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Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Paperback)

By Jeff Anderson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Try the Best Recipes While Losing Weight at the Same Time! Are you ready to try one of the most effective diets of all time? This book will teach you all about the Atkins Diet and what you can do to get the most out of it. We have also included 50 of the best recipes to get you started on the right path to your weight loss journey. This is intended for both men and women of any age who are ready to take the next step and change their life. This Comprehensive Atkins Diet Guide Includes: A preface to the Atkins Diet Ways to stay on track Detailed descriptions of each phase of the Atkins Diet Different tips to succeed in each phase of the diet The different health benefits of the Atkins Diet Ways to get the most out of your dieting experience Tasty breakfast recipes Lunch and dinner recipes that are delicious, satisfying, and help you lose weight Amazing dessert recipes that you wouldn't believe are part of a diet Plus much more! What are you waiting for? The time to...



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