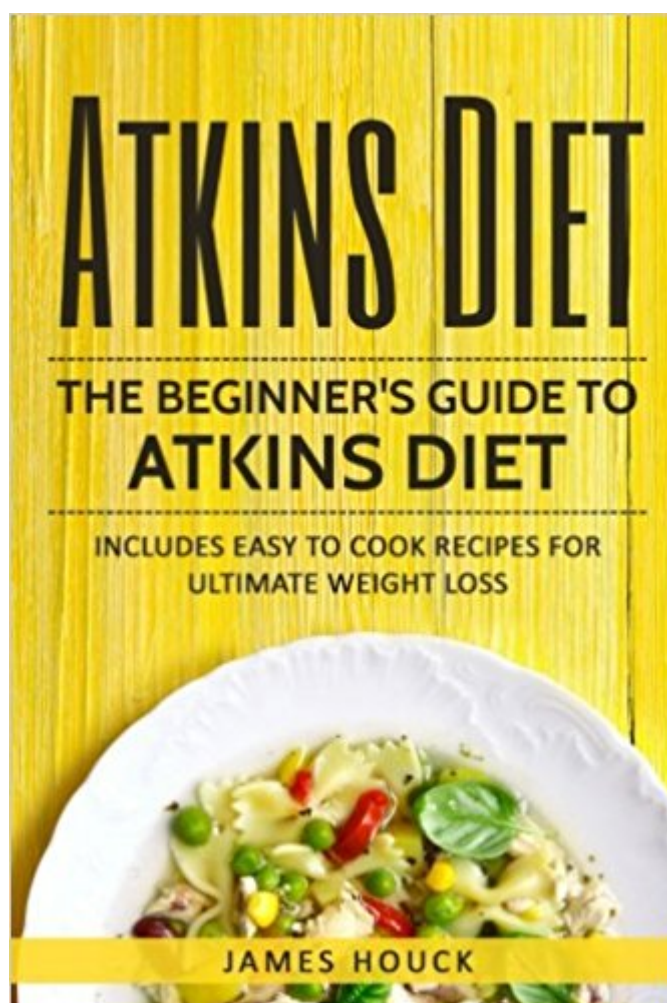


The book was found

Atkins Diet: Atkins Diet Cookbook For Ultimate Weight Loss: Includes Quick And Easy To Cook Recipes



Synopsis

It is very frustrating when you gain a lot of weight. You feel bad especially when you go out to a party with your friends or when someone comments on how fat you are. When your favorite dress doesn't fit, that is the time when you feel guilty. Especially after your first child, the weight gain is obvious and very embarrassing. Also, it is very difficult to shed that baby weight. So, it leads to tension and worry. Don't worry about your weight anymore. Atkins's diet will help you lose your extra fat and feel healthy while improving your overall health. It improves blood sugar, triglycerides, and good cholesterol. This diet will introduce you to easy low-carb meal program while not avoiding your favorite desserts. It will help you regain your confidence and attend parties anytime with a fit body and mind. This is not an instant weight loss program but is effective when followed. This book will help to improve your health and introduce you to easy to cook and simple recipes which can be used during the Atkins's diet program. Vegetarians and non-vegetarians both can follow this diet. There are both vegetarian and non-vegetarian recipes in this book. Once you are used to this diet plan, you will not switch to your previous diet ever. This diet will change the way you eat.

Book Information

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Customer Reviews

I heard about this diet at the beginning of the year, and as a result I came across this book. I have to say I'm starting to see a change and the recipes are simply delicious. It's amazing having so many options on a diet, it makes the whole thing effortless.

I have a T1 diabetic daughter and I wanted some recipes the whole family would enjoy. I found many in here. I have made several and they were great!

One of the worst books I've ever purchased. A waste of money. Poorly written with little usable information.

This book gave me a lot of good ideas about a low carb lifestyle. It is much easier than I thought.

Not a true Atkins diet. Close, but loose translation of the original.

Excellent book

it is just okay

GOOD UNDERSTANDING OF LOW CARB DIET

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