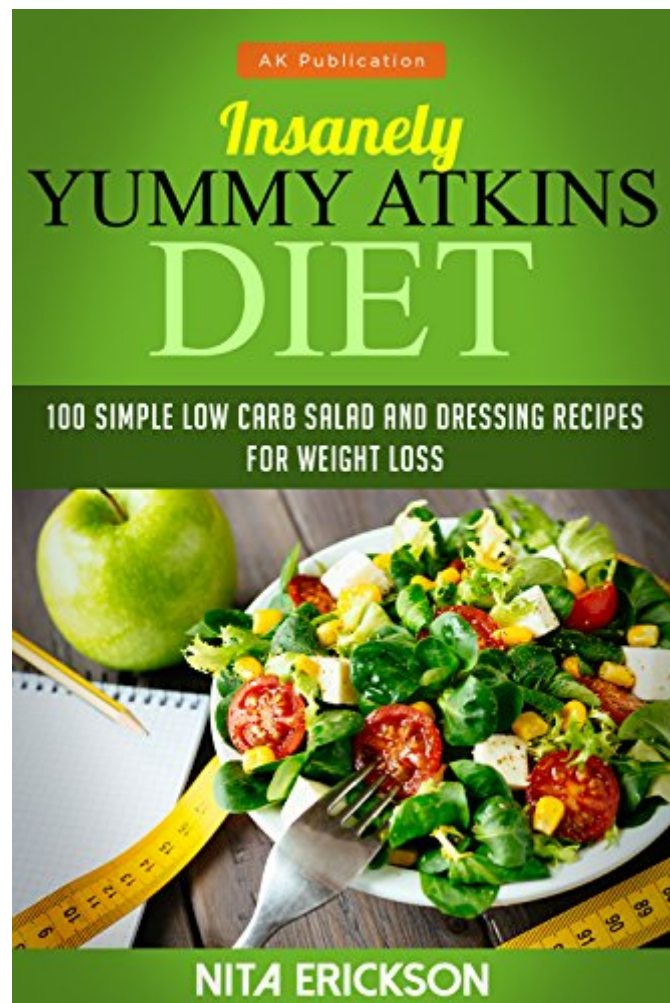


The book was found

Insanely Yummy Atkins Diet: 100 Simple Low Carb Salad And Dressing Recipes For Weight Loss (Atkins Diet Series)



Synopsis

ALL types of your favourite salads, NOW LOW-CARB! Here is an effective atkins diet for all! "Got my copy & Gifted another ..the best salads book"- Hilary W. (On facebook) "THIS is it! ..Every Low-Carb eater's Bible!"- Sarah S. (On twitter) It is said that low carb salads are not yummy.. BUT NOT ANY MORE! Here are 100 simple Low-Carb salad and dressing Recipes for Superb Health & Weight Loss which will make your meals yummy like it has never been before! Salad are the most healthy diet which are just a boon for weight loss. Here are some salads and dressings which are yummy by themselves and also if taken with anything! These 100 Recipes are so Insanely Yummy, Nobody'll Believe they're Low-Carb! Here are some of the most AMAZING Low-Carb Salad Recipes that'll get you salivating right now! TAKE A LOOK: Bacon & Egg Salad, Bacon Cheese Salad, Broccoli, Olives, & Egg Mixed Salad, Bruschetta Style Tomato Turkey Greens, Caulif-broccoli salad, Goopy Herb Dressing, Blue Cheddar Dip/Dressing, Extraordinary Blue Cheddar Dressing, Goopy Thousand Island dressing, Chicken Bacon Club Greens, Yummy Chicken Taco Salad, Obsolete Cole Slaw, Cool Taco Mixed Salad and many more..... I bet, you couldn't experience these recipes without getting ravenous! Not just are these formulas extraordinarily delicious, every one of them has an itemized breakdown of the fat, carb and protein content furthermore other valuable subtle elements like prep-time, number of servings and so on. Go On, Grab Your Copy and Get Cooking! Don't miss this opportunity to BUY NOW at the Lowest Price ever!

Book Information

File Size: 1317 KB

Print Length: 110 pages

Simultaneous Device Usage: Unlimited

Publisher: AK Publications; First edition (January 23, 2015)

Publication Date: January 23, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00SOZEPMW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #743,618 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #179 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #1474 in Books > Kindle eBooks > Cookbooks, Food & Wine > Quick & Easy #3051 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

As someone who likes to eat healthy, salads have always been one of my favorite foods. My big weakness, however, is salad dressing. Most salad dressing is horrible for you, full of fat, sugar, or even high levels of sodium. I kept falling into the trap of thinking I was eating healthy when the dressing on my salad was negating any benefit from the vegetables! That's what I found so valuable about *Insanely Yummy Atkins Diet* - even if you're not using that diet, the recipes for so many varied salad dressings that aren't going to ruin your waistline make the entire book worth it. There's also a great selection of salad recipes if you want to try out something new, and some information about the Atkins diet itself. For me, the salad dressing recipes were the best part, and now I know that I can ensure my salads are healthy!

Atkins diet has been one of the popular diets that promises to reduce weight by concentrating on the relative amounts of fats, proteins and carbohydrates that we take in. It is essentially a high protein, high fat and low starch diet. If you stick to it this diet has a reputation of being very effective. But the main problem here is stickability. As the book points out that several studies have pointed out the effectiveness of this diet in the medium term. The book then enlists the various benefits of Atkins diets. The rest of the book is full of some delicious Atkins recipes that are healthy at the same time. Liked the book and would recommend it to anyone looking to make use of the Atkins diet to lose weight !

WOW!"*Insanely Yummy Atkins Diet*" was such a great book! It thoroughly discussed everything you need to know to start (and more importantly, keep up) a great Atkins diet. If you want to learn how to maintain an Atkins diet with tons of delicious recipes you NEED this book. It will make things so much easier and faster for you. Highly recommended!

There is no doubt that cutting carbs can help you lose weight. The difficult part is maintaining a diet like Atkins because carbs are so delicious! But, this cookbook contains many delicious recipes, so you won't feel deprived. Plus, the recipes are filling and nutritious... but yummy enough that they

don't feel "diet". I'm actually going to make the Taco Salad for my Super Bowl party this weekend!

This cookbook is such a great one! Atkins diet is a really essential diet for us for it doesn't just make you lose weight but it also have a lot of benefit for our health. I love all the recipes given by this book and it surely is an insanely yummy Atkins diet. This is truly a recommended book for everyone who's also looking for ways in shedding that extra pounds but still sticking on a healthy lifestyle.

Great book! There are definitely a lot of salad and dressing recipes in this book. It also explains the Atkins Diet well and the advantages of it. Very yummy recipes throughout the book. I really liked the Broccoli and Bacon Greens recipe. Also loved the Cool Taco Mixed Salad, yum! When you think of dieting and salads you don't think of them being as good as these are.

Let's face it the Atkins diet has been around for a while now. However it is not easy to stay motivated and stay on a diet. Especially with salads. And dressings add flavor but they are fatty and unhealthy. So it makes sense to add variety. With 100 different salad varieties and dressings it's now going to be a pleasure to maintain my Atkins diet!!

Want to quit starchy food and start on a high-protein and high-fat diet? Keep the energy throughout the day by taking Atkins Diet. This book will show you how this diet will improve your triglycerides, HDL, and insulin resistance. Choose your favorite salad for the day from the recipes in this book and add the dressings you can find here.

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

Insanely Yummy Atkins Diet: 100 simple low carb salad and dressing recipes for weight loss (Atkins diet series) Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) 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) 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) 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,) 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 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: 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) 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) 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: 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 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) 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: 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 Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet)

[Dmca](#)