



Atkins Diet: How to Eat Delicious Food to Lose Weight

By Claudia J Powell

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What Exactly is the Atkins Diet? The Atkins diet is so much more than just a way to lose weight. Since its introduction over 40 years ago, Atkins has been helping people change the way their body responds to the food they eat. By re-setting your metabolism, Atkins makes the dream of never having to go on another diet a reality. The Atkins plan is simple. There is no expensive equipment required, no meetings to attend or membership fees to pay. The food choices are delicious and healthy. You will never be hungry! Bacon and eggs are even on the menu in the most restrictive phase of the diet. Because The Atkins Diet is based on the basic philosophy of burning stored fat to supply your body with the energy you need, rather than on a constant supply of unhealthy carbohydrates, it can be individualized to fit your needs. You will choose a plan that allows you to lose weight at the rate that is right for you. And most importantly, Atkins teaches you how to keep...



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