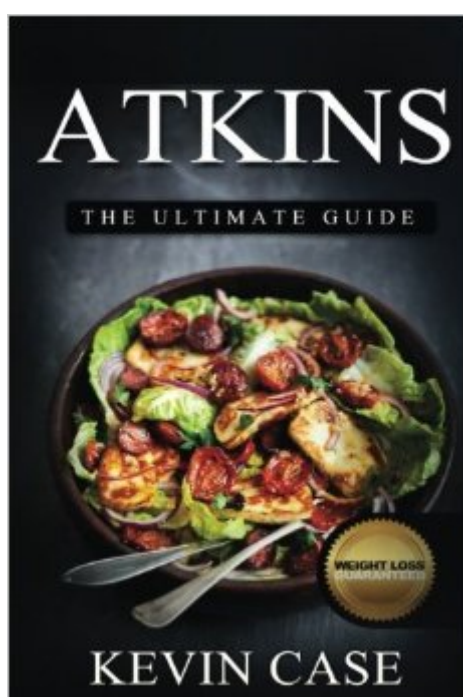


The book was found

# **Atkins: The Ultimate Guide: The Top 330+ Approved Recipes For Rapid Weight Loss With 1 FULL Month Meal Plan (The Ultimate Beginners GuideÂ©, Atkins Diet Cook Book)**



## Synopsis

If Creative Atkins Diet Recipes are What You Seek, then Look No Further. This book includes the Top 330+ Fat Burning Recipes & 1 FULL Month Meal Plan. Introducing the Revolutionary Atkins Diet... In this guide, you will find Scientifically Proven Strategies to help your body Burn Fat through the using the Atkins Diet. You will also find one FULL month meal plan to make the transition easy! On this diet you'll be getting plenty of Good Fats from cold pressed oils, nuts and seeds, grass fed meat and eliminating all unnatural and processed foods. This book will use a step-wise approach to take you through the Atkins Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the Atkins Diet like pushing the "reset" button with your overall health, relationship with food and your lifestyle habits. This book will teach you exactly what you need to know about the Atkins Diet as well as its many Advantages and Health Benefits. Have a look Inside... The Truth About Weight Gain What is the Atkins Diet Phases of the Atkins Diet The Benefits of The Atkins Diet 1 FULL Month Meal Plan Common Mistakes On The Atkins Diet The Atkins Diet Lifestyle Changes Here Is A Preview Of The Delicious Atkins recipes you will find in this book: Breakfast Berry Mug Cake, Cereal, Sweet Creamy Egg Bowl, Pump-Cakes, Protein French Bread, Breadless Cheeseburger, Trio Queso Quesadilla, Baked Cheesy Zucchini, Roast Chicken and Pepper Salad, Crab Sushi, Sweet, Salty, and Savory Crepe, Zesty Herbed Chicken, Salmon Burgers, Chicken Pesto Salad, Hot Peri-Peri Chicken on Green Salad, Mediterranean Chicken, The Perfect Baked Chicken Wings, Cauli Tater Tots, Malaysian Bone Broth Soup, Bacon Layered Lasagna, Pulled Pork Shoulder, Loaded Meatloaf, Chicken Pie, Atkins-Friendly Pad Thai, Classic Chicken Parmigiana, Turkey Leg Roast, Cheeseburger Soup Indulgence, Sirloin Tip Cut with Cilantro Sauce, Slow-Cooked Greek Chicken, Roasted Bacon-Wrapped Chicken, FULL Nutritional Breakdown with EACH recipe so you can keep track of your Carbs! ... Start your Atkins journey today with these Nutritious Recipes that will guide you to unlimited health and vitality! ...

## Book Information

Series: The Ultimate Beginners Guide – ©, Atkins Diet Cook Book

Paperback: 616 pages

Publisher: CreateSpace Independent Publishing Platform (July 22, 2016)

Language: English

ISBN-10: 1535451866

ISBN-13: 978-1535451864

Product Dimensions: 6 x 1.4 x 9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (49 customer reviews)

Best Sellers Rank: #89,064 in Books (See Top 100 in Books) #38 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

## Customer Reviews

I've ordered HUNDREDS of items from over the years, and this is the first thing I've ever returned. The inside of this book looks like the author haphazardly wrote it on his computer and just printed it out; typos and all. As anyone whose done Atkins knows, you need to know the net carbs for what you're eating. Only about 1/4 of the recipes include how many net carbs are in each. The rest have carb and protein amounts that use commas instead of decimals. The ingredients in a lot of the recipes are also either really annoying/expensive to buy or say something ambiguous like "find a low carb tomatoe sauce". The book is awful. And for the price, it's also a rip off. Save your money and look up quality recipes online - for free!

Loaded with typos ... First recipe for a muffin in a cup says 40 NC??? stops mentioning NC after that...only "carbs" with commas as periods. Not paginated. Have no idea if hard cover is like this but digital is a mess. How can you trust recipes?

Atkin diet are helpful for weight loss that's why i get this book the book have delicious recipes which are also helpful for weight loss and these recipes are easy to cook, all my family members are satisfied with these recipes thanks

I can't get over the fact that this book has 330+ recipes, Atkins based, and that my meal preparation has been taken care of for quite a number of days. What could be better than this? I bet there is no other offer better than this. I find this book helpful and will surely be useful and will stick around with me for a long, long time. Knowing the wonders of the Atkins diet, this book will be a helping hand in staying healthy and fit and in managing to lose weight too. And the month's worth of meal plan given here is just what I need.

Looks like I got all I need with just one flip of a pageâ | Since I found this diet plan book I knew that

something will change, and indeed, yes. I never knew that it could be possible for a book to help my diet since I tried a lot of workouts yet it all ends up having no progress at all. When I read this book, I forced and convinced myself to follow everything that was written. And after a month, I could see the difference. I lose weight and I find it really effective because I was comfortable with the diet I have. The book is just amazing. No doubt! I am writing this review because I wanna share to all the readers what this book had brought me. Good read!

Maybe I don't agree completely with everything Atkins diet is about, but the way this cookbook is written and constructed should be the norm for every book like this. It is huge. There are so many recipes that you can cook for a few years and still don't get bored with it. Recipes are great, but the most helpful part is certainly the month long detailed plan for every day and every meal. Of course, every recipe from that plan is in the book, but there are much more of them besides that. This is really a big, detailed and comprehensive Atkins cookbook that everyone on that diet regime should own.

I have recently began following the Atkins diet and this book became a real asset for me. Firstly it has over 300 recipes and I feel I can have something new to try all the time. Also besides individual recipes the book has the meal plan for the entire month, which is very helpful if you are beginning to follow the diet like me. I think that with a meal plan I will be able to lose weight easier.

I like how this book think as the Atkins Diet like pushing the "reset"™ button with your overall health, relationship with food and your lifestyle habits since most of us forgot it. This book will teach us exactly what we need to know about the Atkins Diet as well as its many Advantages and Health Benefits as we go age and need to take care of our health. Very Informative book.

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

Atkins: The Ultimate Guide: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide©, Atkins Diet Cook Book) Atkins Diet: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide©, Atkins Cook Book) Atkins Diet: The Top 230+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide©, Atkins Cook Book) Atkins: Top Slow Cooker Recipes: The Top 170+ Approved Slow Cooker Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide, Atkins Cook Book) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in

30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins: Delicious Weight Loss Desserts: The Top 110+ Approved Low Carb Dessert Recipes for Rapid Weight Loss (The Ultimate Beginners GuideÂ©, Atkins Plan Cook Book) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian Weight Watchers: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet) Atkins Diet for Beginners: The Atkins Diet Quickstart Guide to Rapid Weight Loss with 24 Quick and Easy Low Carb Atkins Recipes (Low Carb Diet, Atkins Diet for Beginners, Atkins Diet Cookbook) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide 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) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) 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) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Diet: The Paleo BIBLEÂ© with Top 350+ Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) 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) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes)