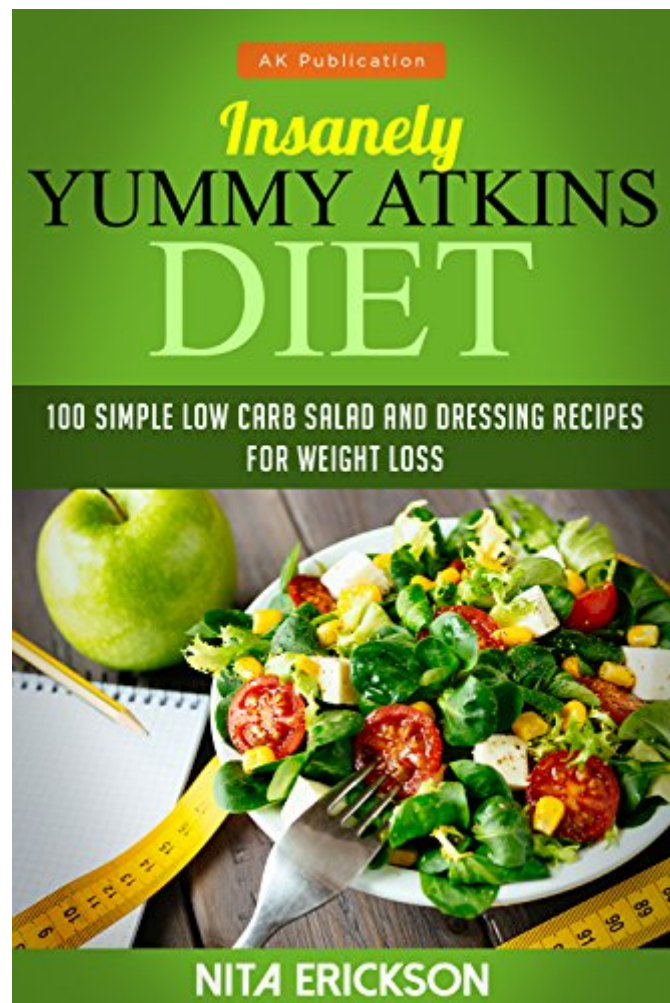


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# Insanely Yummy Atkins Diet: 100 Simple Low Carb Salad And Dressing Recipes For Weight Loss (Atkins Diet Series)



## Synopsis

ALL types of your favourite salads, NOW LOW-CARB! Here is an effective atkins diet for all! "Got my copy & Gifted another ..the best salads book"- Hilary W. (On facebook) "THIS is it! ..Every Low-Carb eater's Bible!"- Sarah S. (On twitter) It is said that low carb salads are not yummy.. BUT NOT ANY MORE! Here are 100 simple Low-Carb salad and dressing Recipes for Superb Health & Weight Loss which will make your meals yummy like it has never been before! Salad are the most healthy diet which are just a boon for weight loss. Here are some salads and dressings which are yummy by themselves and also if taken with anything! These 100 Recipes are so Insanely Yummy, Nobody'll Believe they're Low-Carb! Here are some of the most AMAZING Low-Carb Salad Recipes that'll get you salivating right now! TAKE A LOOK: Bacon & Egg Salad, Bacon Cheese Salad, Broccoli, Olives, & Egg Mixed Salad, Bruschetta Style Tomato Turkey Greens, Caulif-broccoli salad, Goopy Herb Dressing, Blue Cheddar Dip/Dressing, Extraordinary Blue Cheddar Dressing, Goopy Thousand Island dressing, Chicken Bacon Club Greens, Yummy Chicken Taco Salad, Obsolete Cole Slaw, Cool Taco Mixed Salad and many more..... I bet, you couldn't experience these recipes without getting ravenous! Not just are these formulas extraordinarily delicious, every one of them has an itemized breakdown of the fat, carb and protein content furthermore other valuable subtle elements like prep-time, number of servings and so on. Go On, Grab Your Copy and Get Cooking! Don't miss this opportunity to BUY NOW at the Lowest Price ever!

## Book Information

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## Customer Reviews

As someone who likes to eat healthy, salads have always been one of my favorite foods. My big weakness, however, is salad dressing. Most salad dressing is horrible for you, full of fat, sugar, or even high levels of sodium. I kept falling into the trap of thinking I was eating healthy when the dressing on my salad was negating any benefit from the vegetables! That's what I found so valuable about *Insanely Yummy Atkins Diet* - even if you're not using that diet, the recipes for so many varied salad dressings that aren't going to ruin your waistline make the entire book worth it. There's also a great selection of salad recipes if you want to try out something new, and some information about the Atkins diet itself. For me, the salad dressing recipes were the best part, and now I know that I can ensure my salads are healthy!

Atkins diet has been one of the popular diets that promises to reduce weight by concentrating on the relative amounts of fats, proteins and carbohydrates that we take in. It is essentially a high protein, high fat and low starch diet. If you stick to it this diet has a reputation of being very effective. But the main problem here is stickability. As the book points out that several studies have pointed out the effectiveness of this diet in the medium term. The book then enlists the various benefits of Atkins diets. The rest of the book is full of some delicious Atkins recipes that are healthy at the same time. Liked the book and would recommend it to anyone looking to make use of the Atkins diet to lose weight !

WOW!"*Insanely Yummy Atkins Diet*" was such a great book! It thoroughly discussed everything you need to know to start (and more importantly, keep up) a great Atkins diet. If you want to learn how to maintain an Atkins diet with tons of delicious recipes you NEED this book. It will make things so much easier and faster for you. Highly recommended!

There is no doubt that cutting carbs can help you lose weight. The difficult part is maintaining a diet like Atkins because carbs are so delicious! But, this cookbook contains many delicious recipes, so you won't feel deprived. Plus, the recipes are filling and nutritious... but yummy enough that they

don't feel "diet". I'm actually going to make the Taco Salad for my Super Bowl party this weekend!

This cookbook is such a great one! Atkins diet is a really essential diet for us for it doesn't just make you lose weight but it also have a lot of benefit for our health. I love all the recipes given by this book and it surely is an insanely yummy Atkins diet. This is truly a recommended book for everyone who's also looking for ways in shedding that extra pounds but still sticking on a healthy lifestyle.

Great book! There are definitely a lot of salad and dressing recipes in this book. It also explains the Atkins Diet well and the advantages of it. Very yummy recipes throughout the book. I really liked the Broccoli and Bacon Greens recipe. Also loved the Cool Taco Mixed Salad, yum! When you think of dieting and salads you don't think of them being as good as these are.

Let's face it the Atkins diet has been around for a while now. However it is not easy to stay motivated and stay on a diet. Especially with salads. And dressings add flavor but they are fatty and unhealthy. So it makes sense to add variety. With 100 different salad varieties and dressings it's now going to be a pleasure to maintain my Atkins diet!!

Want to quit starchy food and start on a high-protein and high-fat diet? Keep the energy throughout the day by taking Atkins Diet. This book will show you how this diet will improve your triglycerides, HDL, and insulin resistance. Choose your favorite salad for the day from the recipes in this book and add the dressings you can find here.

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