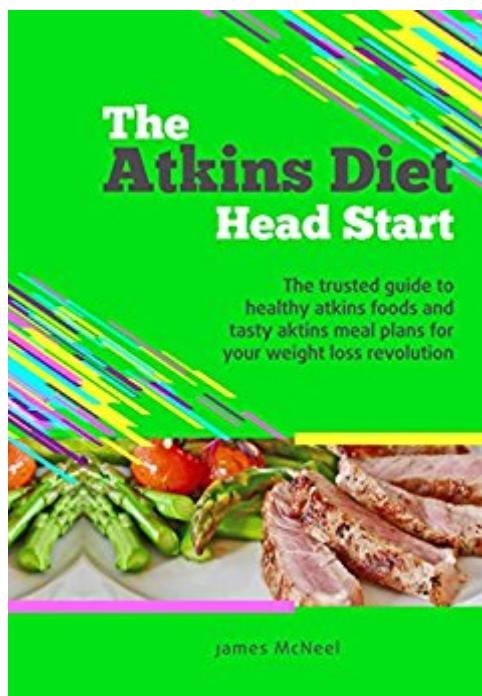


The book was found

The Atkins Diet Head Start: The Trusted Guide To Healthy Atkins Foods And Tasty Atkins Meal Plans For Your Weight Loss Revolution (atkins Diet, Atkins ... Diet Book 2017, Atkins For Beginners)



Synopsis

Join the weight loss revolution with the trusted guide on how to get an atkins diet head start! The Atkins diet is a low-carbohydrate diet that is beneficial in many ways. It is nutritious and healthy, providing a variety of nutrients and vitamins. It is also low in carbohydrates, which helps to reduce the amount of insulin produced by the body. This book will easily show you the basic principles of the Atkins diet for beginners. It will also provide information on which foods matter for your weight loss, even how to create your own Atkins Diet Meal Plan, and many more insights on how to lose weight! Get your copy today!

Book Information

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Customer Reviews

Atkins diet is the most popular ketogenic diet that helps to reduce the carbohydrates consumption level. Thus losing weight. This book provides simple plans and recipes to kick start you to a healthier life. The Atkins diet is a healthy way to lose weight.

What a ripoff. Really feel violated by this purchase. Repeated over and over with nothing to add for

information. Wasted my money. Would like a refund.

This has to be the worst "Atkins" diet books I have ever read. And I read the whole thing in less than an hour. This guy repeats himself endlessly. He says if you are having problems the first couple of weeks, you should just quit????????? The first couple of weeks are adjustment and common. Lots of misspellings, I felt like it was his opinion throughout. I am glad it was free, but what a waste of time.

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