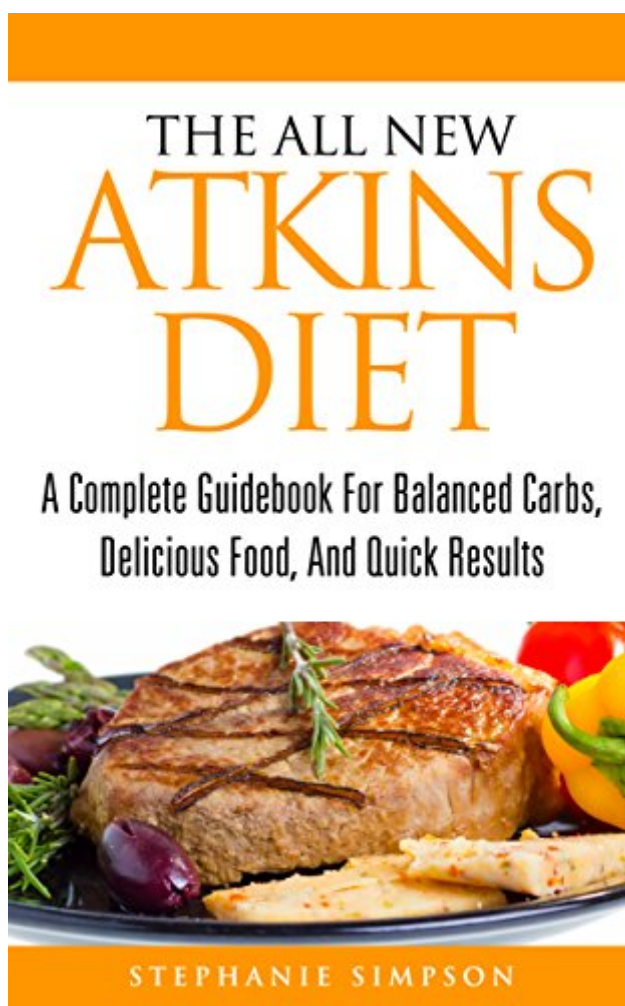


The book was found

The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins Diet, Low Carb, Mayo Clinic Diet, Whole 30, ... Diet, Dash Diet, Paleo Diet, Weight Loss)





Synopsis

The All New Atkins Diet - A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results ** Special Pricing get this bestseller for just \$2.99**. Regularly priced at \$4.99. Read on any device! This book contains proven steps and strategies on how to follow the All New Atkins Diet Plan in order to achieve incredible success with weight loss! Everyone wants to lose weight, and most people are determined to do so in a healthy fashion. If you are in the process of shedding those unsightly pounds, perhaps you have sought refuge in idealistic diets promising immediate weight loss-but to no avail. Maybe you are frustrated by the ineffectiveness of many diets out there. If that's the case, then you've come to the right place. In this book, we're going to explore a diet plan that is similar to the Atkins Diet. The New Atkins Diet is basically a twist on the old low carb diet. Of course, we are going to examine the considerations you must make when you start such a diet. Starting the New Atkins Diet can be daunting at first. We understand the challenges and obstacles you may face. This book will provide you with a clear path for you to achieve a long lasting, healthy lifestyle change! Here Is A Preview Of What You'll Learn... An updated overview on the New Atkins Diet that will take your weight loss goals to new heights! A detailed look at the effects of carbohydrates on your body A specific look at foods you should be eating on the New Atkins Diet Foods you MUST avoid to achieve your goals A "quick start" exercise plan to take your results to the next level! Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Click the "buy now" button to get started!

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Customer Reviews

Being a plant based diet activist, I found this book very educational about Atkins. I learned a lot of things I didn't know. The part about making sure to eat plants as better quality carbs and the information on their vitamins and minerals especially excited me! Also learning about what makes the new atkins diet different- it seems to be much better for the body than the original one. What was also neat is that there is a whole section on exercise. This was great!

For the little info contained in this booklet (about 60 pages), I think you would be better served by registering on the Atkins site and taking advantage of all the free resources. There are no menu plans or recipes in the book.

Wasn't very motivating

Very informative but thought i would see a couple sample menu plans

Someone should have proofread this publication. Some useful info but not really anything substantial. Really disappointed with this read. TI

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