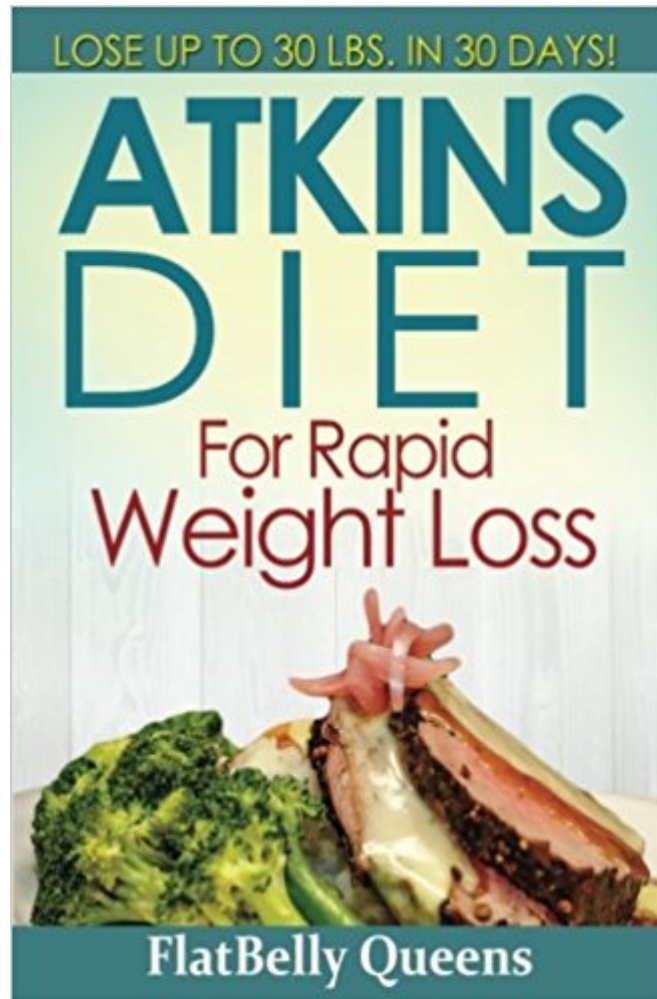


The book was found

Atkins Diet For Rapid Weight Loss: Lose Up To 30 Pounds In 30 Days



Synopsis

Achieve Your Weight Loss Goals with The Atkins Diet For Rapid Weight Loss This book is for busy professionals who would like to lose weight quickly using the Atkins diet but don't know how to get started. We have condensed all our tried and tested solution into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem foods to eliminate from your plate and focus on foods which support a lean body. The Atkins diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. Atkins Diet for Rapid Weight Loss is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- Atkins Diet for Rapid Weight Loss will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come.

Book Information

Paperback: 146 pages

Publisher: CreateSpace Independent Publishing Platform (May 3, 2016)

Language: English

ISBN-10: 1533057249

ISBN-13: 978-1533057242

Product Dimensions: 5.2 x 0.4 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars See all reviews (35 customer reviews)

Best Sellers Rank: #12,961 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

Customer Reviews

This book has very little to do with what the outline said. Each chapter is only one or two pages long with minimal information. And the recipes are pretty generic and do not pop out. You can learn more by doing an internet search. Waste of money and time to read it.

Big thumbs down. You can read this in 10 minutes. Very basic info. Half the book is recipes that are online. Waste of my money

I think this book is a waste of time and money. It repeats the same info too many times and does not give any information about how much the recipes will yield. It is probably smarter to just buy a book that is by Atkins and get more in depth information.

Poorly written and edited. No details, it just reads like a short book report written overnight. And there's no serving size or nutritional information provided in the recipes. Invest your money on better books.

Not enough information on carbs. Just a lot of "words" as to why this is great. Some meal planning, but not enough carb information.

Not so good. The recipes do NOT give nutritional values or how many servings they make. Also the menu guides give meal plans but the foods to eat are not recipes within this book. A totally useless book. Real sorry I spent money on this.

I bought this book because I thought it would be a great tool to help me get started. After skimming through a few pages, I ended up returning it because it was a waste of money and not worth the price. The wording is very repetitive and elementary. I actually got more detailed information from the Atkins website and it was free.

This condenses Atkins original book into an easy to read, concise method to follow his plan. It leaves out much of the medical and scientific foundation, but is a good read for those wanting to get down to the business of losing weight. I'm an advocate of the plan myself, I lost 30 pounds in just a few months of practice and followup.

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

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 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 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: 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) 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) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) 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) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) 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) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weight loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET FOR BEGINNERS: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes Included!) (Atkins Low Carb Weight Loss Diet Book 1) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1) Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet) (Volume 1) ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet)

