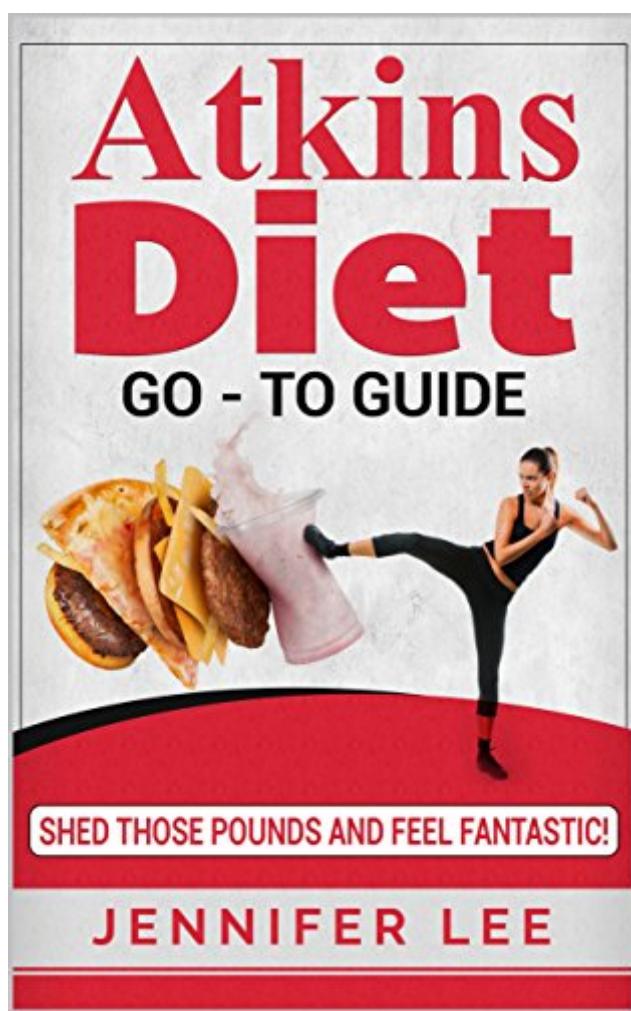


The book was found

# Atkins Diet Go-To Guide: Shed Those Pounds And Feel Fantastic!



## **Synopsis**

Diets have a rather nasty way of making you feel one particular thing – hungry. Literally very hungry! Now, the good news is that not all diets are like this, and there are some diets, or even food plans, which don't leave you in a constant stage of hunger, and some which do allow you to eat your favorite foods but in moderation. These diets can also still help you to shed a large amount of pounds, and they can actually be much better for you overall because they teach you the importance of healthy food choices.

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## **Customer Reviews**

This is a great book on Atkins Diet Go-To Guide. All of the things, tips and guides that I need to know about how to shed those pounds and feel fantastic are already included and well written inside. Jennifer Lee has done an incredible awesome job in compiling and creating this book. This book is very informative, useful and well explained. This book is really a great resource for those who want to learn more about Atkins Diet Go-To Guide. The book is worthy of attention!

It is filled with loads of information. This is a great if you are interested in Atkins; however if familiar

with the program and have some of their previous books there is not a lot of new ground covered. Also so many choices of food, which makes it easier to stick to the Atkins diet.

I lead very healthy life and read a lot about various ways, diets, and recipes for healthy eating. This book is an excellent reference for everyone who lives a healthy lifestyle. I am not a huge salad fan, but I got this book because I am trying to eat more of them. I am so glad I did! This book is full of different recipes that have ingredients that add amazing flavor, and they are so easy! Easy Bacon Salad is my favorite..... but there are tons of other delicious ones!

This is a awesome book on Atkins Diet Go-To Guide. It was an amazing meal. Great reference for healthy eating fans. I highly recommended this book!

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