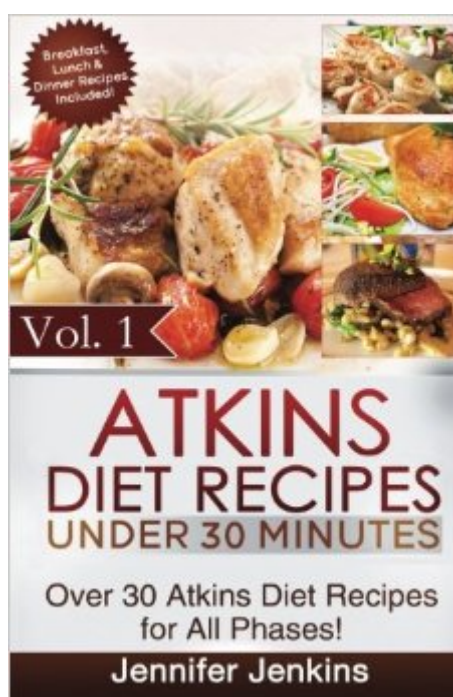


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# Atkins Diet Recipes Under 30 Minutes: Over 30 Atkins Recipes For All Phases (Includes Atkins Induction Recipes) (Atkins Diet Cookbook) (Volume 1)



## Synopsis

The Atkins Diet Recipes Under 30 Minutes is designed to help you jump right into losing weight using the Atkins Diet, right from the start. And why does the Atkins Diet work so well? Simply because it substitutes your carbohydrate intake with other tastier food, so your body has lower amounts of stored carbohydrates. And so instead of burning carbohydrates, your body will safely and naturally begin to burn the stored fat deposits to keep up with its own energy requirements... leading to significant weight loss and a healthier, trimmer body. Unlike other Atkins Diet books, Atkins Diet Recipes Under 30 Minutes is the only guide designed for busy working professionals with families. Inside, you'll find complete step-by-step Atkins Diet Recipes for breakfast, lunch and dinner you can prepare under 30 minutes that even most children with picky taste buds will love. These recipes are complete with details like carbs and calories, so you can also track your calorie intake, if you like to. PLUS! You'll also discover How to Maximize Your Weight Loss Results with Atkins Diet and the Simple Tips to Incorporating the Atkins Diet Into Your Lifestyle... so you can get begin to lose weight easily and permanently. In just minutes from now, you will begin to lose weight, achieve the sexy body you've always dreamed of and feel great. Simply Download Your Copy of Atkins Diet Recipes Under 30 Minutes Today And Turn Your Dream of Having The Ideal Body Into Reality -- Starting From Right Away!

## Book Information

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## Customer Reviews

When it comes to diets, many have come and gone, some have worked and others don't, but The Atkins Diet has been around forever. Ok, not actually forever, but it sure seems like it! I can remember being in college and having a doctor recommend it to me because of some medical issues I was having. It has been around and weathered all the fad diets, and it is still here and still going strong, because it works and it works for so many people. It is doctor recommended for people who have blood sugar issues, not diabetics, but insulin resistance and other precursors to diabetes. The recipes are top notch! There are recipes for each phase of the diet, and they are all good. They don't feel like diet food, you don't feel restricted or deprived but you get great tasting food that fills you up and helps you to stick with the plan. The Atkins Diet recipes do change some of the things you are used to, but they are good changes in that it helps us to break that addiction to carbs we tend to have. It's a "diet" or lifestyle change that you can live with throughout your life. Highly recommended!

This recipe book is simply awesome! Which busy woman doesn't love to hear that they can make great tasting recipes that will keep their waistline in check under 30 minutes? I'm a mother of two, a wife, a home maker and I work full time with little or no time to exercise most days. When it comes down to dinner time I want to have something that is quick to prepare but tasty and healthy for not just me but for the entire family. This book helped me to reach that goal. No I don't have my kids on the Atkins diet but the food items I prepare are good healthy choices which they can indulge in, in portions appropriate to their age. This means I create just one meal for my entire family for dinner and it satisfies our taste buds and our hunger while being healthy. The book is not just all about recipes though as it gives you an overview of the Atkins diet and how you can succeed while on it. The recipes given in the book are provided with the appropriate phase of the diet so you know you are eating correctly through each phase. I prefer this book because it doesn't just give you a sample menu item but instead gives you real recipes that are easy to follow and that allow you to get your meal done and on the table in ~ 1 hour. Then outside of the recipes within the three different phases there are additional recipes that you can use for breakfast. Lunch and dinner and there are enough of each so that you don't have to repeat a recipe for any meal for an entire week! That is great for me as it means I don't get bored of eating the same thing which helps to curb hunger and over eating. If you are on the Atkins diet or considering the Atkins diet even if not full scale I highly recommend this little recipe book. It is a great choice for great tasting, healthy and quick recipes for your entire family. Oh btw - my favorite recipe of all is the Homemade Chicken Lettuce wrap. I love its versatility in that it can be had for breakfast, lunch or dinner.

Can you imagine eating all the things you like in a diet? Well if that is the case the Atkins Diet Recipes is for you and even better, it takes 30 minutes to prepare. I like the ease of preparation and the fact that you can eat regular food but in smaller portions. Which I believe is the key, having smaller portions is definitely a factor in maintaining a healthy diet.

I came across this book and thought it would be a good fit for my aunt and cousins. They have been trying to work with Atkins to lose weight. There were a lot of conversations about not finding Atkins diet recipes that worked for the family but plenty of prepackaged food that she could find. While the prepackaged meals worked ultimately what she wanted was a recipe book that she could put on her tablet in the kitchen. She had come across a couple of books but nothing that she really liked. I purchased this book for her and she absolutely loves it. It makes Atkins easier for her and she can increase the serving sizes and she needs to and also gets to use fresh ingredients, which she prefers. For those who are doing Atkins or just want some very healthy recipes this is a good choice.

This amazing book with a plethora of easy to make Atkins diet recipes is a pure treasure. I started an Atkins diet to shed some holiday weight, trying to closely follow the low carb recommendations from another book, but none seemed to have easy clear cut recipe instructions like this book from Jennifer Jenkins. It is easy for a guy like me to understand without having to take a cooking class and absolutely love the amazing recipes. I have not seen an Atkins diet book use International recipes (Thai, my favorite) like this one does. I strongly recommend buying this book if you're looking to make a difference in your waist size and not give up delicious food! Additionally, this book explains the different phases of Atkins which I found valuable in starting the program. If you're looking at an Atkins way of life, you can choose this book first!

This book is absolutely a must have for anyone who is doing a low carb diet or is following the Atkins diet. I love that the recipes are very clear and easy to follow. The Atkins diet recipes are very tasty and there is a great variety so you don't get bored with the menu. I love that this book includes some information on the Atkins diet and why it is useful for good health and weight loss. I have heard about many books for this diet plan but this book is absolutely one of the best to have because of the easy to follow instructions. Whether you are new to the diet or an expert you will greatly benefit from owning this title. I highly recommend this, especially for those in phase one or

the induction phase.

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