



# Atkins: The Ultimate Guide: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide©, Atkins Diet Cook Book)

Kevin Case

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# **Atkins: The Ultimate Guide: The Top 330+ Approved Recipes for Rapid Weight Loss with 1 FULL Month Meal Plan (The Ultimate Beginners Guide©, Atkins Diet Cook Book)**

*Kevin Case*

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**If Creative Atkins Diet Recipes are What You Seek, then Look No Further.**

This book includes the Top 330+ Fat Burning Recipes & 1 FULL Month Meal Plan

**Introducing the Revolutionary Atkins Diet...**

In this guide, you will find Scientifically Proven Strategies to help your body Burn Fat through the using the Atkins Diet. You will also find one FULL month meal plan to make the transition easy!

On this diet you'll be getting plenty of Good Fats from cold pressed oils, nuts and seeds, grass fed meat and eliminating all unnatural and processed foods.

This book will use a step-wise approach to take you through the Atkins Diet and further beyond into the practical application of making healthy and super tasty recipes.

This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.

Think of the Atkins Diet like pushing the 'reset' button with your overall health, relationship with food and your lifestyle habits.

This book will teach you exactly what you need to know about the Atkins Diet as well as it's many Advantages and Health Benefits.

**Have a look Inside...**

- The Truth About Weight Gain
- What is the Atkins Diet
- Phases of the Atkins Diet
- The Benefits of The Atkins Diet
- 1 FULL Month Meal Plan
- Common Mistakes On The Atkins Diet
- The Atkins Diet Lifestyle Changes

**Here Is A Preview Of The Delicious Atkins recipes you will find in this book:**

- Breakfast Berry Mug Cake
- Coco Cereal
- Sweet n' Creamy Egg Bowl

- Pump-Cakes
- Protein French Bread
- Breadless Cheeseburger
- Trio Queso Quesadilla
- Baked Cheesy Zucchini
- Roast Chicken and Pepper Salad
- Crab Sushi
- Sweet, Salty, and Savory Crepe
- Zesty Herbed Chicken
- Salmon Burgers
- Chicken Pesto Salad
- Hot Peri-Peri Chicken on Green Salad
- Mediterranean Chicken
- The Perfect Baked Chicken Wings
- Cauli Tater Tots
- Malaysian Bone Broth Soup
- Bacon Layered Lasagna
- Pulled Pork Shoulder
- Loaded Meatloaf
- Chicken Pie
- Atkins-Friendly Pad Thai
- Classic Chicken Parmigiana
- Turkey Leg Roast
- Cheeseburger Soup Indulgence
- Sirloin Tip Cut with Cilantro Sauce
- Slow-Cooked Greek Chicken
- Roasted Bacon-Wrapped Chicken

**FULL Nutritional Breakdown with EACH recipe so you can keep track of your Carbs!**

★?★Start your Atkins journey today with these Nutritious Recipes that will guide you to unlimited health and vitality!★?★



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