



**Atkins: Atkins Cookbook and Atkins Recipes.
Atkins Diet For Beginners: 30 Easy Low-Carb
Slow Cooker Atkins Recipes for Weight Loss
(Atkins Diet, Atkins, ... Recipes, Atkins Diet
Recipes for Beginners)**

J.S. West

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After reading this book you will learn all about atkins diet and paleo dietary lifestyle

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This book is designed to help the beginner to the Atkins Diet learn everything he or she needs to know to get started, plus 30 amazing and simple recipes that will be a great start to cooking recipes that fit into the diet plan. All of the recipes within this book can be prepared either solely in a slow cooker, or mostly in a slow cooker, which makes them extra easy to simply set to cook while taking care of other important day to day tasks. Also, slow cooker recipes are the best for newcomers to cooking, because they have very few steps involved in order to create delicious meals!

The first chapter in this book is all about the basics of the Atkins diet, what it entails, and how it can help lose weight. This diet has been popular for years now, and many people have seen great results by following it. However, if you haven't heard of it, or know very little about it, this chapter will give you the information you need to decide whether or not the Atkins Diet is right for you.

The following three chapters include 10 Beef & Pork Recipes, 10 Chicken & Turkey Recipes, and 10 Meatless Recipes that are all prepared in the slow cooker. These recipes are simple to prepare and easy to eat, thanks to how much flavor they all include. The meals that can be prepared from these tasty recipes all have 20 grams of carbohydrates per serving or, in many cases, much less than that. This makes them great choices for Atkins Diet meals.

The final chapter provides a week-long meal plan and daily shopping lists. This meal plan is laid out in a way that makes it easy to transition from your current eating habits to consuming healthier, low-carb foods every day. Also, it incorporates the use of leftovers to help keep costs low. Be sure to check through the daily shopping lists to make certain that you do not already have some of the items in stock in your pantry or refrigerator—chances are, you have many of them on hand already!

This is A Preview Of What You'll Learn...

- what the Atkins Diet is
- 30 delicious recipes
- week-long meal plan
- a week-long meal plan and shopping list
- and much, much more!

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