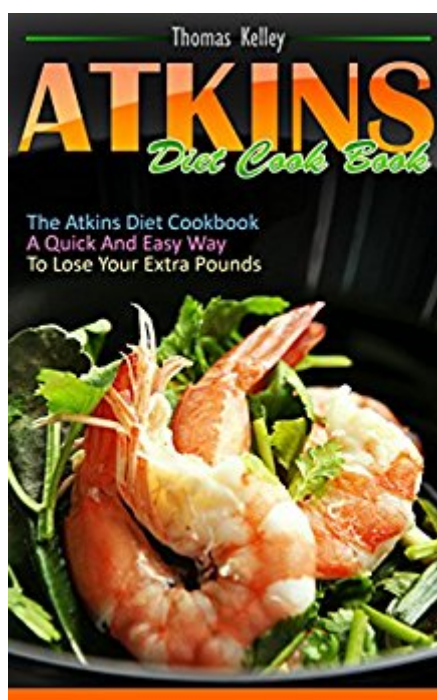


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# Atkins Diet Cook Book: The Atkins Diet Cookbook, A Quick And Easy Way To Lose Your Extra Pounds



## Synopsis

With Atkins diet you may expect rapid weight loss; at least 13 pounds a month. You will feel considerable weight loss especially during the first 7 days, then it will be a bit slower. The great advantage is that you reach your dream weight without feeling hungry. People who are used to eat a lot will not feel deprived of food and will not stress because of that. It is easy to follow and you don't need to watch the calories or difficult counts and techniques. Actually there is one simple rule you should consider and you will see the result. First let's understand the basic. Any food substance that enters your body is used as "fuel" and either your body immediately uses it or stocks it to consume later. When the "fuel" is stored as fat then the gaining weight starts. Atkins diet suggests low carbohydrate recipes which means that you will eat enough carbohydrate for the day and as soon as your body does any effort it will automatically burn all the excess carbohydrates, the "fuel" stock in your body, in other words your "fat". Isn't this what you are looking for? Carbohydrates in big quantity in food such as pasta, rice, sugar, and bread. When we make an effort we consume carbohydrates easily turning them into energy. However, as soon as we eat more than we need the remaining carbohydrates are transformed into fat causing over weight. Following low carbohydrate diet which excludes all banned food and offers ingredients rich in protein - such as meat, soy products, and vegetables - leads to the decrease in the amount of fat that the body usually produces. So don't hesitate to start the Atkins diet today. You will get some amazing recipes and instructions to prepare some delicious dishes with this Atkins Cook Book.

## Book Information

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## Customer Reviews

A Great book! This book contains a simple and easy way of doing it. Eat as much meat as you wish - it is very good and there is no carbohydrate, so feel free to be carnivore. The zucchini will accompany the meat. The important is not the meat but what you are eating with it and I always say simple things are always the best. I really enjoyed whole book and take some recipes in my food menu. I would like to recommended this book to all.

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