



## Atkins Diet Complete Atkins Diet Guide to Losing Weight and Feeling Amazing

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By Natalie Ray

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 76 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Atkins Diet: Complete Atkins Diet Guide to Losing Weight and Feeling Amazing! Are you tired of diets that don't work? Looking for the ultimate solution to losing weight, keeping it off, and feeling amazing? The Atkins Diet is for YOU! This Atkins Diet complete guide provides you with EVERYTHING you need in order to see amazing results from this way of eating! . . . Atkins Diet made easy! From introducing you to the Atkins Diet and discussing each phase of the diet, to providing recipe examples and a guide to eating out while on the Atkins Diet, this book has it all to set you on a path to success with the Atkins Diet! The Atkins Diet has been around for years, created by a doctor himself. Simply put, it works! What's Inside the Atkins Diet Guide: - Introduction to Atkins Diet - Phase 1 Induction - Phase 2 Ongoing Weight Loss - Phase 3 Pre-Maintenance - Phase 4 Lifetime Maintenance - Pros and Cons of the Atkins Diet - Top Mistakes Made by Atkins Dieters - Atkins...



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