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Start a Keto

Diet **The**

Difference

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Atkins – Dr.

Eric Westman

[Live Talk] Dr.

~~Westman talks~~

~~about New Atkins~~

~~for A New You~~

~~Book~~ **Examine**

This Report

about Simplified

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Atkins Diet

(Phase 1:
Easy A Faster
Induction)

Atkins induction
phase made easy

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Faster, Simpler

Way to Shed
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Starting

~~Understanding~~

~~the Atkins Diet,~~

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~~Atkins FOLLOW~~

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*“Atkins Eat
Right, Not Less”
Celebrating Dr
Atkins \u0026
the Atkins Diet
New Atkins
Animation — Why
the Atkins diet
really works The
New Atkins For a
New You —
Informational
Video The New
Atkins Made Easy*

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the world's most
famous diet, and
for good reason:
the Atkins high-
protein, low-
carb plan has
helped millions
of people around
the world lose
weight and keep
it off. In The
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lifestyle plan
Easy A Faster
has been further
Simpler Way To
simplified to
Shed Weight
guarantee
quicker weight
And Feel Great
loss with even
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less hassle.

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Made Easy: The
faster, simpler
way to lose ...
Atkins remains~~

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the world's most famous diet, and for good reason: the Atkins high-protein, low-carb plan has helped millions of people around the world lose weight and keep it off. In The New Atkins Made Easy, this amazing

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lifestyle plan
has been further
simplified to
guarantee
quicker weight
loss with even
less hassle.
Alongside

simple,
straightforward
guidelines
you'll find:

~~The New Atkins~~

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coming from

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January 2014, is

Atkins

simplified—a

faster, easier,

and more

effective plan

for healthy, low-

carb eating that

helps you to

start losing

weight

immediately (and

keep it off

forever). The

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guide you every

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step of the way

with: • Easy-to-follow steps to successful

weight loss that

ease th With this streamlined version of the

classic Atkins program, you'll learn how to shed pounds even as you slowly add more

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carbs—the right
carbs, in the
right order—back
into your diet.

Shed Weight

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Way to Shed ...~~

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Made Easy will
guide you every
step of the way
with: -Easy-to-

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Atkins Steps to
successful
weight loss that
ease the
transition from
one phase to the
next -Detailed
shopping lists
for the fresh
foods and easy-
to-find pantry
staples that
make losing
weight

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delicious—and
easy -Tasty
recipes such as
Zucchini-Pumpkin
Spice Pancakes,
Cheesy Chicken
and Green Bean
Skillet,
Chipotle Shrimp
Salad, and
Tiramisu Pudding
-Dozens of low-
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options,

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Atkins diet to
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quicker, easier
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is more
effective than
ever, it's
backed by
decades of
scientific
research, and
it's sustainable
for a lifetime.
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with diets that
leave you hungry
and are looking
for a healthy,
delicious way of
eating that
leads to
enhanced health,
The New Atkins
Made Easy is the
program for you.
Turn to the Week
1 shopping list
on page 66, pick

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Atkins Made
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Simpler Way To
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up some tasty
foods at the
grocery store,
and start losing
weight today.

And Feel Great

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In these stages,
the goal is to
maintain your
weight and feel

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more energetic.

Are you
overweight or do
you want to lose
weight quickly?

Then we
recommend to
start in phase 1
(in which you
lose weight
fast) or phase 2
(in which you
will lose weight
more gradually).

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