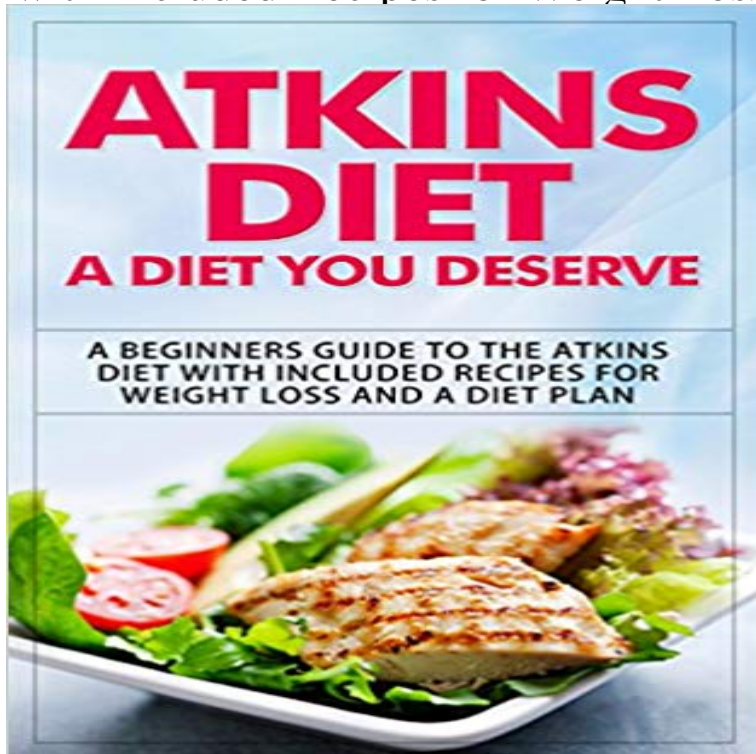


# Atkins Diet: A Diet You Deserve: A Beginners Guide to the Atkins Diet with Included Recipes for Weight Loss and a Diet Plan



\* \* \* LIMITED TIME OFFER! 2.99\$ INSTEAD OF 4.99\$ \* \* \* Atkins Diet: A Diet You Deserve! The Beginners Guide to the Atkins Diet with Included Recipes for Weight Loss and a Diet Plan The world famous Atkins diet has revolutionized the way people approach weight loss. This is a weight reduction diet that revolves around the intake of minimal carbohydrates, significant proteins and fats, which is meant to offer a healthier weight loss solution. It was developed by Robert Atkins, who sought to find a healthy way of living, which facilitated safe weight loss. Determined to conquer his own weight issues, he gave his new approach a shot, and it worked well. Due to the popularity of his diet, there have been numerous books and websites dedicated to helping people adopt it. However, some still find it a challenge. This book is the secret tool that you need. It will help you not only adopt the diet and successfully change your lifestyle, but also to stay motivated so that you can meet your long term weight loss goal with ease. If you have struggled with your weight for years and are trying to find the perfect solution to reduce your weight, then this is the book that will turn your life around. What Youre Going to Learn: Approach to the Diet Atkins Diet Induction Phases Induction Side Effects of Atkins Rules of Induction Ketosis Digestible carbs vs. Fiber Carbs Atkins Ongoing Weight Loss (OWL) Phase Atkins Diet Pre-Maintenance Atkins Diet Maintenance Phase Principals of the Atkins Diet Net Carbs Atkins Diet Recipes Snacks Drinks Desserts Soups Starters & Main Courses Benefits of the Atkins Diet Atkins Diet: A Diet You Deserve! \* \* \* DOWNLOAD YOUR COPY TODAY \* \* \*

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