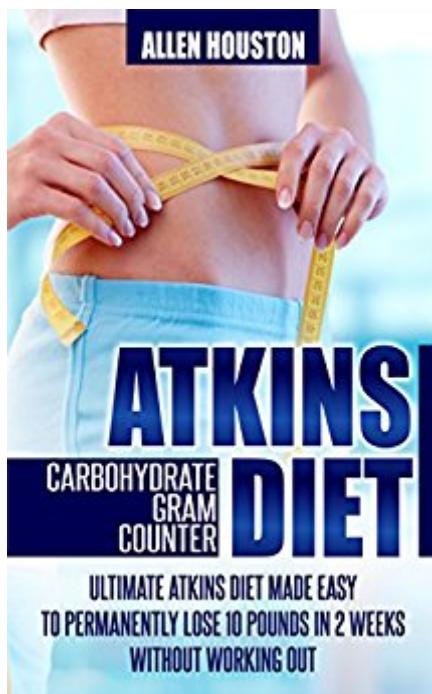


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# ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet)



## Synopsis

ATKINS DIET CARBOHYDRATE GRAM COUNTER - LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol Diet With Atkins Carb Counter Included!) "Why are my friends able to lose weight successfully while still enjoying the foods they like? How can it be happening? How do I avoid those supplement weight loss pills or even those promising weight loss tea that doesn't work? How can I lose 10 Pounds in 2 Weeks!?" Look, I understand you have a lots of question in mind. You will probably be asking what is this Atkins Diet craze all about? How does it work? Does it really work? Will it work for me? What are the things I need to take note of? How do I start the diet the correct way? ATKINS DIET CARBOHYDRATE GRAM COUNTER - LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol Diet With Atkins Carb Counter Included!) will guide you through the entire basics of Atkins Diet, all the different phases and things you need to take note of. No more spending huge amount of money on trying to lose weight. The missing puzzle is already available in our daily life, especially in our intake of foods. Know the types of food to avoid and the types of food to consume for a better health. Enjoy losing weight while enjoying the foods you like. What You'll Expect To Learn In This Book... LOSE WEIGHT FAST USING ATKINS DIET This diet is studied and created based on high intake of fats, adequate protein intake and a minimal intake of carbohydrates in which your body burns fats for energy source and drastically reduce carbs intake as well as minimal storage of carbohydrates to avoid weight gain. CONDITIONS YOUR BODY FOR THE CHANGE This diet consists of 4 phases each with its own time duration for you to get used to it before moving on the next phases. There isn't really a fixed timeline for each phases which makes it easy for you to prepare yourself both physically and mentally going forward. MAXIMISE YOUR ATKINS DIET SUCCESS RATE This book will guide you through on the allowed and restricted food during each different phases of the diet together with simple Atkins Diet Meal Plans as a guide for you to try out without the need to search high and low for Atkins Diet Recipes. To go another level higher, this book also include food portion size guidelines to further enhance your success rate. ATKINS CARBS GRAM COUNTER This is the main course of this book. A huge food list categorize into different food types for easy referencing when planning for your Atkins Diet Meal Plans. This food list will have the following for each individual food item: 1) Portion 2) Total Carbs 3) Fiber 4) Net Carbs 5) Protein 6) Fats 7) Calories 7 DAYS ATKINS DIET MEAL PLANS (BREAKFAST / LUNCH / DINNER) This Atkins Diet Cookbook provides you with more meal options to choose and try from. The recipes will have a Nutrition Facts Table to well inform you of the various intake of nutrients for each particular meal you will have during the deal. ATKINS DIET

CARBOHYDRATE GRAM COUNTER book will cover all the details you need to start out your very own Atkins Diet program in which will save you both time and money and at the same time achieve the results you had always long wanted. For a limited time only, 2 FREE Bonus Diet Books Included! Scroll Up and Download Your Copy NOW! Find out what is missing for you and take massive, consistent action today!

## **Book Information**

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## **Customer Reviews**

I am new to the whole Atkins phenomenon so I ordered several Kindle books that had good reviews. I wanted a carb counter book, a few recipe books and a couple general information books. I am getting older and starting to worry about pre diabetes so I wanted to be a little proactive (not to mention I could lose 10-15 pounds). All of the books I ordered were good books and gave a lot of the same intro info. I like this one because it gives you foods, measurements and the carb counts. The only bummer is that the formatting is all wonky and some of the tables are too small to read. The information is great to have and certainly helpful, it is just the editing job that stinks. I have been using this book for about a week now and I have to say dieting sucks...I didn't realize how much I liked carbs until I had to start looking at the counts. This book is a must have for the Atkins dieters. I

would recommend it to my friends for sure.

Great reference book.

Not enough information!

Useful information on Atkins diet with plans and daily food plans. Covered the basic information in all other books about Atkins

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carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Atkins Diet: The Ultimate Guide to Atkins Diet - How To Lose Weight Fast Using Atkins Low Carb Diet (atkins diet, low carb diet) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) 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 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) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) 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)

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