



Atkins: Atkins Cookbook and Atkins Recipes. Quick Atkins Diet Recipes - 30 Delicious Quick and Easy 15-Minute Atkins Diet Meals for Weight Loss (Atkins ... for Beginners, Atkins Diet Kindle Free)

J.S. West

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After Reading this Book You Will Understand the Science Behind Atkins Diet and Will be able Start Atkins Diet in Your Own Life

The Health and Wellness Benefits Will Be Incredible!

The BEST recipes included!

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You've probably tried a diet or two with little to no success. If you haven't, then you probably know someone who has struggled on one. The problem with many diets is that they require you to count and restrict your calorie intake. Often you'll wind up hungry throughout the day, cheat with some "bad" food then restrict again. It ends up being an endless cycle where you'll never lose weight. Luckily, there is one wildly popular diet that doesn't require you to count calories or give up your favorite foods like bacon, cheese and butter. The Atkins diet was developed by Dr. Robert Atkins, a cardiologist, in 1972 after rigorous research and experimentation. Dr. Atkins discovered that too much carbohydrate, not fat, is the main source of weight gain. Thus, he created the Atkins diet that limits carb intake. Since its huge popularity in the 2000s, the Atkins diet has helped millions of people lose weight effectively. One of the main benefits of this diet is that you will see immediate results in the first couple days. The diet isn't just for short term loss, however. By following the four phases outlined in this book, you can be on your way to long term weight management.

This is A Preview Of What You'll Learn...

- Easy to understand breakdown of the science behind Atkins
- Explanations about each different phase of the Atkins diet
- 30 delicious meals to sate your appetite

- List of what foods to eat and what to avoid
- and much, much more!

Would You Like To Know More?

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Amanda Grant:

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