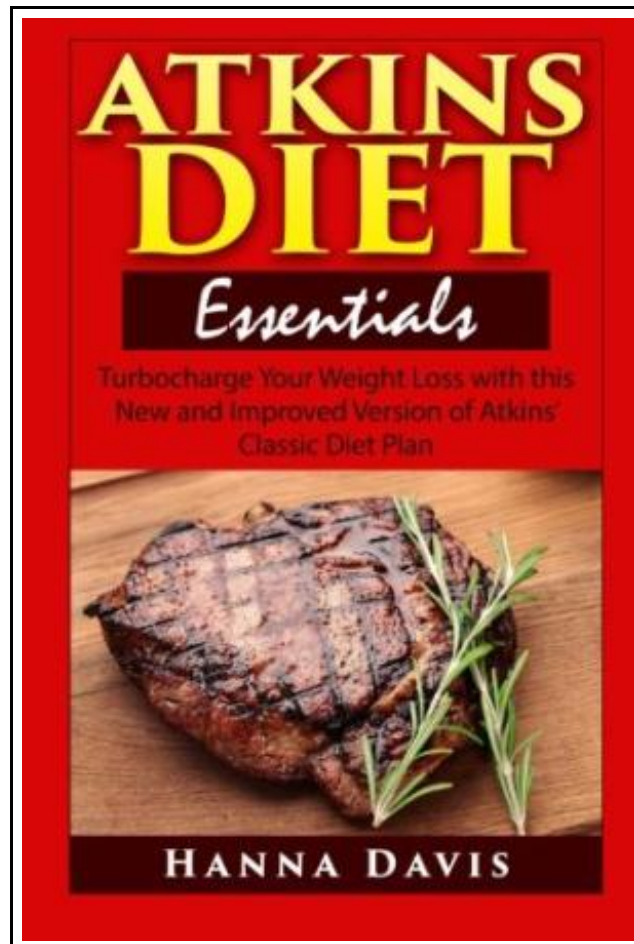


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CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Atkins Diet Essentials "I'm not hungry and I'm losing weight." - Ryan Want to see weight loss results quickly? Do other diet plans leave you feeling like you are starving to death even after eating a mountain of celery and lettuce? It's been proven time and again that after only a few days of being on the Atkins Diet Plan you will see results and your clothes will begin fitting better! On the Atkins Diet you will be eating every 2 - 3 hours (including snacks) so you never feel hungry. Plus with so many food options available, you can still have quite a variety in your daily meal plan. Plus, as you approach your weight loss goal, you can add in more starchy veggies, fruits and whole grains giving even more options. Atkins Diet Essentials is a great new book for getting you started down the path of Healthy Living and Weight Loss The Atkins Diet definitely isn't another fad! It's been around for over 40 years and is a healthy lifestyle plan to get you on the road to feeling better AND losing weight. The key to the success of this diet is controlling your carbohydrate intake. It's been proven that your body will burn more fat when it is fed less refined carbohydrates. And burning fat leads to losing weight! This is why the Atkins Plan works so well. Atkins Diet Essentials is the answer to your desire to lose weight and keep it off! This diet has been around for a long time and is a proven plan to promote healthy weight loss. What's more, you'll learn how to transition from the initial strict diet phase to the...

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