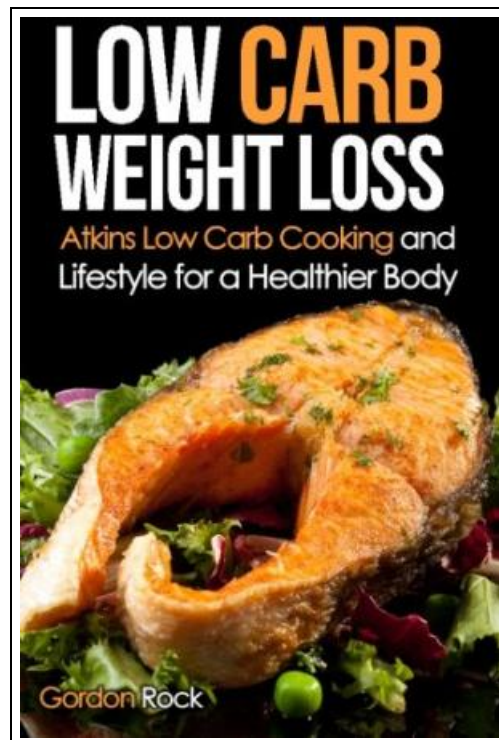


## Low Carb Weight Loss: Atkins Low Carb Cooking and Lifestyle for a Healthier Body



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With more than 50 years in the making and backed by scientific studies, the Atkins Diet is a low carb weight loss program that will put you in a successful and weight-loss journey. While other people in other diet programs count their calories, in the Atkins diet, you count your carbs. But what really sets the Atkins diet apart is that you are consuming food that satisfies you yet turns your body into a turbo-charged fat-burning machine. While the Atkins diet has always been around, other and newer diets fade. That is because Atkins introduces not just a diet, but a sustainable eating lifestyle that can help you achieve your ideal weight and keep it your entire life. Well, you re also keeping arthritis, heart diseases, diabetes and depression at bay too. And don t think that because you re on a low carb weight loss you can t eat anything out at all. In fact, the Atkins diet is so flexible that it offers a variety of options and substitutes to keep you on your allocated carb budget without spoiling your craving or appetite. In the long run, you will be able to add back the right types of carbs into your menu and still enjoy your clothes in smaller sizes. Filled with tips on low carb cooking and low carb eating, you can enjoy Atkins diet whether you re at home, at work or dining out. As a bonus, we ve also incorporated practical guidelines on your cheat days as well as more tips to keep you focused on your target weight. You begin with Atkins as a weight-loss program but actually end up with it..



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