

The book was found

ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes For Beginners

THE ULTIMATE **Atkins** DIET RECIPES!

Top Atkins Diet Recipes for Beginners



Synopsis

Start Losing Weight Today! In "The Ultimate ATKINS Diet Recipes!" you'll learn how to create delicious, nutritious, and easy to make Atkins Diet recipes that you and the people around you will certainly enjoy!The Atkins Diet is all about controlling your carbohydrate intake. Once you do this, you easily get to burn fat even without the need to exercise!This diet has four phases:1.Kick Start: you will have to consume vegetables, healthy fats, especially those that come from fish, proteins, cheeses, nuts, and seeds.2.Balancing: youâ™d have to eat more fruits, legumes, and more tomato-based recipes.3.Fine Tuning: youâ™d add more starchy vegetables and whole grains to your diet.4.Goal Weight: in the fourth phase, you can now eat a combination of all the foods mentioned in the first three phases.With the help of this book, youâ™ll learn how make recipes suited for each phase of the diet. So, start reading this book now and reach your ideal weight in no time! Here Is A Preview Of What You'll Learn... Tasty Recipes for Phase 1 of the Atkins Diet Delicious Recipes for Phase 2 of the Atkins Diet Great Recipes for Phase 3 of the Atkins Diet Special Recipes for Phase 4 of the Atkins Diet Much, much more!Download your copy today!

Book Information

File Size: 5460 KB

Print Length: 108 pages

Page Numbers Source ISBN: 1515048578

Simultaneous Device Usage: Unlimited

Publication Date: September 21, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00NSXKZO2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #79,930 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Turkish #5 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Turkish #9

Customer Reviews

Cooking is my number 1 hobby and any recipe book is my obvious go zone, a friend of mine gave me this book as a gift for our friendship as she knows cooking is my thing. I loved the book as it has variety of recipes to explore in. The recipes are well written with ingredients that are clear and easy to find. The direction of the recipes are great, simple and easy to follow. ATKINS diet recipes are good and the author did a lot of justices to the recipes. I will always refer to this book and use it to explore the recipes there in. I highly recommend this book to all coking lover and others who want to join the club of cooing. Great book!!

I am a self confessed carbo slave. I can't seem to satisfy my appetite with other options. It makes me feel like everything is bland and boring. However, the recipes in this book regarding Atkins Diet made me rethink my meal choices. It was cool to realize that I can create meals as enjoyable and as tasty with the use of other alternatives for carbohydrates. I was really marveling on the idea if I could pull this off so I tried preparing one meal out of this book and I was glad I did. Its refreshing to eat an appropriate, well balanced meal, without feeling guilty about the calories that you need to burn.

This is definitely not for beginners. There are so many typos and mistakes it is difficult for even a seasoned Atkins user to use. Page 43 has a completely wrong recipe. It is labeled "broccoli and Bacon Salad" but has some strange recipe for ground turkey. I seriously question the accuracy of the carb count and it does not give fiber information to validate net crabs. Very poorly written book. I have lost 70 pounds on Atkins over 2years but plan to return this book as even I cannot use it.

I am trying to lose weight now because I am overweight. I have a friend that suggested me to try this Atkins diet because she told me that it can really lose weight. I researched Atkins diet and it brought me here. There are lots of good recipes in this book and yes it can help me with my weight lost too. There are phases of diet to follow and I like it. I agree with others that it is not edited well but the author put lots of efforts in this book so I appreciate it.

A good book for Atkins diet. Contains a wide range collection of Phase 1 to Phase 4 Atkins diet,

wherein you definitely have many delicious recipe options to try. Healthy eating doesn't mean you have to settle for blunt and dull food taste, you have the choice for food adventure where you can enjoy eating the right amount and choice of yummy meals. Inside this book there are loads of recipes, that I can't wait to try out. Notable ones wherein i've already got to make was the Cheesy Red Bell Pepper Cups, Breakfast Yogurt and Almond Surprise, Low-Carb Cheese Bread Snack and the super yummy Coconut Pie which is my personal favorite! Each recipes were easy to make and instructions were easy enough to follow. I really enjoyed this book.

Not edited very well. Some recipes have partial instructions or partial ingredient lists. Think I did just as well or better looking other places for recipes

Atkins diet is a very interesting method to lose weight. This is all about controlling your carbohydrate intake. I personally think that this method is for me since I don't really have enough time to go to the gym. The ingredients in this book were all delicious and healthy at the same time. The preparation procedure was written in a manner where you can easily follow and understand. The ingredients were easily available and affordable at the same time. I have tried preparing citrusy fish fillet and it was a huge success! My family loved it and I would really love to try more recipes from this book.

I think this recipe book focused more on the healthy and diet recipes but in a different way because it still is full of choices that are not known as diet recipes. Most of them are low-carb recipes good for diet but will make you feel full. I like for example the Apple stuffed breast chicken, Salmon Pasta in white lemon sauce, and coconut pie. If you just read those titles, it doesn't sound like diet recipes but the recipes and ingredients inside make it work. It's full of healthy ingredients and the outcome is delicious so making your diet pleasant experience.

[Download to continue reading...](#)

ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners
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) 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)
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) Atkins

Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes for Beginners (Lose Weight Now!) (Volume 1) Atkins Diet: Ultimate Atkins Dietâ€™s Recipe Cookbook (Atkins Diet, Ketogenic Diet, Weight Loss) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Atkins Diet: A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) 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) The Revolutionary Atkins Diet: Say Goodbye to those stubborn Belly Fat Forever (Weight Loss, Proteins, Atkins Diet, Atkins, Clean Eating, Low Carb, Paleo, ... Protein Diet, Healthy Fats, Maintenance) ATKINS: The Atkins Diet Weight Loss Guide: Low Carb Recipes and Diet Plan For Beginners (Atkins Low Carb Weight Loss Diet Book) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1)

[Contact Us](#)

DMCA

Privacy

FAQ & Help