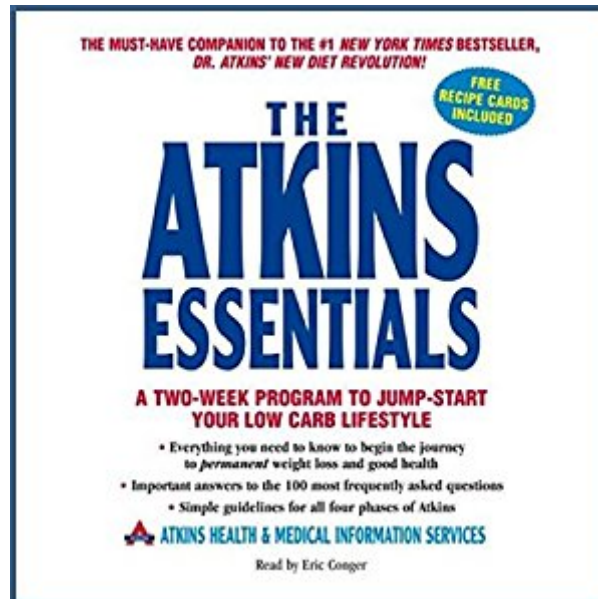


The book was found

The Atkins Essentials: A Two-Week Program To Jump-Start Your Low Carb Lifestyle



Synopsis

Millions of people around the world have already discovered the Atkins Nutritional Approach and the remarkable benefits of controlling carbohydrates. Now it's even easier to join the revolution, lose weight, and get healthy the proven Atkins way! Providing clear, concise answers to your questions and concerns, The Atkins Essentials is ideal for anyone seeking a healthier lifestyle. For those new to Atkins, it is a quick and effective way to get started, and for those already on the program, it offers indispensable tips on eating out, stocking your pantry, and more. Simply put, it is Atkins made easy, with:

- The ABCs of doing Atkins
- An effective two-week launch into weight-losing mode
- Personal modifications to slow or speed weight loss
- Helpful listings of acceptable and unacceptable foods and much more!

Book Information

Audible Audio Edition

Listening Length: 2 hours and 44 minutes

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Customer Reviews

Very short and sweet. Atkins works. I love this diet. I lost eight pounds the first two weeks. It was hard in the beginning and I was craving carbs. I allowed myself a cheat meal to make it workable during the weekends and I did try to exercise at least three times a week.

I have several Dr. Atkins books and have been successful using his theory. I like book as it has some good recipes in it.

helpful

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