



# **The Essential Guide to Low Carb Atkins Diet: Proven Weight Loss Plan Guide with a Delicious Recipe Cookbook**

*Paul Alston*

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## Start Your Low Carb Atkins Diet with this Essential Guide

By eliminating key problem foods from your plate and focusing on the good foods that support a lean body, you can overcome weight gain and see results.

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 won't have to waste time or money on special powders, shakes, or monthly meal plans. The Essential Guide to Atkins Diet is your unique guide that will show you how to maintain your goal weight and eating regimen, as well as how you can still eat out, with proven 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--The Essential Guide to Atkins Diet will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come.

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