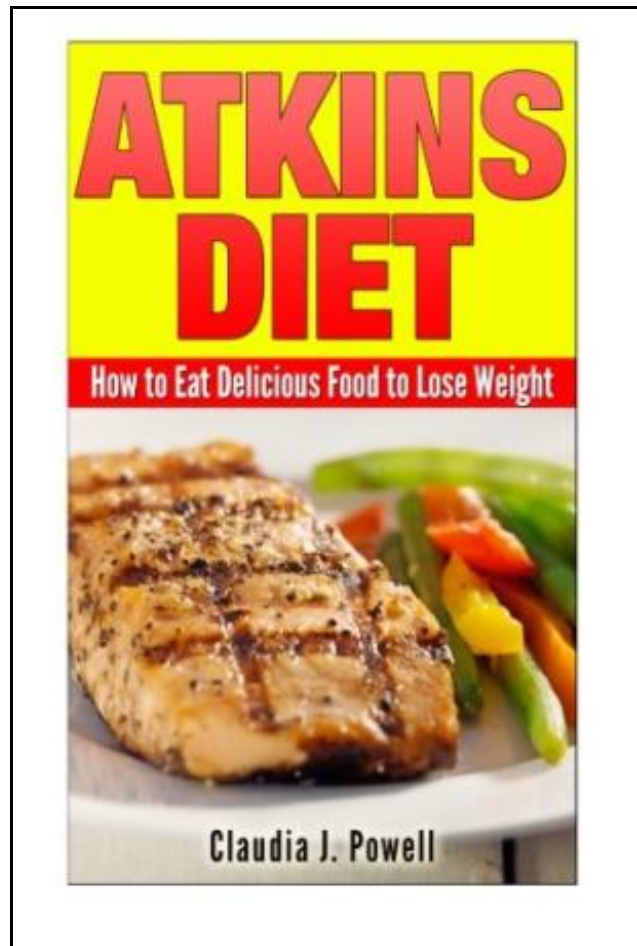


Atkins Diet: How to Eat Delicious Food to Lose Weight



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What Exactly is the Atkins Diet? The Atkins diet is so much more than just a way to lose weight. Since its introduction over 40 years ago, Atkins has been helping people change the way their body responds to the food they eat. By re-setting your metabolism, Atkins makes the dream of never having to go on another diet a reality. The Atkins plan is simple. There is no expensive equipment required, no meetings to attend or membership fees to pay. The food choices are delicious and healthy. You will never be hungry! Bacon and eggs are even on the menu in the most restrictive phase of the diet. Because The Atkins Diet is based on the basic philosophy of burning stored fat to supply your body with the energy you need, rather than on a constant supply of unhealthy carbohydrates, it can be individualized to fit your needs. You will choose a plan that allows you to lose weight at the rate that is right for you. And most importantly, Atkins teaches you how to keep the weight off. For life! Atkins Diet takes you step by step, from start to finish through the process in an easy to understand format with motivational tips for success along the way. Learn how to adjust the famous doctor's diet to fit your lifestyle and finally be successful in your journey towards a healthier, happier you. This book Consists of Simple and Concise Chapters: Chapter 1: Before you Start Chapter 2: Induction Chapter 3: Balance Chapter 4: Pre-Maintenance Chapter 5: Maintenance.



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