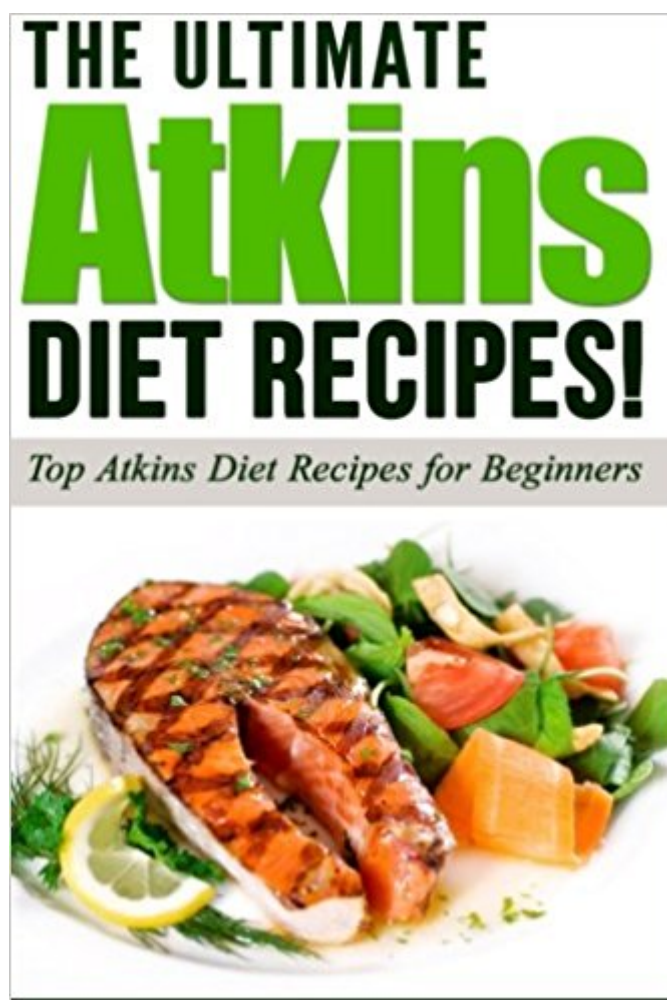


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# ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes For Beginners (Lose Weight Now!) (Volume 1)



## Synopsis

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'd have to eat more fruits, legumes, and more tomato-based recipes. 3. Fine Tuning "you'd 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 make recipes suited for each phase of the diet. So, start reading this book now and reach your ideal weight in no time!

## Book Information

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## Customer Reviews

I would give it no stars if possible. There's a recipe for phase one that includes 4 pounds of grapes, 1/2 cup of white sugar, and 1 cup of brown sugar. Seriously? None of that is even allowed in phase 1. Look somewhere else for more accurate info.

This was an "ultimate" disappointment. Many ingredients are listed in metric amounts: 30 grams organic tomatoes; 500 grams of tomatoes; 250 grams of Feta cheese. I'm not interested in going to a conversion chart every time I wish to cook. The only nutritional information given for all recipes is

the total carbs. Although this cookbook is for low-carb, high-fat eating it would also be helpful to have sodium amounts given; the total carb content and how much of that is saturated fat. There are many low-carb cookbooks available. Skip this one and try one that has more user friendly content. This book is going back.

This is definitely not for beginners. There are so many typos and mistakes it is difficult for even a seasoned Atkins user to use. Page 43 has a completely wrong recipe. It is labeled "broccoli and Bacon Salad" but has some strange recipe for ground turkey. I seriously question the accuracy of the carb count and it does not give fiber information to validate net carbs. Very poorly written book. I have lost 70 pounds on Atkins over 2 years but plan to return this book as even I cannot use it.

Cooking is my number 1 hobby and any recipe book is my obvious go to, a friend of mine gave me this book as a gift for our friendship as she knows cooking is my thing. I loved the book as it has variety of recipes to explore in. The recipes are well written with ingredients that are clear and easy to find. The direction of the recipes are great, simple and easy to follow. ATKINS diet recipes are good and the author did a lot of justice to the recipes. I will always refer to this book and use it to explore the recipes there in. I highly recommend this book to all cooking lovers and others who want to join the club of cooking. Great book!!

I am a self confessed carb slave. I can't seem to satisfy my appetite with other options. It makes me feel like everything is bland and boring. However, the recipes in this book regarding Atkins Diet made me rethink my meal choices. It was cool to realize that I can create meals as enjoyable and as tasty with the use of other alternatives for carbohydrates. I was really marveling on the idea if I could pull this off so I tried preparing one meal out of this book and I was glad I did. It's refreshing to eat an appropriate, well balanced meal, without feeling guilty about the calories that you need to burn.

I'm a huge fan of low carb and high fat eating. I've never done Atkins but am very interested in it. This book is a great way to start. There's so many recipes which are all delicious. The best thing about it is that there's a lot of room for flexibility. The plan is divided into 4 stages which all promote health and longevity. By following them you will most definitely lose weight and eat well at the same time. It's great for those wanting to lose weight the easy way.

I purchase this book for I got curious about what Atkins is. I am all new to this word. As I read the book, I have discovered that Atkins is a way to lose weight and it is by controlling your carbohydrate intakes. It has 4 phases as well which are kick start, balancing, fine tuning and goal weight. I like this whole diet plan for I will be going to take healthy foods only and most of these are vegetables and fruits. Vegetables and fruits are also more way cheaper. It has also some yummy recipes attached on it which can easily be followed. Start living a healthy life by starting the Atkins diet plan.

This book helps you to prepare the delicious, nutritious Atkins diet recipes. The Atkins diet is all about controlling carbohydrate food or low carb food. You will easily learn to prepare the recipes suitable for each phase of this diet. There are four phases of this diet: Kick start, Balancing, Fine tuning and Goal weight. There are different recipes mentioned for each phase in this book. All of these recipes are easy to prepare and good for health.

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