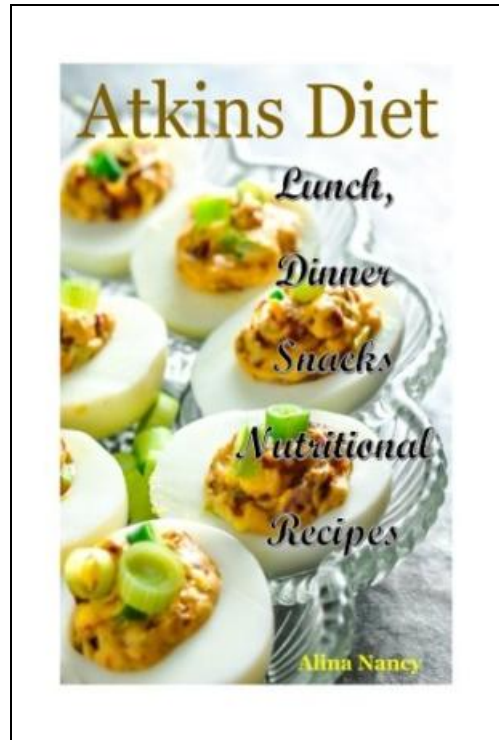


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Reviews

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

(Bradley Hahn)

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Atkins diet is a low-carbohydrate diet, usually recommended for weight loss. Proponents of this diet claim that you can lose weight eating as much protein and fat as you want, as long as you avoid foods high in carbs. What You Can Eat and What You Can t There are four phases to the standard Atkins diet It focuses on proteins and fats like: Meat Poultry Seafood Eggs Butter Oils Cheese You ll have to stay away from starchy and sugary carbs, including: Bread Pasta Potatoes Chips Cookies Candy You ll eat carbs in veggie form at first. As you progress, you ll add in other foods, like beans/legumes, fruits, and whole grains. Phase 1. This is when you help your body switch from burning carbs to fat. This process is called ketosis, and you should notice weight loss quickly. You ll eat protein, fat, and only 20 grams of carbs in veggie form daily. Some people (like vegetarians) should skip this phase. Phase 2. You ll add foods back to your diet, until you learn how many carbs you can eat while still losing weight. Phase 3. Go to this level when you have about 10 pounds left to lose. You ll learn how to maintain weight loss and lose the last few pounds. Phase 4. You ll follow this for the rest of your life, to ensure that you don t gain back what you ve lost. For more information **CLICK ON BUY BUTTON** tag: atkins cookbook, new atkins diet, Atkins Low Carb, rapid weight loss, atkins diet essentials, atkins fat fast, atkins food list, atkins lunch, new atkins diet cookbook, new atkins diet delicious beginners,...

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