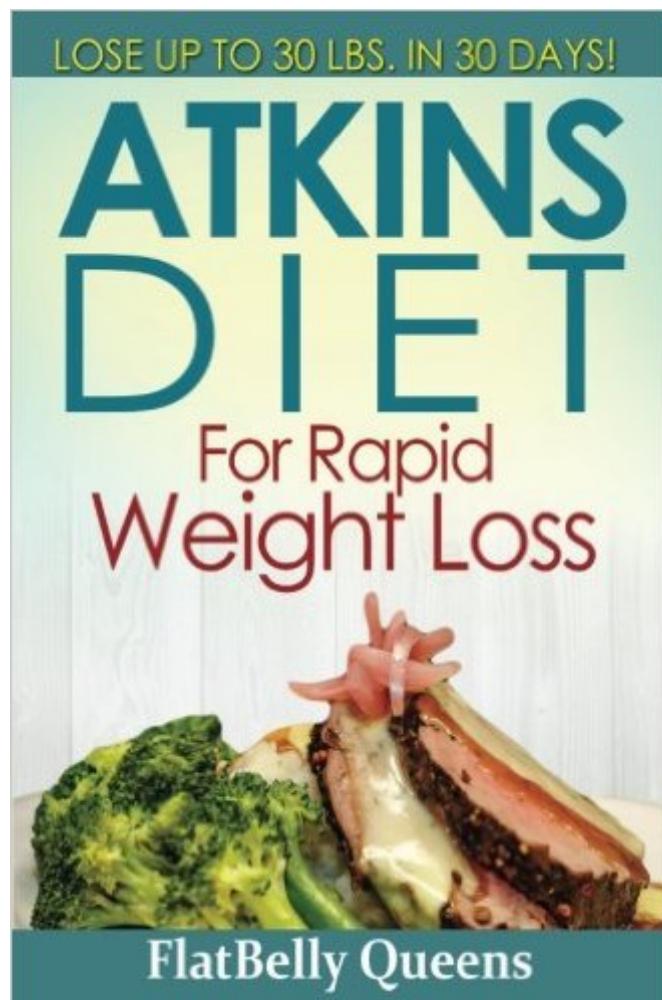


The book was found

Atkins Diet For Rapid Weight Loss: Lose Up To 30 Pounds In 30 Days



Synopsis

Achieve Your Weight Loss Goals with The Atkins Diet For Rapid Weight Loss 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 our tried 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 foods 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. Atkins Diet for Rapid Weight Loss 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 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-- Atkins Diet for Rapid Weight Loss will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come.

Book Information

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Customer Reviews

This book has very little to do with what the outline said. Each chapter is only one or two pages long with minimal information. And the recipes are pretty generic and do not pop out. You can learn more by doing an internet search. Waste of money and time to read it.

Big thumbs down. You can read this in 10 minutes. Very basic info. Half the book is recipes that are online. Waste of my money

I think this book is a waste of time and money. It repeats the same info too many times and does not give any information about how much the recipes will yield. It is probably smarter to just buy a book that is by Atkins and get more in depth information.

Poorly written and edited. No details, it just reads like a short book report written overnight. And there's no serving size or nutritional information provided in the recipes. Invest your money on better books.

Not enough information on carbs. Just a lot of "words" as to why this is great. Some meal planning, but not enough carb information.

Not so good. The recipes do NOT give nutritional values or how many servings they make. Also the menu guides give meal plans but the foods to eat are not recipes within this book. A totally useless book. Real sorry I spent money on this.

I bought this book because I thought it would be a great tool to help me get started. After skimming through a few pages, I ended up returning it because it was a waste of money and not worth the price. The wording is very repetitive and elementary. I actually got more detailed information from the Atkins website and it was free.

This condenses Atkins original book into an easy to read, concise method to follow his plan. It leaves out much of the medical and scientific foundation, but is a good read for those wanting to get down to the business of losing wait. I'm an advocate of the plan myself, I lost 30 pounds in just a few months of practice and followup.

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