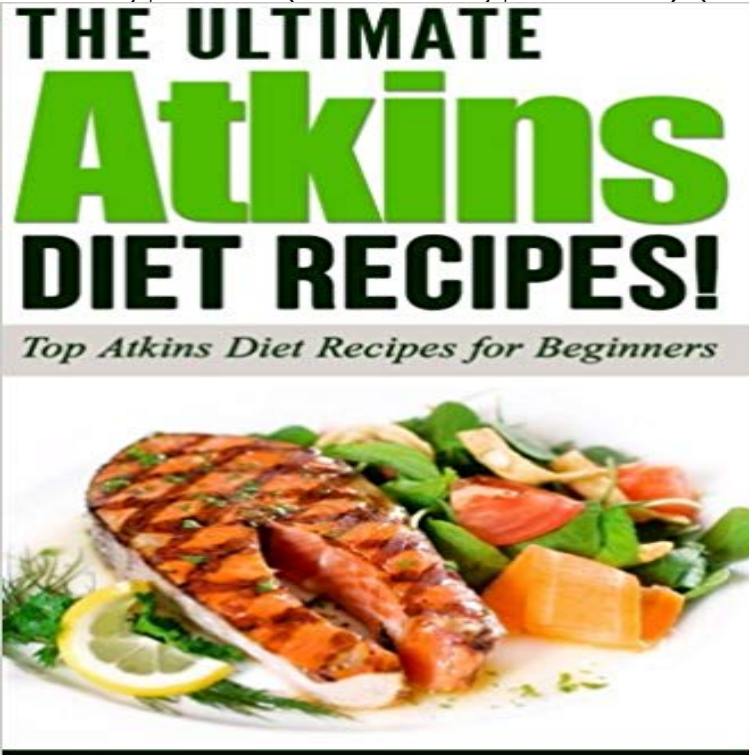


ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes for Beginners (Lose Weight Now!) (Volume 1)



Start Losing Weight Today! In this book you'll learn how to create delicious, nutritious, and easy to make Atkins Diet recipes that you and the people around you will certainly enjoy! The Atkins Diet is all about controlling your carbohydrate intake. Once you do this, you easily get to burn fat even without the need to exercise! This diet has four phases: 1. Kick Start you will have to consume vegetables, healthy fats, especially those that come from fish, proteins, cheeses, nuts, and seeds. 2. Balancing- you have to eat more fruits, legumes, and more tomato-based recipes. 3. Fine Tuning you add more starchy vegetables and whole grains to your diet. 4. Goal Weight in the fourth phase, you can now eat a combination of all the foods mentioned in the first three phases. With the help of this book, you'll learn how to make recipes suited for each phase of the diet. So, start reading this book now and reach your ideal weight in no time!

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