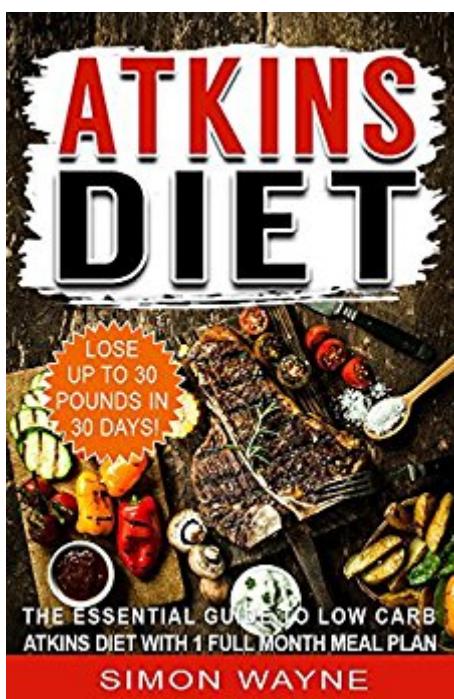


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# Atkins Diet: The Essential Guide To Low Carb Atkins Diet With 1 FULL Month Meal Plan - Lose Up To 30 Pounds In 30 Days!



## **Synopsis**

Atkins DietThe Essential Guide to Low Carb Atkins Diet with 1 FULL Month Meal Plan. Lose Up To 30 Pounds in 30 Days!The book is written in a reader-friendly to be understandable by everyone easily. The book talks about the obesity problem in the todayâ™s world and how we handle this problem by using the Atkins diet plan. The book has very easy format and here are the simple outline of the book.We will simply start with the introduction of the Atkins diet, phases of the diet, foods to avoid and consume. Then heading towards the benefits of the Atkins diet and finally ending by sharing a detailed 30 days plan for the Atkins diet for losing around 30 pounds in one month.Download your copy of "Atkins Diet" by scrolling up and clicking "Buy Now With 1-Click" button.

## **Book Information**

File Size: 2783 KB

Print Length: 90 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 21, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01NBB3MXL

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #451,721 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #91 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #95 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #132 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

## **Customer Reviews**

I had a huge interest to know more about Atkins diet and exactly for that why, I picked this book a few weeks ago as per one of my friendâ™s recommendation. This read didnâ¢t disappoint me rater it really impressed by providing various helpful guides & recipes. Here I have

found a full month meal plan and all the step by step instruction. I am really impressed by reading this book and of course I would like to recommend it to others as well.

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Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious, Quick And Easy, Low Carb Recipes for Every Meal) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Atkins Diet Head Start: The trusted guide to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)

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