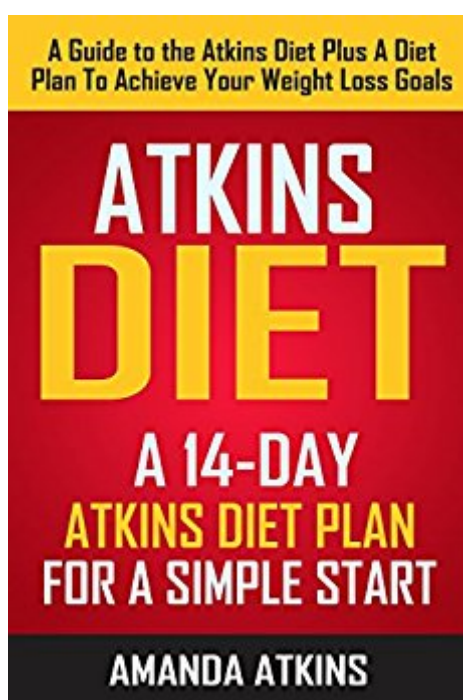


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# Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals)



## Synopsis

**\*\*Are You Looking For A Delicious 14-Day Atkins Plan That Will Keep You Motivated?** This 14-day Atkins Diet plan was created because it's easy to get off track when you begin a weight-loss program. This is filled with easy-to-understand explanations of how the diet works, and specific diet plans including Breakfast, Lunch, Dinner, Snacks, and Desserts. This is where the 14-day Atkins Diet plan comes into play. Here Is What's Inside:- An Amazing Meal Plan For Each Day of The Week For 14 Days, Including Breakfast, Lunch, Dinner, Snacks, and Desserts- An Simple Explanation of the 4 Phases - The Do's and Dont's of Phase 1- How To Choose Your Carbohydrates- The Glycemic Index Of Common Foods- The Possible Hindrances To Weight Loss- Foods Permitted During Phase 1- A Menu For Week 1, Phase 1- A Menu For Week 2, Phase 1- Reasons For Slow Weight Loss- How To Determine Your Ideal Carbohydrate Level- And Much More!**\*\*LIMITED TIME BONUS: IF YOU DOWNLOAD TODAY, YOU'LL RECEIVE TWO INCREDIBLE WEIGHT LOSS BOOKS ABSOLUTELY FREE.** To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

## Book Information

File Size: 2211 KB

Print Length: 161 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 9, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00ODFRB14

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,377 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #182 inÃ Â Kindle

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## Customer Reviews

The reviews so far are really making me wonder about their validity. I don't understand how this is supposed to be anything new... best I can tell, it's the Cliff's Notes of "Dr. Atkins' New Diet Revolution." There's nothing in this book you haven't already read in the Atkins book. This book appears to be written in the U.K., as it references aubergines (eggplants) and courgettes (zucchini). And some of the things listed in the sample menus are not, as far as I know, low carb (tortilla chips? really?). And the author... Amanda Atkins... any relation, or just supposed to make us think so? I don't know. But for the most part, if you liked Dr. Atkins' books, you'll like this condensed version of essentially the same thing.

This diet plan is easy to follow and you are never hungry while on it. Gives you daily eating plans with variety. I never felt deprived while on the first phase. I'm already feeling better and losing pounds. I still have another week on phase 1 and I plan to stick with it because THIS really works!

There are a lot of types about dieting and what suited for me is this Atkins diet. It's super different from all other diet and I find this one very simple to follow. The first time I discovered this kind of diet I was confused and don't know how to start. Luckily, I found this book and did not doubt but buy it immediately. I read it and slowly I learned the basic ways to practice this type of diet. I was super amazed by this book, it's super helpful! I enjoyed this so much and I can't deny the fact that this is fantastic. Without this one, I can't find the progress with my diet! I'm thankful with the author for writing this amazing diet guide book.

Husband A1c levels borderline: Doctor recommended a low carb and sugar free diet. I replied why didn't he just tell you to go on the Atkins plan. We are testing his A1c levels after 4 weeks to see where he is. So far he has done well. Thank you for the guide and download.

I'm a long time in the nutrition and health field, and this summarizes very well many things I found up until now. The fact that it has these 4 phases, and tells u the do's and don't's in every phase, with a very strict first one for at least 2 weeks is what I "accidentally" personally did and started to lose fat very fast afterwards... Now I see that others have the same effect too. Also great recipes... Thanks Amanda :)

This book here is a really awesome overview of the Atkins diet that most people are trying out these days. I got a lot of information from this book on the diet along with a proper diet plan which I was looking for as formulating a diet correctly is the essence of losing weight effortlessly and it was possible with this book.

Great guide if you are planning to lose weight. This book will pamper you with ideas for you to get started. Also, numerous carb recipes are listed and nothing to worry because the procedures are easy to follow. Eat more and worry no more. Grab this book.

This book is a compilation from several books. They give you good information about food and other related things like vitamins and minerals, etc. The book is easy to follow and the diet is realistic and looks healthy.

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