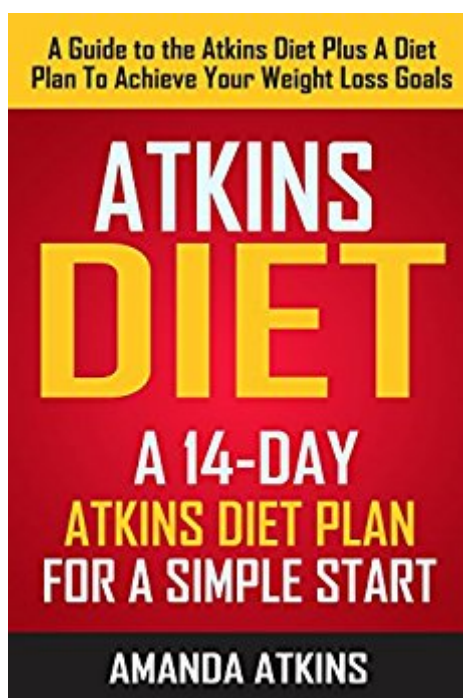


The book was found

Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals)



Synopsis

****Are You Looking For A Delicious 14-Day Atkins Plan That Will Keep You Motivated?** This 14-day Atkins Diet plan was created because it's easy to get off track when you begin a weight-loss program. This is filled with easy-to-understand explanations of how the diet works, and specific diet plans including Breakfast, Lunch, Dinner, Snacks, and Desserts. This is where the 14-day Atkins Diet plan comes into play. Here Is What's Inside:- An Amazing Meal Plan For Each Day of The Week For 14 Days, Including Breakfast, Lunch, Dinner, Snacks, and Desserts- An Simple Explanation of the 4 Phases - The Do's and Dont's of Phase 1- How To Choose Your Carbohydrates- The Glycemic Index Of Common Foods- The Possible Hindrances To Weight Loss- Foods Permitted During Phase 1- A Menu For Week 1, Phase 1- A Menu For Week 2, Phase 1- Reasons For Slow Weight Loss- How To Determine Your Ideal Carbohydrate Level- And Much More!****LIMITED TIME BONUS: IF YOU DOWNLOAD TODAY, YOU'LL RECEIVE TWO INCREDIBLE WEIGHT LOSS BOOKS ABSOLUTELY FREE.** To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

Book Information

File Size: 2211 KB

Print Length: 161 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 9, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00ODFRB14

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,377 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #182 inÃ Â Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight

Maintenance #183 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets &

Weight Loss > Diets > Weight Loss

Customer Reviews

The reviews so far are really making me wonder about their validity. I don't understand how this is supposed to be anything new... best I can tell, it's the Cliff's Notes of "Dr. Atkins' New Diet Revolution." There's nothing in this book you haven't already read in the Atkins book. This book appears to be written in the U.K., as it references aubergines (eggplants) and courgettes (zucchini). And some of the things listed in the sample menus are not, as far as I know, low carb (tortilla chips? really?). And the author... Amanda Atkins... any relation, or just supposed to make us think so? I don't know. But for the most part, if you liked Dr. Atkins' books, you'll like this condensed version of essentially the same thing.

This diet plan is easy to follow and you are never hungry while on it. Gives you daily eating plans with variety. I never felt deprived while on the first phase. I'm already feeling better and losing pounds. I still have another week on phase 1 and I plan to stick with it because THIS really works!

There are a lot of types about dieting and what suited for me is this Atkins diet. It's super different from all other diet and I find this one very simple to follow. The first time I discovered this kind of diet I was confused and don't know how to start. Luckily, I found this book and did not doubt but buy it immediately. I read it and slowly I learned the basic ways to practice this type of diet. I was super amazed by this book, it's super helpful! I enjoyed this so much and I can't deny the fact that this is fantastic. Without this one, I can't find the progress with my diet! I'm thankful with the author for writing this amazing diet guide book.

Husband A1c levels borderline: Doctor recommended a low carb and sugar free diet. I replied why didn't he just tell you to go on the Atkins plan. We are testing his A1c levels after 4 weeks to see where he is. So far he has done well. Thank you for the guide and download.

I'm a long time in the nutrition and health field, and this summarizes very well many things I found up until now. The fact that it has these 4 phases, and tells u the do's and don't's in every phase, with a very strict first one for at least 2 weeks is what I "accidentally" personally did and started to lose fat very fast afterwards... Now I see that others have the same effect too. Also great recipes... Thanks Amanda :)

This book here is a really awesome overview of the Atkins diet that most people are trying out these days. I got a lot of information from this book on the diet along with a proper diet plan which I was looking for as formulating a diet correctly is the essence of losing weight effortlessly and it was possible with this book.

Great guide if you are planning to lose weight. This book will pamper you with ideas for you to get started. Also, numerous carb recipes are listed and nothing to worry because the procedures are easy to follow. Eat more and worry no more. Grab this book.

This book is a compilation from several books. They give you good information about food and other related things like vitamins and minerals, etc. The book is easy to follow and the diet is realistic and looks healthy.

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

Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss 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) 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 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) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) ATKINS: The Atkins Diet Weight Loss

Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book)
Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Atkins Diet: 4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your Life4 Weeks To Cracked Weight Loss, Strongest Energy And Better Your ... (Including 60 Very Best Atkins Diet Recipes) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Ketogenic Diet: The Only Ultimate Keto Diet Blueprint For Beginner To Start Your Effortless and Permanent Weight Loss. 70 Weight Loss Keto Recipes! 14 ... Atkins, Anti Inflammatory,Dash Diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) The Revolutionary Atkins Diet: Say Goodbye to those stubborn Belly Fat Forever (Weight Loss, Proteins, Atkins Diet, Atkins, Clean Eating, Low Carb, Paleo, ... Protein Diet, Healthy Fats, Maintenance) Atkins Diet: Ultimate Atkins Diet - 1000s Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)