



## Atkins Diet Plan - 75 Atkins Diet Recipes Cookbook

By Jennifer James

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...

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