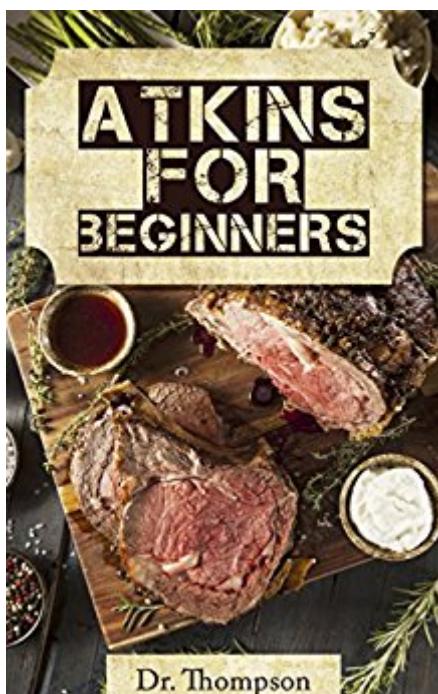


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# Atkins For Beginners: A Low-Carb Atkins Cookbook With Weight Loss Paleo Diet Recipes For Healthy Low Carb Cooking



## Synopsis

Atkins For Beginners: A Low-Carb Atkins Cookbook with Weight Loss Atkins Diet Recipes Today only, get this Kindle book for 2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device. In this book you will find delicious Atkins diet recipes that will blow your mind. You can choose among various recipes and prepare outstanding healthy food. Millions of Americans rush home after work, wondering what they will feed their families. They may be exhausted from their full day and then have to run off to other family activities for the night. It can be difficult to figure out what meals will fill the family up. Most of these families will take the easy route and take their families to a fast food restaurant on their way to the next event. This idea can get really expensive and is horrible on the health for everyone in the family. Instead of falling into this rut, check out this cookbook instead. It is part of a line of cookbooks meant to make your supper decision much easier. Inside are recipes that you can pick up after work and get a meal on the table for your family in no time. Check it out and see just how tasty and easy making dinner for your family can be! Download it now and discover the amazing world of: Fruit Kebabs Eggplant Lasagne Cherry Cobler Simple, tasty and amazing recipes for diabetics that is easy to prepare Download your copy today! To order, click the BUY button and download your copy right now! Tags: Atkins, Atkins Diet, Atkins Recipes, Atkins Cookbook, Weight Loss, Low Carb Recipes, Weight Loss Recipes

## Book Information

File Size: 1385 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 14, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00R1XA8G0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #615,247 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #116

inÃ ª Books > Health, Fitness & Dieting > Diets & Weight Loss > Atkins Diet #328 inÃ ª Kindle

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## Customer Reviews

Was looking for a book with a bit more basic information about Atkins. This was not it.

This has some recipes but some are nothing but carbs or the recipes have quite a few carbs. I would not consider this low-carb.

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