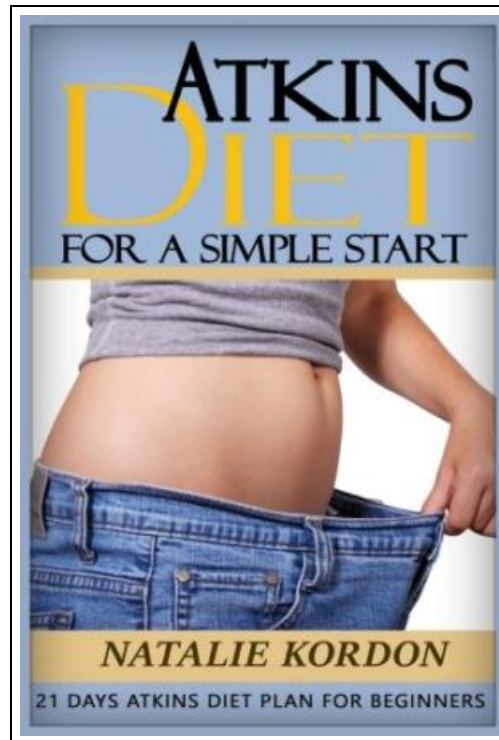


Atkins Diet for a Simple Start: 21 Days Atkins Diet Plan for Beginners (Paperback)



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Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Anabel Zemplak)

ATKINS DIET FOR A SIMPLE START: 21 DAYS ATKINS DIET PLAN FOR BEGINNERS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this book, you will find complete details of the Atkins diet and how to practice it, complete recipes of the meals, the diet plan you should follow, and many tips for successfully following the Atkins diet. While most diets consist of only the raw and tasteless ingredients like raw vegetables, being on fruits and completely avoiding alcohol all day the Atkins diet focuses only on eating a low carb diet, which does include high proteins and a fiber diet. With amazing recipes for breakfasts, lunches, dinners, salads and even beverages you will never be stuck for something filling and tasty that the whole family can enjoy too. The Atkins Diet may just be the answer you ve been searching for. With the Atkins diet, you can start making real progress toward your weight loss goals without starving yourself or eating foods you hate.



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