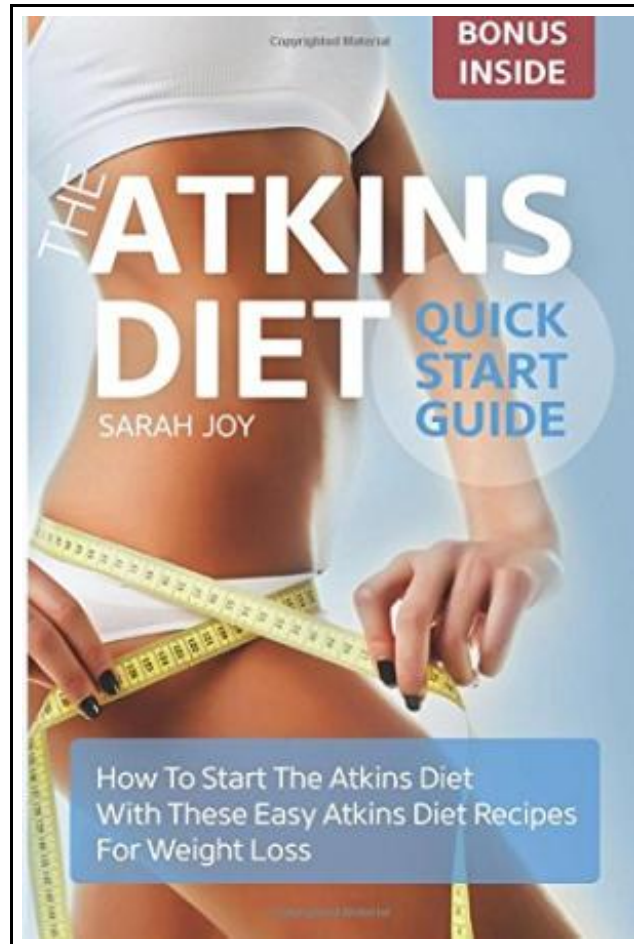


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Reviews


*Absolutely essential study book. It normally fails to price excessive. I realized this ebook from my dad and i encouraged this publication to find out.
(Mariela Stroman)*

ATKINS DIET QUICKSTART GUIDE: HOW TO START THE ATKINS DIET WITH THESE EASY ATKINS DIET RECIPES FOR WEIGHT LOSS (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 224 x 144 mm. Language: English . Brand New Book ***** Print on Demand *****.This book will take you through the essential basics of the Atkins diet and teach you everything you need to know to get started! I have compiled information regarding the four different phases of the diet that have helped me big time personally, so with this book, rest assured that you will have no problem starting the Atkins diet! This book also has amazing recipes to get you started on your weight loss journey - the recipes are simple, easy to make and delicious. They come with a list of ingredients, directions, serving sizes and nutritional information for each phase! No need to skip meals or just take cabbage soup to lose weight; you can still lose weight and eat amazing meals. Losing weight has never been this easy, fun and amazing! As a special bonus, I included a 14-Day Sample Meal Plan! Here Is A Preview Of What You Can Expect To Learn: Bonus Gift For YOU The Atkins Diet: How It Worked For Me Benefits Of The Atkins Diet The Four Phases Of The Atkins Diet Phase 1: Induction Phase Phase 2: On-going Weight loss Phase 3: Pre-Maintenance Phase 4: Lifetime Maintenance Drawbacks Of The Atkins Diet Mistakes Made By Atkins Dieters And How To Avoid Them Phase 1 Recipes Phase 2 Recipes Phase 3 Recipes Phase 4 Recipes Bonus Chapter: 14 Day Sample Meal Plan For Induction Phase.

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