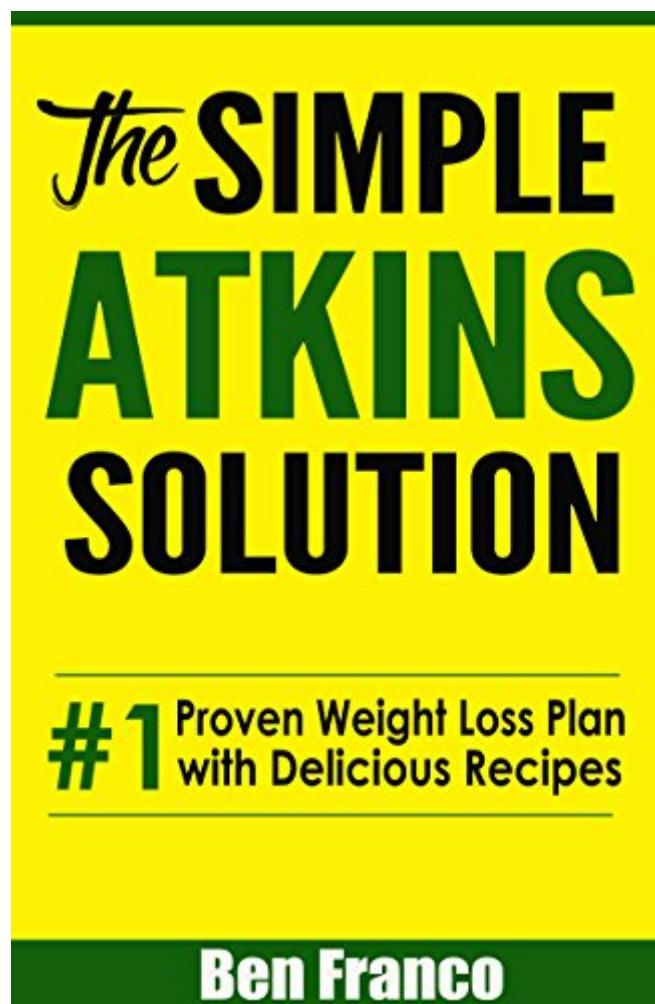


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# Atkins: The Simple Atkins Solution: #1 Proven Weight Loss Plan With Delicious Recipes



## Synopsis

Achieve Your Weight Loss Goals with The Simple Atkins Solution This book is for busy professionals who would like to lose weight quickly using the Atkins diet but don't know how to get started. We have condensed all your researched and tested solution into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem food to eliminate from your plate and focus on foods which support a lean body. The Atkins diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. The Simple Atkins Solution is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with proven tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- The Simple Atkins Solution will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come. Examine This Book For A Full 7 Days 100% Risk FREE! That's right! If you are not 110% satisfied, you have seven days to go to the "Manage Your Kindle" page and ask for a complete Refund.

## Book Information

File Size: 2156 KB

Print Length: 122 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 21, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01D9TWD30

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #676,566 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #167 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #320 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #600 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

In keeping with my family's recent trend to learn all we can about different diets and exercise programs in order to promote over all health and fitness, the Atkins diet is another diet that I chose to pick up books on and study. This book has turned out to be one of my favorites on the subject as of yet. What I really liked about it was that it went through each phase and explained in detail exactly what to do and what to expect, then gave lots of recipes that would help with each phase. While I'm not 100% sure that the Atkins diet would be right for our family just yet, I did appreciate that the book was very thorough and well-written, and we will most likely take a few healthy recipes out of it here and there in order to keep us on track to our goals. I'll be looking forward to more books from Ben Franco in the future.

This book talks about how to maximize the chances of dieting success through the Atkins Diet, its benefits and how it works. On Atkins Diet, the body will learn to efficiently burn fat stored in the body, which will lead to weight loss, it will convert the fat stores to fuel so you will feel less hungry and even have more energy throughout the day. Isn't that great! I will definitely recommend this book to my friend who really want to lose weight.

I've always been hesitant to trying to commit into dieting, however I've been curious about the Atkins program. I gave this book a shot and I've got to say that I've learned effective methods of maintaining a healthy lifestyle through the Four Phases of the Atkins diet. In addition, the book includes great recipes that allow a smoother transition from one phase to the next. Great read that I would recommend to anybody interested to starting a healthy lifestyle.

I'm very keen to try Atkins diet challenge. This guide assure me that with this diet I can burn body fat much faster then with other diet. Now, I m know what is vital for my progress and healthier life. I know that this book will help me to look better and feel better. Highly recommended

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