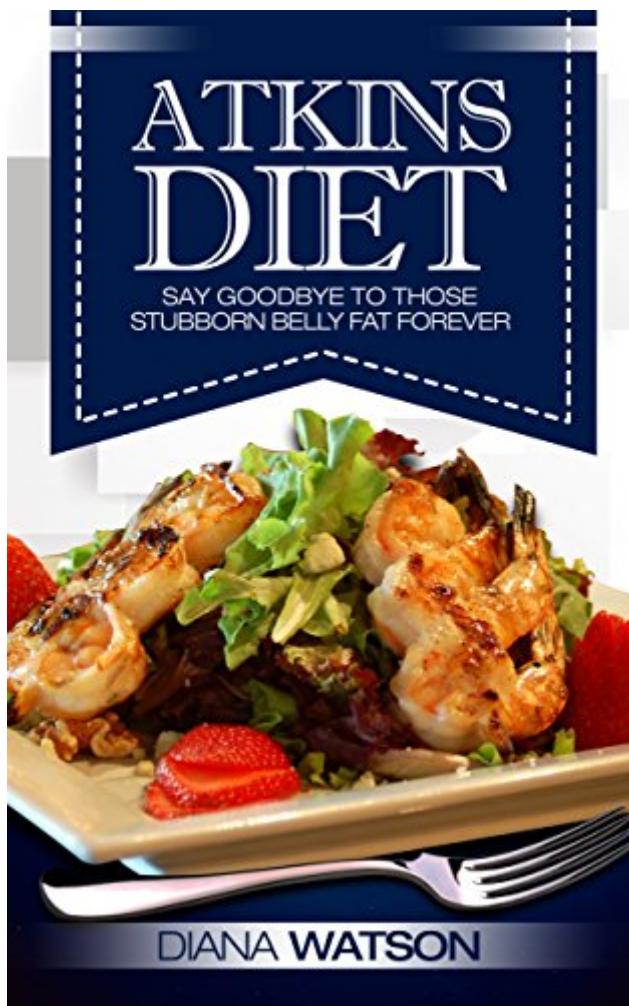


The book was found

The Revolutionary Atkins Diet: Say Goodbye To Those Stubborn Belly Fat Forever (Weight Loss, Proteins, Atkins Diet, Atkins, Clean Eating, Low Carb, Paleo, ... Protein Diet, Healthy Fats, Maintenance)





Synopsis

Say Goodbye To Those Stubborn Belly Fats Forever And Start Loving Yourself Again With This Amazing Low-Carb Solution! Are you tired of struggling with your weight goals year after year? Do you find yourself bouncing back after having experienced some success with your weight with other diets and exercise? And most importantly, are you someone who is looking for a healthy, easy, and effortless way to kick start a diet plan that is guaranteed to work for you in the long term? Well introducing the The Revolutionary Atkins Diet - Say Goodbye to those stubborn Belly Fat Forever! The Atkins Diet found in this book uses low carb, high protein and fats meal plan to ensure weight loss and maintenance is at the very core of its benefits. The Atkins diet is unique because it brings the body to a better state in phases, gradually acclimatising you for success. It's a great way to lose weight healthily and effortlessly. Note: If you are at risk for type two diabetes or high blood pressure, this diet can also help you regulate your glucose and lower your blood pressure naturally because of it's low-carb, low-sugar diet. In The Revolutionary Atkins Diet You Will Receive: An Abundant List Of Recipes To Help You Make The Journey Enjoyable And FunAn Introduction To What The Atkins Diet is And It's 4 PhasesA 7-Day Meal Plan To Get You In A RoutineAtkins Diet Recipes For Breakfast Atkins Diet Recipes For LunchAtkins Diet Recipes For DinnerHealthy Meals That Work Towards Helping You Achieve Better Health and a Healthier Body! Who says you have to starve to lose weight? Here Are Some Recpies That I know You Are Going To Love In The Revolutionary Atkins Diet To Keep You Satisfied While Working Toward Your Goals: Spinach, Sausage and Feta FrittataCream Cheese PancakesAntipasto SaladFeta and Sun-dried Tomato MeatballsCuban Pot RoastBanana Split CakeAnd Much Much More....Grab Your Copy of This Book Today At A Low Price of \$2.99. Don't Miss On Your Chance To Have A Changed Lifestyle And a New You. Scroll to the top and press the "Buy Now" button Today to get your copy!

Book Information

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Customer Reviews

This is low carbohydrate diet. Atkins diet greatly help in losing weight. I learned the working of this diet. This book covers several benefits includes increase HDL levels, reduce risk of heart disease, reduce insulin and blood sugar levels. There are delicious recipes for breakfast, lunch and dinner. This is very good book for beginners. I highly recommend this recipe book.

I do think that the book is very interesting. I appreciate that it gave simple and easy to prepare recipes that are perfect for you and your family. I just wish that there are more unique recipes in the book.

If you follow the diet, it works. I lost about 10 lbs in first 2 weeks.

No carb count on recipes.

Very low on recipes and very high on lecturing.

Best and most effective diet book.... This will give a very good result in a very short period!!!

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