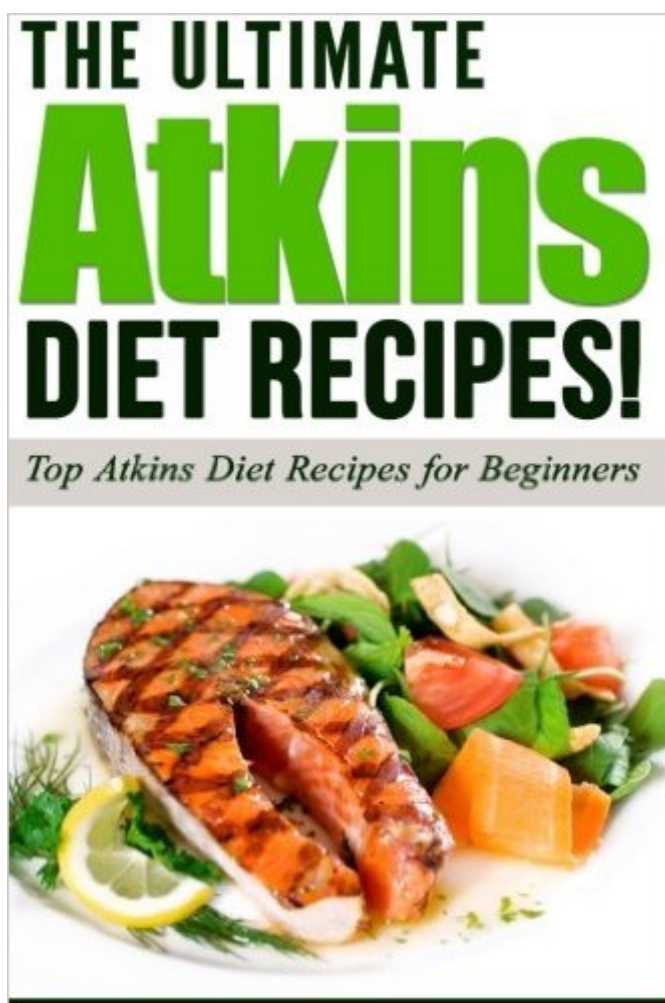


The book was found

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 fatâ "even without the need to exercise! This diet has four phases: 1. Kick Startâ "you will have to consume vegetables, healthy fats, especially those that come from fish, proteins, cheeses, nuts, and seeds. 2. Balancing- youâ "d have to eat more fruits, legumes, and more tomato-based recipes. 3. Fine Tuningâ "youâ "d add more starchy vegetables and whole grains to your diet. 4. Goal Weightâ "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, youâ "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

Series: Lose Weight Now!

Paperback: 106 pages

Publisher: CreateSpace Independent Publishing Platform; 2 edition (July 15, 2015)

Language: English

ISBN-10: 1515048578

ISBN-13: 978-1515048572

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ " See all reviewsÂ " (136 customer reviews)

Best Sellers Rank: #933,333 in Books (See Top 100 in Books) #140 inÂ " Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #6755 inÂ " Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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 lover 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. Its 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 discover that Atkins is a way to loose weight and it is by controlling your carbohydrates 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 attach 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 suit 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.

[Download to continue reading...](#)

Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)
Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes for Beginners (Lose Weight Now!) (Volume 1) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Atkins Diet For Beginners: LOW CARB DIET: Secrets To

Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) Atkins Diet: Top Atkins Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (The Ultimate Beginners GuideÂ©, Low Carb diet, Paleo diet) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Atkins: Top Slow Cooker Recipes: The Top 170+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide, Atkins Cook Book)

[Dmca](#)