

## Atkins Diet Plan - 75 Atkins Diet Recipes Cookbook (Paperback)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you been trying to lose weight without any success? Or you are tired of diets that just don't work? Are you ready to achieve good health, help your body meet all its nutritional needs by eating delicious, healthy, filling foods? If that is your situation, then the Atkins Diet is for you. This Atkins Diet recipe cookbook provides you with great tasting recipes that will help you achieve your weight management goals and see amazing results from in no time. You will get to avoid the sugar and carbs that junk food is loaded with. This book will set you on the path to weight loss success with the Atkins Diet! The Atkins Diet is arguably the safest and most effective way to effectively lose weight and keep it off. It helps you maintain a healthy body weight while keeping you satisfied without having to starve yourself. The Atkins diet has the potential of turning your body into an effective fat-burning machine. This cookbook features many recipes for cooking wholesome foods like protein, leafy greens and other vegetables, nuts, fruits, and whole grains that will ensure that you not only take the weight off but you will keep it off for good. Here are just a few of the recipes featured in this cookbook; Baked spaghetti Blondies Chicken Bacon Club Salad Chocolate Ganache Crab Dip Eggs in a Basket Fajita Burger Fruity Smoothie Frying Pan Pizza Lemonade Iced Tea Lobster Imperial Pork Chops Spicy Chicken Shrimp Egg Salad and so much more. Scroll up and click the Buy Now button and set yourself on the path to weight loss success with these great-tasting Atkins Diet recipes!...



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