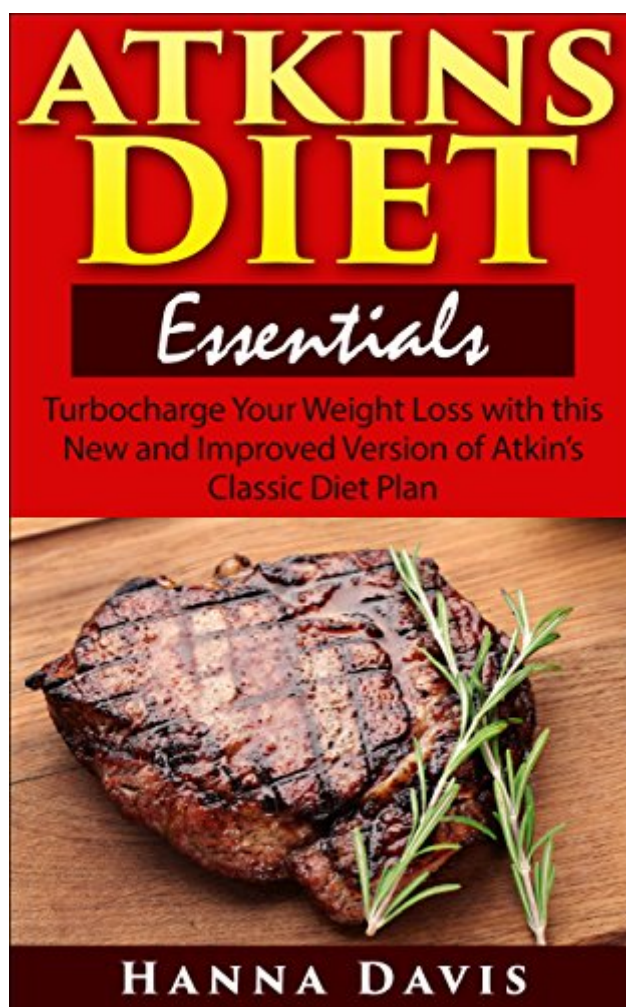


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# Atkins Diet Essentials: Turbocharge Your Weight Loss With This New And Improved Version Of Atkins' Classic Diet Plan (Healthy Life Series Book 3)



## Synopsis

Atkins Diet Essentials • I'm not hungry and I'm losing weight. • - Ryan

Want to see weight loss results quickly? Do other diet plans leave you feeling like you are starving to death even after eating a mountain of celery and lettuce? It's been proven time and again that after only a few days of being on the Atkins Diet Plan you will see results and your clothes will begin fitting better! On the Atkins Diet you will be eating every 2 - 3 hours (including snacks) so you never feel hungry. Plus with so many food options available, you can still have quite a variety in your daily meal plan. Plus, as you approach your weight loss goal, you can add in more starchy veggies, fruits and whole grains giving even more options. Atkins Diet Essentials is a great new book for getting you started down the path of Healthy Living and Weight Loss. The Atkins Diet definitely isn't another fad! It's been around for over 40 years and is a healthy lifestyle plan to get you on the road to feeling better AND losing weight. The key to the success of this diet is controlling your carbohydrate intake. It's been proven that your body will burn more fat when it is fed less refined carbohydrates. And burning fat leads to losing weight! This is why the Atkins Plan works so well. Atkins Diet Essentials is the answer to your desire to lose weight and keep it off! This diet has been around for a long time and is a proven plan to promote healthy weight loss. What's more, you'll learn how to transition from the initial strict diet phase to the maintenance phase so you will be able to keep those pounds off for good! This book is meant to be a useful guide to those who want to get started on the path of healthy living through the Atkins Diet plan. Inside this valuable resource you will find 26 Recipes including tasty treats for breakfast, lunch, dinner and even snacks. Here Is A Preview Of What You'll Learn... Who was Dr. Atkins? Why the Atkins Diet Works Pros and Cons of Atkins and Who Should Use It Your First 2 Weeks on Atkins Foods to Eat and Foods to Skip Personal Carb Balance How To Dine Out While on Atkins The 4 Phases of Atkins How To Get Over A Plateau 26 Tasty Recipes And much, much more! I have covered everything you need to know to get started on the right foot so you can see results in under a week. This is strong motivation to continue the plan! I've included great information that will get you going with foods you can eat and those you should avoid as well as how to dine out while on the plan. There's even a chapter devoted to helping you through the inevitable "diet plateau" we all experience. And don't worry, there are no points to track or embarrassing weigh-ins. You'll have everything you need to begin today. Buy this book now to begin your journey to a healthier you using the Atkins Diet and take pleasure in all the benefits it will provide! Don't waste another minute feeling uncomfortable when you look in the mirror. Don't forget your FREE GIFT with ebook purchase! Just my way of saying aœthanks. •

## Book Information

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## Customer Reviews

I've been doing low carb/Atkins dieting based on what I've heard from others. This book was great at giving me a good understanding of the diet and the things I really should and shouldn't eat and in some cases how much. Cheese for example is one serving a day. I also like the recipes section, which opened my eyes to some new options. Glad I got this book. Hope you enjoy it too!

1. excellent recipes 2. really helpful intro to the diet 3. good walk through on what to do, what not to do, how to make it work, etc. 4. excellent recipes...:) I'm not hungry and I'm losing weight. This is a great addition to your Atkins library but you can get by with starting the Atkins diet and losing weight with JUST this book.

There are several books on diet plans and dieting in the market. This book stands out from the crowd because it tells what is necessary to keep the weight off and how this can be done with long term results. This diet plan is one of the more effective ones around and it has worked for so many

people who have tried it with success. This diet is clearly not one of the fads that exist today as has been proven by its longevity and success, I will recommend this book to people who are serious about burning off the fat permanently and maintain a healthy lifestyle.

I bought the book to be able to understand my man's diet and know what to cook that suits the whole family! So I finally know what it is meant with net carb, control of carbohydrates etc.... And the recipes help greatly to find ideas on what to cook on a daily basis. I also enjoyed very much all the references at the end of the book to loop deeper into the principles of the diet and read some researches about it.

This is a very informative book with a good explanation of how to do Atkins while reviewing the science behind it. Although many people mistake Atkins as a bacon-sausage-meat diet in reality it's based upon eating a variety of vegetables along with high quality proteins and fats. Though I steer clear of any of the Atkins products (bars, shakes, meal replacements) I think you can get all the benefits of healthy eating by following the book. I found reading this book very helpful.

Full of valuable information on why the Atkins diet works as well as de-mystifying a few common questions like the effect of ketones on health and the place of dairy/cheese in an Atkins diet. Personally I follow a more relaxed approach to low carb where I don't count carbs so the lack of carb count on recipes wasn't an issue for me but might be for some

Atkins Diet Essentials is kinda new to me. I need to lose weight because my doctor said my body cannot handle too much. However, diet plans are more like torture. Glad I found Dr. Atkins' book w/c is truly amazing. This book will explain how you're going to lose weight by a new diet - knowing what to eat and what to avoid. Just be careful because not everyone can follow this strategy.

This has some good information, and easy to read. But the recipes don't have any nutritional/carb information! How can you write a book like this without giving you the very basic information, that makes this diet work. I was so disappointed, because I consider that information critical if you really are trying to live a low carb life. I would really have liked this if that vital piece of information wasn't missing! Just be aware, if you are tracking carbs. This book would be great if there were carb counts on the recipes. I got a lot of good information.

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