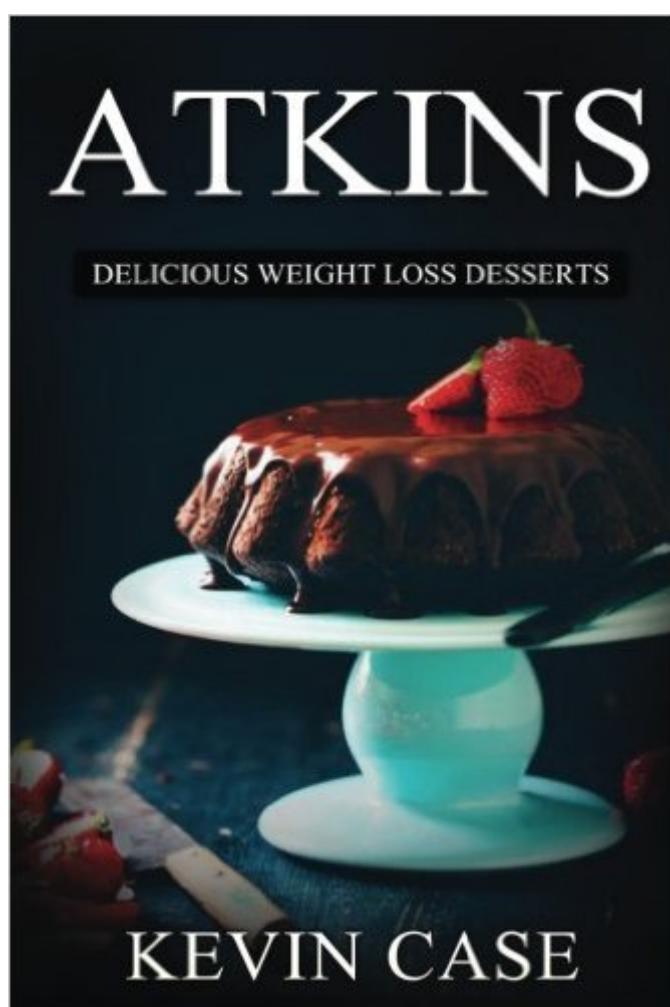


The book was found

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)



Synopsis

If Creative Atkins Dessert Recipes Are What You Seek Then Look No Further...Fall in love with the Sweet, Creamy, Crispy, Crunchy textures of these Decadent Desserts without having to worry about Sugar or CarbsWho says Atkins means no sweets?I find ways to add a little sweetness into my life every day! In fact, these Atkins Desserts are way better than sugar filled ones, just try one recipe and you'll be Hooked!The recipes included in this book are naturally Low Carb, Gluten Free and the EASIEST way to keep within the Atkins Guidelines.These Decadent Desserts are Quick, Simple and Satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness!Not to mention the added Micro-Nutrients, Vitamins, Minerals and Superfoods in some of these indulgent little recipes.Some of the Profound Benefits You will Experience when consuming these Recipes:Accelerated Fat LossIncrease Energy Levels & VitalityAppetite ControlImproved Mental FocusLower Blood Sugar & CholesterolHormonal BalanceHere Is A Preview Of The Delicious Recipes You Will Find In This Book:All-stars Peanut-Butter CookiesAlmond Chocolate BrowniesCarrot Flowers MuffinsCoconut Jelly CakeCottage Pumpkin Pie Ice CreamHemp and Chia Seeds CreamChocolate BrowniesRaspberry Chocolate CreamHazelnuts Chocolate CreamInstant Coffee Ice CreamSinless Pumpkin Cheesecake MuffinsMouse ChocolateRaw Cacao Hazelnut CookiesTartar CookiesStrawberry PuddingMinty Avocado Lime SorbetMorning Zephyr CakeSour Hazelnuts Biscuits with Arrowroot TeaWild Strawberries Ice CreamMini Lemon CheesecakesChocolate Layered Coconut CupsPumpkin Pie Chocolate CupsFudgy Slow Cooker CakeEasy Sticky Chocolate FudgeCinna-Bun BallsVanilla Mousse CupsEach recipe has a FULL Nutritional Breakdown so you can keep track of your calories.So let's start trimming off that Weight in True Atkins Fashion!â^...â^...â^...Start your journey to ultimate health and vitality today!â^...â^...â^...

Book Information

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Customer Reviews

The perfect Atkins diet book this is. There are lots of yummy desserts recipes are offered by this author. The recipes are simple but delicious. There are necessary details are added with all the recipes like an amount per serving and nutrition facts. I like almost all the recipes but it would be more effective book if this author adds some details about the Atkins diet as well.

Over the decade that I have been a vegetarian, my weight has ballooned. About two weeks ago a friend who has been an avid Atkins follower told me that I could join her on Atkins. Now that I have read this book I realize why I couldn't lose weight before. I was eating so many "empty" carbs as bread, cereal, pasta, rice, potatoes, chips, and other snack foods plus lots and lots of fruit that I was never giving my body the chance to burn its own fat. In the two weeks that I have been following the vegetarian version of Atkins, I have already lost 5 pounds. Just as important, my constant hunger has disappeared. It sounds strange but I am actually eating more vegetables than I was before. It's good to know that I can feel good about what I eat and have my body feel good too.

This Atkins Diet Recipe Book is definitely worth getting. The instructions are easy to follow and the recipes are yummy and delicious. If you're looking for a proven diet with easy to follow recipes and almost immediate results, buy this book. Unlike other diets, I do not feel like I am dieting when I eat this food. This diet implements good changes into your diet and helps you eat healthier. In my opinion it's more than a diet, it's a lifestyle change! Definitely recommend this book!

Excess calories can certainly cause you to gain weight, but only when you also eat large quantities of carbohydrates together with fat on a regular basis. As people's consumption of calories decrease, the percentage of processed carbohydrates in their meals also increases. Most people believe that counting the calories in the foods that they eat can help them lose weight. While there may be some truth in it, the dynamics behind losing weight is not that simple.

I think this book to be one of the best diet book I have read. I have found some information about healthier lifestyle and the benefits of Atkins diet are undeniable. This book will lay out easy to

prepare recipes and now I choose my favorite recipes to be Atkins-friendly. I understand that choosing Atkins diet I can have simple, easy and incredibly healthy. If you desire to lose weight, strengthen your digestive system or even boost your overall health, Atkins diet is key.

There are many recipes to prepare here too and you can even skip the whole diet altogether just to try out new dishes. Atkins diet is a very interesting method to lose weight. The ingredients in this book were all delicious and healthy at the same time. The preparation procedure was written in a manner where you can easily follow and understand. It's very simple: ingredients-directions-cooking times-nutrition facts.

What I like about this Recipes included in this book are naturally Low Carb, Gluten Free and the EASIEST way to keep within the Atkins Guidelines as possible for us to meet what we like and need for our health. These Decadent Desserts are Quick, Simple and Satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness so we can have sexier body.

I honestly had no idea what to expect with an Atkins diet, especially one that is catered towards healthy desserts. Fortunately, this book exceed my expectations as the author provided plenty of recipes that were easy to understand and easy to make. Most importantly, the food was delicious and not very sugary at all. Give this a shot if you are looking for healthy desserts.

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