



Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (DiETING Plans for Weight Loss)

Vicki Day, Carrie Bishop

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Atkins Diet Cookbook Box Set (2 in 1)

Atkins Diet Revealed: Diet Guide for Shedding Weight with Delicious Fat-Burning Recipes

Have you tried every diet around? Do you lose a few pounds then quickly gain it back? Are you tired of always feeling hungry? Follow the Atkins Diet and change your life! Eat three meals and two snacks a day! Never feel hungry! By eating the right foods, you can feel satisfied all day long while losing weight for life.

Written in easy-to-understand language, this book will explain how you can turn your body into a fat-burning machine! You will learn how the Atkins Diet works and discover tips to lose and maintain weight. You will understand how limiting carbs forces your body to burn fat for fuel!

Inside you will learn:

- How the Atkins diet works.
- Strategies for living the Atkins lifestyle to lose weight and keep it off!
- Tips for burning fat and losing weight!
- Step-by-step instructions for delicious breakfast, lunch and dinner recipes that are easy to make!
- Tips for making craving crushing snacks and decadent desserts!

You can do it! Stop feeling hungry all of the time! Follow the Atkins Diet and start feeling healthy and satisfied. You won't feel hungry all of the time and you can lose weight and keep it off!

Learn the tips and strategies for following the Atkins Diet! Download now! Start eating delicious, low-carb and burn fat!

The Atkins Slow Cooker Cookbook: 36 Atkins Diet-Approved Recipes to Try in Your Slow Cooker

The Atkins Diet has been around us for almost half a century now and, surprisingly or not, it is still one of the most common choices when it comes to adopting a healthier eating plan. At the same time, multiple controversial attitudes concerning the real safety degree of this diet have appeared, making Atkins's idea even more intriguing.

However, if there is one thing that we can all agree upon, that is the fact that there are thousands and thousands of persons who have numerous reasons to be grateful to Dr. Atkins.

But the Atkins Diet is not the easiest one to integrate in your lifestyle. With entire food categories almost completely excluded from your menu, it can be a problem to find the right recipes to keep you full and to satisfy or make you forget about your annoying food cravings.

And this is exactly what this book is going to help you with: it will introduce you to 36 healthy, delicious Atkins-friendly recipes for all the four phases of this diet. You will also find multiple recipes for your vegan or vegetarian menu. And that is not all: the book will present you a new way to see and taste your diet – through the incredible power that your slow cooker (or crock pot) brings to you.

Already curious? Let's see what other interesting aspects this book will help you with:

- The origins of this diet
- How to accept this diet easier
- Useful information about your own slow cooker
- Which foods are recommended and which ones must be avoided
- How to prepare simple Atkins-friendly recipes with the help of your slow cooker
- Essential tips and tricks for an easier diet

These and many other useful pieces of information are presented in the inside chapters.

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From reader reviews:

Keisha Kent:

Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, in that case why you don't try issue that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (Dieting Plans for Weight Loss), you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

Judith Jordan:

Your reading 6th sense will not betray an individual, why because this Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (Dieting Plans for Weight Loss) guide written by well-known writer we are excited for well how to make book that could be understand by anyone who have read the book. Written with good manner for you, still dripping wet every ideas and publishing skill only for eliminate your own hunger then you still hesitation Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (Dieting Plans for Weight Loss) as good book not simply by the cover but also with the content. This is one reserve that can break don't determine book by its deal with, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your reading through sixth sense already alerted you so why you have to listening to another sixth sense.

Jacqueline McArdle:

Reading a book being new life style in this 12 months; every people loves to read a book. When you study a book you can get a lot of benefit. When you read books, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. In order to get information about your review, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these us novel, comics, along with soon. The Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (Dieting Plans for Weight Loss) provide you with a new experience in reading through a book.

Caroline Edwards:

Reading a publication make you to get more knowledge from that. You can take knowledge and information coming from a book. Book is composed or printed or highlighted from each source which filled update of

news. With this modern era like at this point, many ways to get information are available for you actually. From media social similar to newspaper, magazines, science book, encyclopedia, reference book, new and comic. You can add your knowledge by that book. Ready to spend your spare time to open your book? Or just seeking the Atkins Diet Cookbook Box Set (2 in 1): Diet Guide for Shedding Weight & 36 Atkins Approved Recipes to Try in Your Slow Cooker (Dieting Plans for Weight Loss) when you required it?

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