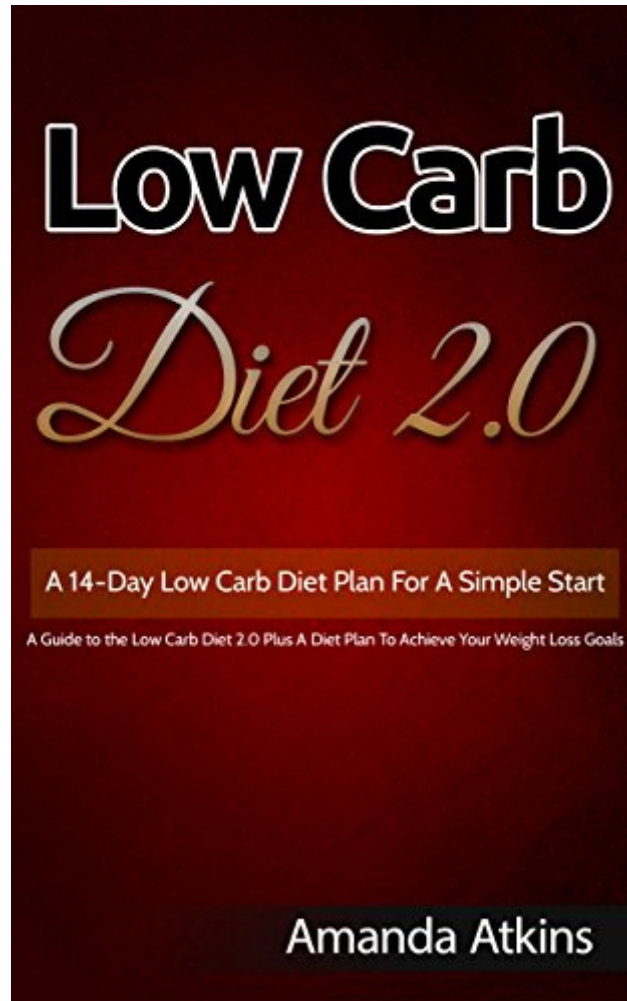


The book was found

# Atkins Diet (Low Carb Diet): A 14-Day Atkins Diet Plan For A Simple Start



## Synopsis

**\*\*LEARN::** How The 14-Day Low Carb Diet 2.0 Plan Works & Why It Is The Most Effective Weight Loss Program Are you ready to lose weight and keep it off? It's easy to get off track when you begin weight-loss program because most people don't completely understand how the weight-loss program works. Next thing you know, you find yourself cheating because the weight-loss diet you were currently on was not specific enough.

**DISCOVER::** How You Can Still Eat Your Favorite Foods and Lose Weight. What's the solution? To redesign how diets work with easy to understand explanations of how the diet works, and specific diet plans including Breakfast, Lunch, Dinner, Snacks, and Desserts. This is where the 14-day Low Carb Diet 2.0 plan comes into play.

**Here Is What's Inside:-** An Amazing Meal Plan For Each Day of The Week For 14 Days, Including Breakfast, Lunch, Dinner, Snacks, and Desserts- A Thorough Explanation of the 4 Phases Written In Easy-To-Understand Language- Do's and Dont's of the Phase 1- How To Choose Your Carbohydrates- The Glycemic Index Of Common Foods- The Possible Hindrances To Weight Loss- Foods Permitted During Phase 1- A Menu For Week 1, Phase 1- A Menu For Week 2, Phase 1- Reasons For Slow Weight Loss- How To Determine Your Ideal Carbohydrate Level- Over 40 Delicious Recipes including Breakfast, Lunch, Dinner, Snacks, and Desserts- And Much More!

**Would You Like To Know More?** Download and get started with the 14-day low carb diet plan today. Scroll to the top of the page and select the buy button.

## Book Information

File Size: 3465 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 12, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B015BLCSLG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #210,785 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins Diet #69 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #241  
inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

## Customer Reviews

The low carb diet is so much beneficial for our body. It not only give the required nutrition to us but also helpful to lose weight rapidly. this book has a low carb 14 days Atkins diet plan for you. The author mentioned the phases of your weight and also added do's and don't do's. The writer used the tables to make its reader understand easily and effectively. You can also find the lists of food in this book. I recommend this book to all those who want to lose weight like me.

If you are interested in doing a low carb diet..then this is a really detailed guide to start doing one. The book covers benefits of the Low Carb Diet, 4 distinct phases with do's and dont's as well as amazing recipes for sweet tooth's.Great way not just to lose weight..but to maintain a health weight. This diet will helps persons to improve their cholesterol, sugar, blood pressure levels as well as overall health.

Low carb diet does help us to keep our body healthy. It helps us to lose weight in a fast and natural way. If you want a Simple diet plan. This book can give you that. There are a lot of recipes that we can find in this guide. All of them are quite easy to prepare. You donâ™t need to be like a superstar in the kitchen who cooks impressively. You will be astounded on what this guide can show us.

Low carb diet is good for those who want to lose weight and burn more fat. This book provided a very detailed plan to help you get started on a low carb diet. It included the different phases of the diet, the dos and don'ts, the food list and the 14-day plan. I liked how thorough this book was and it was truly informative!

I just started the Atkins diet and i was a little confused as to exactly what to do. I'am really glad i purchase this book, as the author really gave a step by step guide that was easy to understand for a beginner like me. I've already noticed some weight lose and I feel better.Recommended..

This book has full of information about Atkins diet. I think this is the only book you need to know everything about Atkins diet. This book has a 14 days low card diet plan which really works. I found

this book so helpful and I recommend this book to everyone.

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

My First Bilingual Book&#150;A Day (English&#150;Vietnamese) How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide) Quieting Your Heart: 30-Day Prayer Journal - Love Edition SQL: Learn SQL In A DAY! - The Ultimate Crash Course to Learning the Basics of SQL In No Time (SQL, SQL Course, SQL Development, SQL Books, SQL for Beginners) Quieting Your Heart for the Holidays: 30-Day Prayer Journal 40 Things to Give Up for Lent and Beyond: A 40 Day Devotion Series for the Season of Lent MYSQL Programming Professional Made Easy 2nd Edition: Expert MYSQL Programming Language Success in a Day for any Computer User! (MYSQL, Android programming, ... JavaScript, Programming, Computer Software) C Programming Success in a Day & MYSQL Programming Professional Made Easy (Volume 10) PHP: MySQL in 8 Hours, For Beginners, Learn PHP MySQL Fast! A Smart Way to Learn PHP MySQL, Plain & Simple, Learn PHP MySQL Programming Language in Easy Steps, A Beginner's Guide, Start Coding Today! LEARN IN A DAY! DATA WAREHOUSING. Top Links and Resources for Learning Data Warehousing ONLINE and OFFLINE: Use these FREE and PAID resources to Learn Data Warehousing in little to no time Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Battle Plan for Prayer Book 1) The Amazing Story of the Fourth of July For Children!: The Story of Independence Day and the Birth of the United States of America BLOODY LANE FIRE FLY: An Independence Day Short Story About Fireworks and Growing Up 4th of July: 15 Shocking Facts About Independence Day and Fireworks Celebrate Independence Day (Our Holidays) Independence Day (Let's Celebrate American Holidays) A Berry Lucky St. Patrick's Day (Strawberry Shortcake) How To Podcast 2015: Four Simple Steps To Broadcast Your Message To The Entire Connected Planet - Even If You Don't Know Where To Start 365 Jokes For Kids: A Joke A Day Book +5 Bonus Magic Tricks Animated Storytelling: Simple Steps For Creating Animation and Motion Graphics

[Dmca](#)