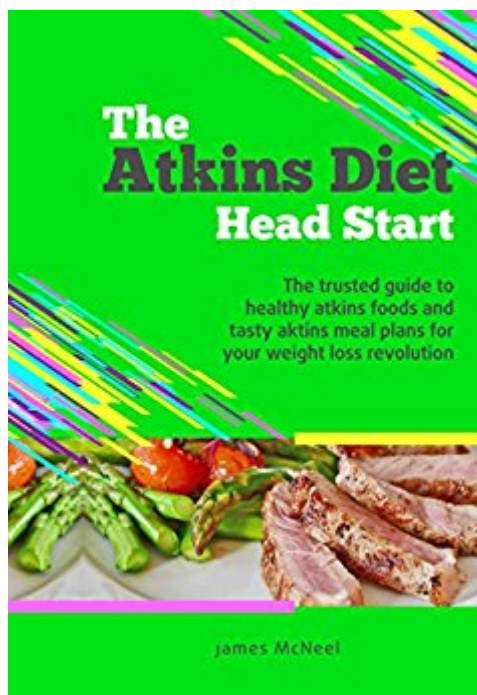


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# The Atkins Diet Head Start: The Trusted Guide To To Healthy Atkins Foods And Tasty Aktins Meal Plans For Your Weight Loss Revolution (atkins Diet, Atkins ... Diet Book 2017, Atkins For Beginners)



## Synopsis

Join the weight loss revolution with the trusted guide on how to get an Atkins diet head start! The Atkins diet has proved to be beneficial in many ways while nutritious and healthy. It has earned its fame and glory. This book will easily show you ...The basic principles of the Atkins diet for beginnersWhich foods matter for your weight lossEven how to create your own Atkins Diet Meal PlanAnd many more insights on how to lose weight!Get your copy today!

## Book Information

File Size: 287 KB

Print Length: 60 pages

Publication Date: July 21, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0745BMM86

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #268,268 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Atkins Diet #52 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet

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## Customer Reviews

Atkins diet is the most popular ketogenic diet that helps to reduce the carbohydrates consumption level. Thus losing weight. This book provides simple plans and recipes to kick start you to a healthier life. The Atkins diet is a healthy way to lose weight.

What a ripoff. Really feel violated by this purchase. Repeated over and over with nothing to add for

information. Wasted my money. Would like a refund.

This has to be the worst "Atkins" diet books I have ever read. And I read the whole thing in less than an hour. This guy repeats himself endlessly. He says if you are having problems the first couple of weeks, you should just quit????????? The first couple of weeks are adjustment and common. Lots of misspellings, I felt like it was his opinion throughout. I am glad it was free, but what a waste of time.

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