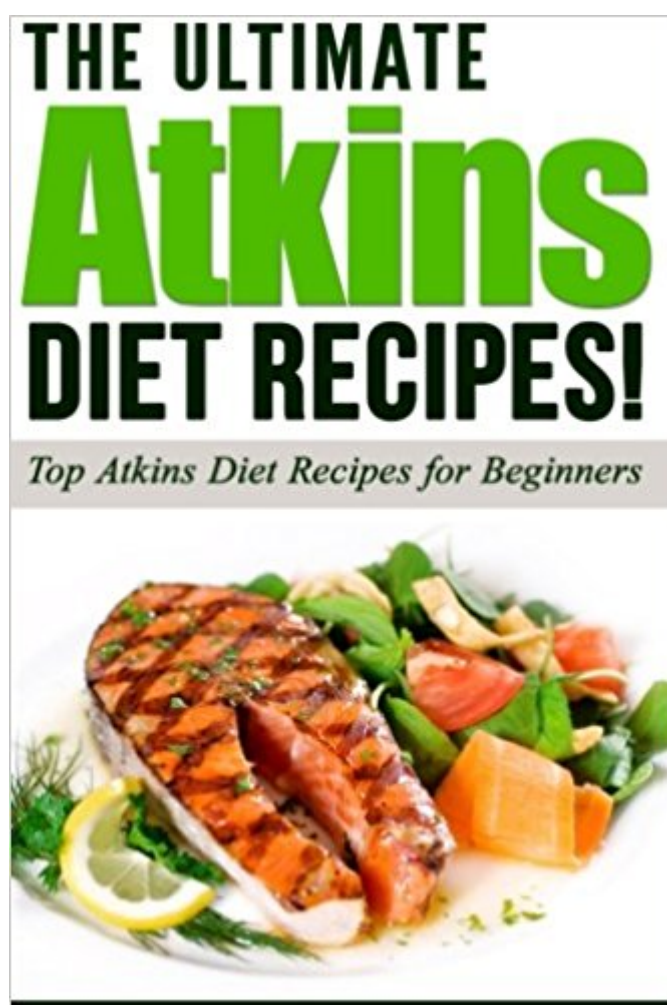


The book was found

ATKINS: The Ultimate ATKINS Diet Recipes!: Top Atkins Diet Recipes For Beginners (Lose Weight Now!) (Volume 1)



Synopsis

Start Losing Weight Today! In this book 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- you "d have to eat more fruits, legumes, and more tomato-based recipes. 3. Fine Tuning "you "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, you "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!

Book Information

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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 carbs. 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.

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