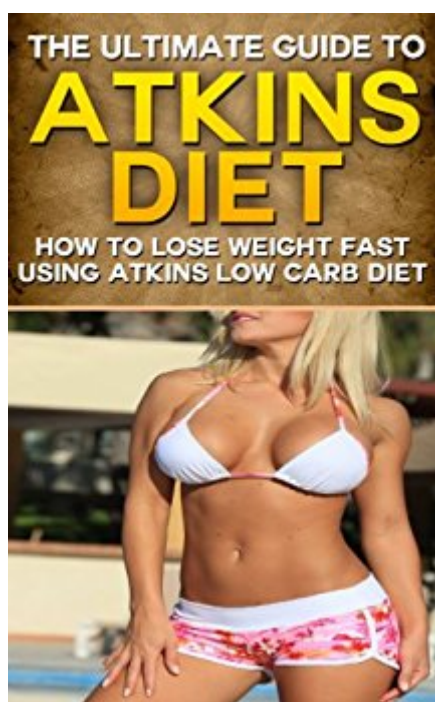


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# Atkins Diet: The Ultimate Guide To Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins Diet, Low Carb Diet)



## Synopsis

Who Else Wants to Know How To Lose Weight Fast Using Atkins Low Carb Diet ? Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover a proven strategy on how to lose weight fast using my proven method. The one-of-a-kind breakthrough book designed specifically to help you burn that fat and tone your muscle with the #1 most effective and most proven diet in the World – Atkins Diet! Join the thousands of people who have read my book and lose at least 15 pounds in 2 weeks. So what if I told you that I have a sure-fire method to help you drop the pounds permanently? I know it's a bold statement but the fact of the matter is I've helped hundreds of people get the body they deserve and keep it, just by showing them how to prepare healthy, delicious meals that are affordable and fast. And for those of you who are avid workout enthusiasts, just like the majority of athletes that I've spoken to, you're probably tired of searching through the bookstores and Internet for new easy Atkins recipes right? So here's the thing. I'm not only going to tell you, but actually show you how to create the most amazing Atkins meals from scratch that require no prior cooking knowledge whatsoever. If you can think it, I'll show you how to make it. With this information you'll never have to eat the same old meal again. You'll never have to stray or make compromises on your diet ever. I'm going to give you the power to create the meal you want without having to slave away in the kitchen for hours. This book goes into a step-by-step effective strategy that will help you lose at least 15 pounds in 14 days or less. This is a truly realistic effect. Here Is A Preview Of What You'll Learn... How to eat whatever you want (bacon and eggs, sushi, pumpkin pie) and end up looking better as a result! How to dramatically improve protein assimilation. It's not how much you eat but how much you utilize. How the models for the classic Greek statues got that ripped. What rarely used supplements can make a big difference, and which ones are completely useless. How to strengthen your immune system. Why you have adrenal fatigue and what to do about it. When to eat carbs and when to avoid them like the plague. The precise order to eat your biggest meal in for the best results. How to naturally optimize insulin, growth hormone, IGF and leptin for the fastest results in body transformation. Why certain "health foods" are some of the worst substances you can put in your body. How to speed up your recovery between workouts. Why complex carbs and "whole grains" are making you fatter and sicker. What to do immediately before training to dramatically enhance the rate at which you burn fat. Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! The Ultimate Guide to Atkins Diet is a fantastic book for anyone who is trying to lose weight fast regardless of your situation. I'm so confident that this book is going

to help you VERY QUICKLY. When you click on the button below, you'll be taken to a secure order page where you can download the book for \$0.99 right now. Read the book from cover to cover and you'll find strategies you can use RIGHT AWAY to lose weight fast. I promise. Because I'm Going To Throw In An Offer That You'll Hard To Refuse.....A 100% Honest, 60-day Money-back Guarantee! This way I make sure the risk is removed. Download today! Tags: atkins, atkins diet, atkins diet kindle free, atkins made easy, atkins cookbook, low carb, low carb diet, atkinson, kate atkinson, rick atkinson, ace atkins, kate atkinson kindle books

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I found some great information in this book and am going to give it a try. I have tried the South Beach diet before which is very similar and had great results with it, but have slowly gained most of the weight back. This book gives good tips with carb counts of common foods and links to find other carb counts if you need them. Also, gives a good background to why this diet approach is more successful than other plans and dieters are able to keep the weight off more successfully. I'm going to give it a try and see if I can drop a size before my vacation.

This is someone's very poorly written document about their concept of Dr Atkins diet. Spelling and grammar are low priorities and somehow making money is thrown in here too! Buy the original Dr A books!!

This book is one of the best I ever read on the Atkins diet. Great recipes and now that I understand Atkin's diet fully I am losing weight for the first time in my life.

A good introduction but you may want more details. The book does not detail the science. Some of the tables and lists are helpful.

Don't waste your money on this. The book is a rehash of all the basics of Atkins that you can get for free on the Atkins website or many others.

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