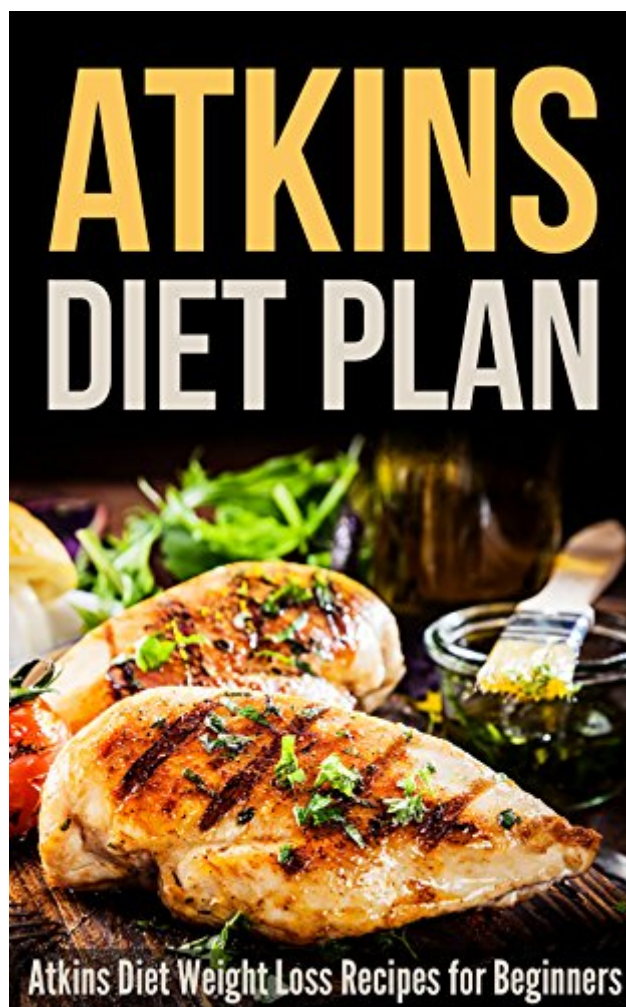


The book was found

# Atkins Diet Plan: Atkins Diet Weight Loss Recipes For Beginners



## Synopsis

The Condensed and Easy to Understand Guide to Atkins Diet New to Atkins Diet? Then this is the perfect book for you because it is direct to the point, concise and provides you with the needed and important information that you need to know to begin the Atkins Diet. If you are not a newbie when it comes to Atkins Diet, this is still a good book for you because it contains over 25 pieces of delicious recipes that is well-suited for any phase of the Atkins Diet. What are you going to learn from this book? This book talks about what the Atkins Diet is all about, it introduces you to how the Atkins diet came to be, and who inspired Dr. Atkins to create the diet that will also help him achieve his weight loss goals. The next portion of the book will help you understand the process of losing weight with the Atkins Diet. It also introduces you to the different stages of the diet, how you move on from one stage to another, the goals of each stage and importantly what types of food you need to incorporate in your diet in each stage. The next portion will provide you with amazingly delicious recipes that are rich in protein yet low in carbohydrates. Some of these recipes may not be applicable during the induction phase or the first phase of the diet because it contains alcohol, so be wary of these recipes. The next portion of the book contains vegetable recipes that are low in carbohydrate, rich in fiber, and vegetable recipes that would provide you with some of the needed vitamins and minerals you need to have a healthy diet. What's great about these vegetable dishes are that they don't take up too much of your carbohydrate allocation for the day. I hope that this book will help you achieve the weight loss goals that you are targeting.

## Book Information

File Size: 611 KB

Print Length: 57 pages

Simultaneous Device Usage: Unlimited

Publisher: Loco Media (May 21, 2015)

Publication Date: May 21, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00Y39339E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #766,045 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #183

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #1084 inÂ Kindle Store  
> Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #1725  
inÂ Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

## Customer Reviews

You are going to learn how the Atkins Diet is composed of four phases. Glucose is the number one way for our body to derive energy and glucose are gotten from carbohydrate foods. So, if we eliminate the source of glucose, which are carbohydrates, from our current diet then the body has no choice but to use stored body fat for energy. This then leads to weight loss and help you get the body you ever wanted.

Ha! Thatâ™s funny, because we just had shrimp curry today. Interesting to see it in this book. The book has just a few pages about an actual diet âœplanâ• and then a lot of recipes. Thatâ™s basically it. I liked it.

So many Atkins recipes, I will never run out. Atkins has given me great results, but it can be hard to find recipes that taste good and are satisfying for me, a former carb addict. This book's recipes are so filling and so tasty (at least the ones I've tried). Really recommend it.

Great collection of Atkins recipes. This book offers a variety of Atkins recipes, and I can't wait to try every one of them. I have been on the Atkins diet before, and so I know it works. The choices in this book will keep my meal choices interesting for a long time.

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

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)  
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))  
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 for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian 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) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) 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 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) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) The Complete Atkins Diet Plan Book: The Atkins Diet Book and Atkins Diet Plan. Also Includes Atkins Diet for Beginners Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss)