



## Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes for All Phases (Includes Atkins Induction Recipes)

By Jennifer Jenkins

Createspace, United States, 2013. Paperback. Book Condition: New. 217 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Atkins Diet Recipes Under 30 Minutes is designed to help you jump right into losing weight using the Atkins Diet, right from the start. And why does the Atkins Diet work so well? Simply because it substitutes your carbohydrate intake with other tastier food, so your body has lower amounts of stored carbohydrates. And so instead of burning carbohydrates, your body will safely and naturally begin to burn the stored fat deposits to keep up with its own energy requirements. leading to significant weight loss and a healthier, trimmer body. Unlike other Atkins Diet books, Atkins Diet Recipes Under 30 Minutes is the only guide designed for busy working professionals with families. Inside, you ll find complete step-by-step Atkins Diet Recipes for breakfast, lunch and dinner you can prepare under 30 minutes that even most children with picky taste buds will love. These recipes are complete with details like carbs and calories, so you can also track your calorie intake, if you like to. PLUS! You ll also discover How to Maximize Your Weight Loss Results with...



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