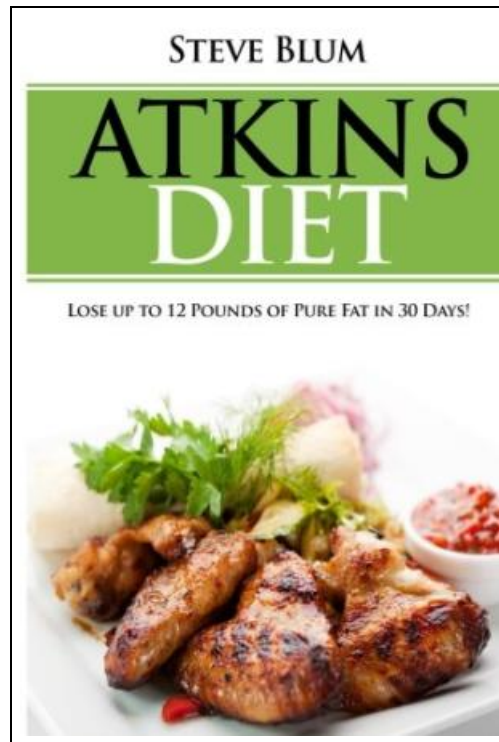


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are You SICK of Bullshit Diets? The book Atkins: Break Out From the Fat Prison mentions complete details of the Atkins diet which is a great advantage for those people who want to reduce their weight while maintaining good health. While most diets consist of only the raw and tasteless ingredients like raw vegetables, being on fruits and completely avoiding alcohol all day the Atkins diet focuses only on eating a low carb diet, which does include high proteins and a fiber diet. Moreover, the Atkins diet also allows you to drink alcohol after the prescribed two weeks are over that is the first stage of the Atkins diet. In this book you ll learn: EXACTLY what to eat every meal - no more guesses.How to activate essential hormones in the fat burning processWhy you feel hungry and how to control your appetiteHow to win yourself and give up on junk food, sweets, and processed food In this book, you will find complete details of the Atkins diet and how to practice it, complete recipes of the meals, the diet plan you should follow, and many tips for successfully following the Atkins diet. What s inside? A full, complete guide on the Atkins diet30 Day meal-plan100+ Low carb, healthy recipes What Kind Of Results Should I Expect? While results may vary from one person to the other, those kind of results are not illusional: Losing 15 pounds in the 1st MonthBurning 10-12 pounds of pure fat in the second phase of the dietReducing your body fat to 8 in 6 months! Atkins diet has been proven to be one of the most beneficial, easy-to-follow diets. STOP fantasizing about the ideal...



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