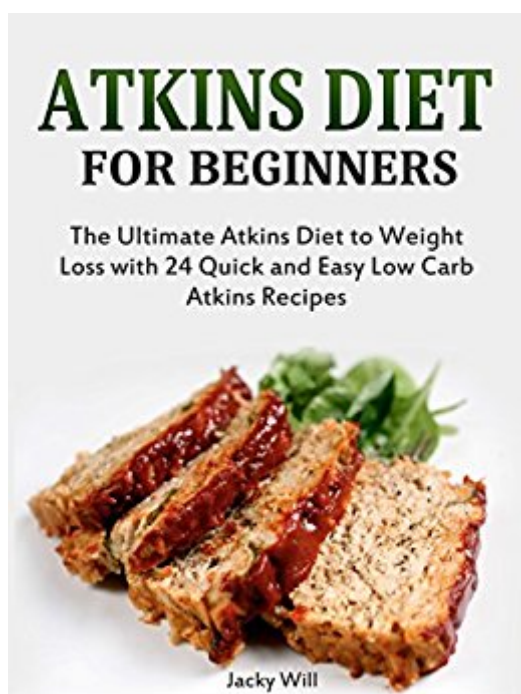


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Atkins Diet For Beginners: The Atkins Diet Quickstart Guide To Rapid Weight Loss With 24 Quick And Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet For Beginners, Atkins Diet Cookbook)



Synopsis

Atkins Diet for Beginners The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook, Atkins Diet Book) Weight is a highly talked about subject, whether it is obesity, underweight or simply trying to get into shape. There are numerous weight loss programs that a person can try. Some of these include slimming tea, slimming pills or exercising. One of the reasons for weight gain is high carbohydrate intake. Our body needs carbohydrates for energy, however too much of it has been suggested as a reason for gaining too much weight. It is important to know just how much carbohydrate is enough to keep you going. Practicing a low carb diet for weight loss is what is referred to as Atkins diet. Chances are you have heard of it, maybe after trying numerous other things. This book will equip the reader with useful information on Atkins in weight loss. This information is divided into chapters for ease of reading and understanding. These are: 1.) Introduction to Atkins diet 2.) How Atkins low carb diet works 3.) Tips for Atkins diet beginners 4.) Quick and easy Atkins low carb recipes Just like any other weight loss program, Atkins diet requires personal sacrifice, determination and commitment. Putting your heart and mind into it will increase the chances of succeeding. Successful weight loss requires complete lifestyle change: this is not easy, especially in the beginning; hence a person can easily give in to the temptation to quit.

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Customer Reviews

This diet is not for everyone. You should definitely check with your doctor before doing this one. My doctor who uses both conventional medicine and alternative medicine told me that if I had been on this diet I would have died. He had no real problem with the diet itself, but said it was dangerous for some people. The book is not well written. There are a lot of grammatical errors and some poor sentence structure. The recipes use grams and ml and if you are in a part of the world where your measuring cups have ml and you can measure grams you are fine. There should be a conversion table in the book for people who do not have access to a conversion table. Most real cookbooks have these tables.

This is great for someone who doesn't know much about nutrition, carbohydrates, fat, protein, etc., but wants to get started with an easy effective lifestyle change with lasting effective weight loss and maintenance. I only wish it had a carb counter. But I can see why it doesn't, as that could be intimidating.

A lot of good info if you are not familiar with the Atkins diet plan. The diet works if you follow it. I have lost 270 lbs following the Atkins diet. I know it works!

Good recipes to try and feeling a little more healthy with these simple changes.

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