



# **Atkins Revealed: Diet Guide for Shedding Weight with Delicious Fat-Burning Recipes (DiETING Plans for Weight Loss)**

*Carrie Bishop*

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## **Atkins Revealed: Diet Guide for Shedding Weight with Delicious Fat-Burning Recipes (Dieting Plans for Weight Loss) Carrie Bishop**

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 loose 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!

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