



# ATKINS DIET FOR BEGINNERS: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You (Atkins Low Carb Weight Loss Diet Book 1)

By Allen Houston

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**Atkins Diet For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You**

*"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 reach my targeted weight within 3 months without counting the number of calories day after day, meal after meal!?"*

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 For Beginners: A Comprehensive Quickstart Guide To Kickstart Your Own Atkins Diet For Permanent Weight Loss and A Healthier New You**

No more spending huge amount of money on trying to lose weight. Say **NO** to counting of calories day in and day out. 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 Learn In This Book...**

- How Does Atkins Diet Work
- Maximize Your Chances of Dieting Success Using Atkins Diet
- Different Phases Of Atkins Diet Explained
- Weight Maintenance Of Atkins Diet
- 14-Day Atkins Diet Meal Plans
- **BONUS:** Atkins Diet Dessert Recipes

*Atkins Diet For Beginners* book will cover all the details you need to start out your very own Atkins Diet program. This book will save you both time and money, in which at the same time achieve the results you want.

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**Melanie Archer:**

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**Sandra Passmore:**

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**Wanda Riddle:**

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**Juana Kitchen:**

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