



Atkins Cookbook: 30 Quick And Easy Atkins Diet Recipes For Beginners, Plan Your Low Carb Days With The New Atkins Diet Book, Begin Weight Loss Revolution ... (Ketogenic Weight Loss For Life Book 1)

Sandra Williams

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Are you overweight? Can't find a diet that works? Want to get healthy and have more energy?

Atkins diet will help you to **lose weight** and reduce the risk of getting cardiovascular and metabolic diseases. It has been known to be effective in **curing two types of diabetes**. These are not just claims made by those who follow this diet. There have been countless research studies that have proven the efficacy of this type of diet. Research proves that the diet reduces risk factors, and can double the rate of weight loss, especially for those who have short term goals of losing weight fast.

The diet is particularly good for diabetics. The man who came up with the Atkins diet had type 2 diabetes and was overweight. He began his research, so that he could **lose weight faster**. He found that not only does this diet increase the rate of weight loss, but it can **reverse the effects of type 2 diabetes**.

Here Is A Preview Of What You Will Learn:

- An Atkins Diet Primer**

- How Does It Work?
- How Much Carbs And Protein Should You Eat Per Day?
- Myths Around Atkins Diet
- Tips To Stay On Track
- **Egg Recipes**
- Crustless Quiche Lori-iane
- Egg Muffins
- Steamed Cinnamon Coconut Milk Egg Custard
- Eggs and Veggies Fried in Coconut Oil
- Bacon and Eggs
- Cheese Omelet with Broccoli
- Asian Omelet
- Sausage and Eggs
- Cheese Omelet
- **Atkins Diet Phase One Recipes**
- Grilled Chicken
- Simple Chicken Soup
- **Fish Recipes**
- Catfish in Creamy Shallot Sauce
- Grilled Fish in Grape Tomato Sauce
- Baked Tilapia
- Crispy Baked Fish
- Crusted Salmon with Herbs
- Sautéed Salmon
- Spiced Tilapia
- **Beef Based Recipes**
- Pineapple Meatballs
- Spinach Beef Cake
- Fried Chicken Breasts with Butter
- Minced Meat with Bell Peppers
- Baked Meatballs
- Spiced Minced Beef
- Spicy Minced Beef
- Minced Meat Filling
- Burgundy Beef Stew
- **Vegetarian Recipes**
- Peanut Butter Balls
- Easy Pimento Cheese
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Check Out What Others Are Saying:

"This diet actually works! I've changed my breakfast only and after one month I weigh over 20 pounds less."

- Kate

"Going low carb is definitely the quickest way to lose fat, and its good for diabetics." - James

"Recipes in this book are very easy to make, I enjoyed a few of them along with my family." - Miranda

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Nathan Lawhorn:

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Richard Kowalski:

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