



## Atkins Diet: The Atkins Diet and Simple Atkins Recipes

By Gordon Rock

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A number of diet programs has come and gone, but one weight loss method have stayed and improved over the years: the Atkins Diet. Designed to work as a low carbohydrate diet, the Atkins diet is a scientifically-proven weight loss diet supported by years of research. This Atkins cookbook focuses on various atkins recipes that you can easily whip up all throughout the day. As a low-carb diet, the recipes are equipped with nutritional information, including how much carbohydrates you're consuming per serving, so you can better keep track of your carb count and achieve your target weight easily and safely. A variety of great-tasting and filling meals for breakfast, lunch and dinner inside The Atkins Diet and Simple Atkins Recipes will prove that dieting should not be just about bland-tasting hard-to-find foods. The Atkins recipes contained herein use the basic and most common kitchen staples and this allows flexibility to dieters from all walks of life - busy employees to vacationers to lazy-weekend lovers. Furthermore, the atkins recipes come with simplified procedures that do not intimidate,...

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