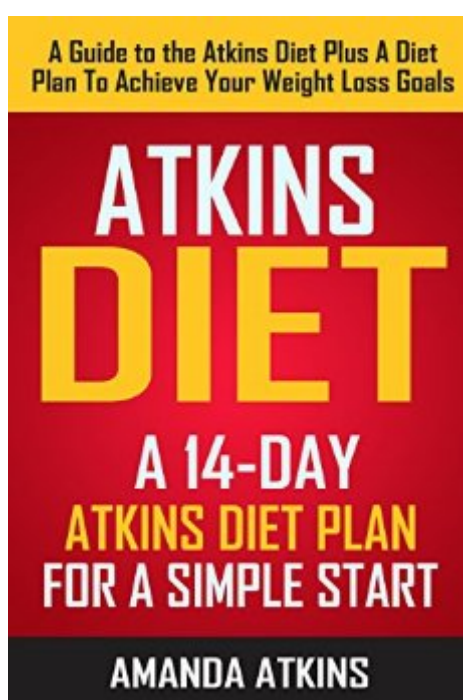


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# ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals)



## 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.

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## Customer Reviews

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!

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.

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 am always aiming to lose weight however due to slow result, I couldn't even push it. I am losing hope already and when I read this book, I decided to start losing weight again. Very awesome guide for me to have great start.

This book really helped me a lot in understanding low carb diet. Here, you will understand why to choose low carb diet, basic constituents of food, what you gain by losing via low carb diet, do's and don't's in low carb diet, and many more helpful topics to learn from this book. I really impressed with this book, so I am going to share this book to others.

For anyone looking to get their weight back on track you should definitely check out this book. The author does a great job of explaining low carb dieting and its benefits and the chapter on choosing your ideal carbohydrate level is particularly useful.

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.

I have been looking for diet plans that might somehow help me lose weight. I have encountered a lot of different plans and I hope this one works this time. This book explains one by one the basic constituents of food, what you get from this diet, the do's and don'ts, the possible hindrances, foods permitted and not, and everything you need to know about the diet. A great guidebook.

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