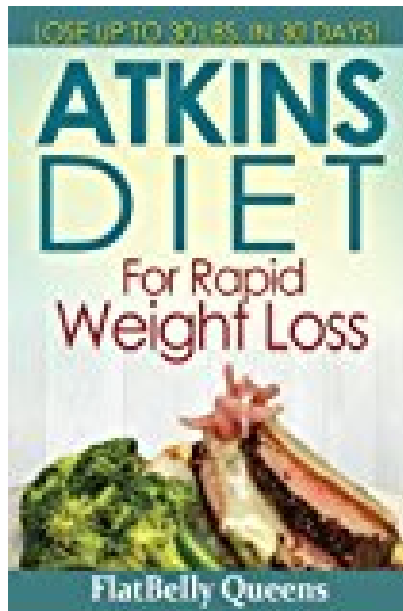


Atkins Diet for Rapid Weight Loss Lose Up to 30 Pounds in 30 Days



BOOK DETAILS

- Author : FlatBelly Queens
- Pages : 146 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1533057249

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BOOK SYNOPSIS

Achieve Your Weight Loss Goals with The Atkins Diet For Rapid Weight Loss This book is for busy professionals who would like to lose weight quickly using the Atkins diet but dont know how to get started. We have condensed all our tried and tested solution into a simplified handbook that provides an effective weight loss plan for losing 30 pounds in 30 days! We will identify the key problem foods to eliminate from your plate and focus on foods which support a lean body. The Atkins diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you wont have to waste time or money on special powders, shakes, or monthly meal plans. Atkins Diet for Rapid Weight Loss is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- Atkins Diet for Rapid Weight Loss will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come. Examine This Book For A Full 7 Days 100% Risk FREE! Thats right... If you are not 110% satisfied, you have seven days to go to "Manage Your Kindle" page and ask for a complete Refund. We have included a comprehensive weight loss report as a free gift which is only available for a limited period. Some of our readers have reported back with unbelievable results when they combine the book with the report.

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