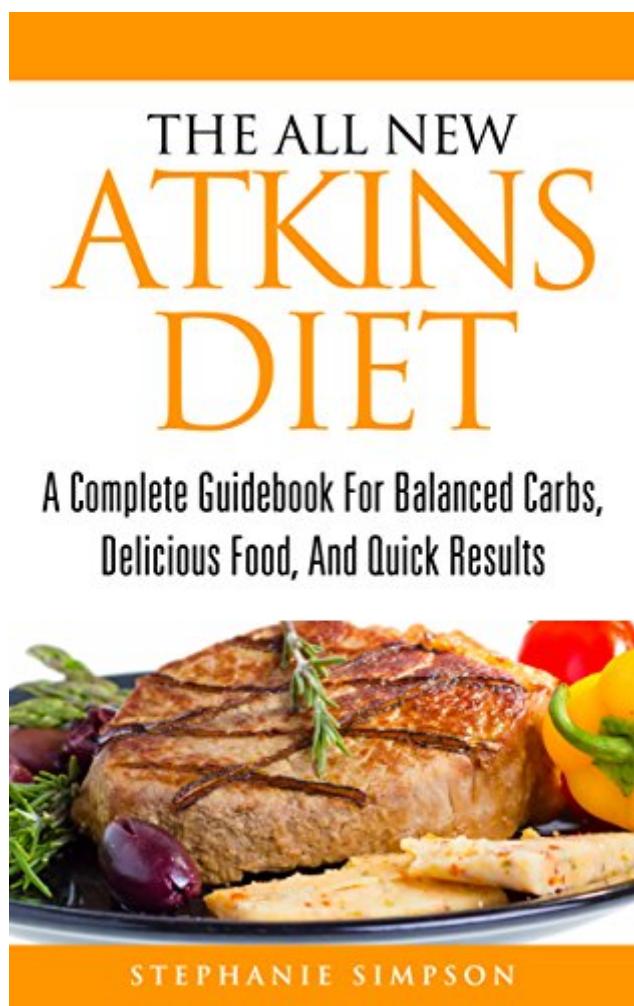


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# The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins Diet, Low Carb, Mayo Clinic Diet, Whole 30, ... Diet, Dash Diet, Paleo Diet, Weight Loss)





## Synopsis

The All New Atkins Diet - A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results \*\* Special Pricing get this bestseller for just \$2.99\*\*. Regularly priced at \$4.99. Read on any device!This book contains proven steps and strategies on how to follow the All New Atkins Diet Plan in order to achieve incredible success with weight loss!Everyone wants to lose weight, and most people are determined to do so in a healthy fashion. If you are in the process of shedding those unsightly pounds, perhaps you have sought refuge in idealistic diets promising immediate weight loss-but to no avail. Maybe you are frustrated by the ineffectiveness of many diets out there. If thatâ™s the case, then youâ™ve come to the right place. In this book, weâ™re going to explore a diet plan that is similar to the Atkins Diet. The New Atkins Diet is basically a twist on the old low carb diet. Of course, we are going to examine the considerations you must make when you start such a diet.Starting the New Atkins Diet can be daunting at first. We understand the challenges and obstacles you may face. This book will provide you with a clear path for you to achieve a long lasting, healthy lifestyle change!Here Is A Preview Of What You'll Learn... An updated overview on the New Atkins Diet that will take your weight loss goals to new heights!A detailed look at the effects of carbohydrates on your bodyA specific look at foods you should be eating on the New Atkins DietFoods you MUST avoid to achieve your goalsA "quick start" exercise plan to take your results to the next level!Much, much more! Download your copy today!Take action today and download this book for a limited time discount of only \$2.99! Click the "buy now" button to get started!

## Book Information

File Size: 1666 KB

Print Length: 42 pages

Publication Date: June 14, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00L0LZF7G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #564,332 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38  
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #107 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #299  
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## Customer Reviews

Being a plant based diet activist, I found this book very educational about Atkins. I learned a lot of things I didn't know. The part about making sure to eat plants as better quality carbs and the information on their vitamins and minerals especially excited me! Also learning about what makes the new atkins diet different- it seems to be much better for the body than the original one. What was also neat is that there is a whole section on exercise. This was great!

For the little info contained in this booklet (about 60 pages), I think you would be better served by registering on the Atkins site and taking advantage of all the free resources. There are no menu plans or recipes in the book.

Wasn't very motivating

Very informative but thought i would see a couple sample menu plans

Someone should have proofread this publication. Some useful info but not really anything substantial. Really disappointed with this read. TI

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The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss)  
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