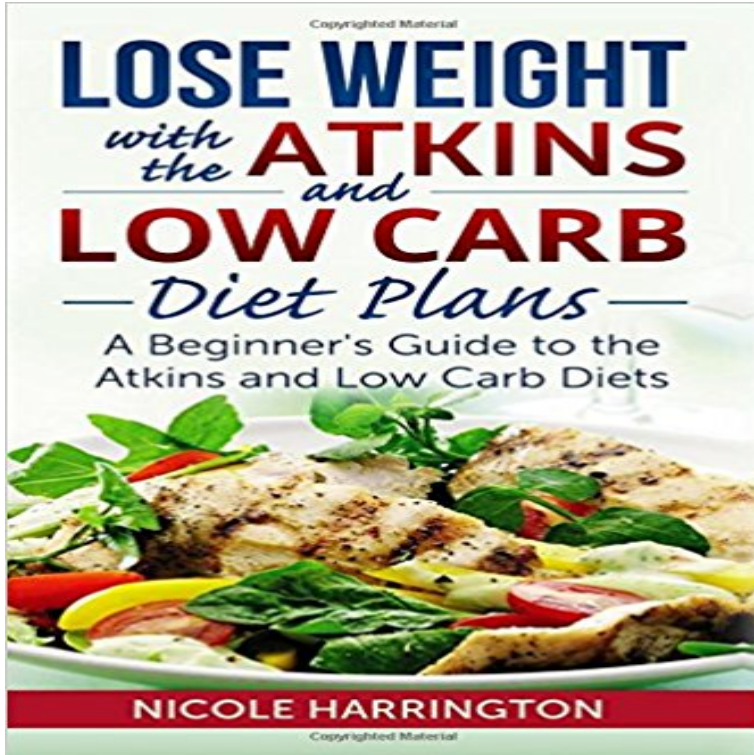


# Lose Weight with the Atkins and Low Carb Diet Plans: A Beginners Guide to the Atkins and Low Carb Diets



Get Fit and Blast Fat on the Atkins and Low Carb Diet Plans For the first time, two books, Atkins Diet and Low Carb Diet by Nicole Harrington, are being offered in one collection. Discover how both of these great diets can help you obtain your goal weight and gain a better and healthier life.

Description from Atkins Diet by Nicole Harrington The Atkins Diet is based on the basic idea that excessive carbohydrate consumption, especially starches and simple sugars can lead to weight gain. Consequently, Dr. Atkins advocated the consumption of excess fats and proteins as well as the daily consumption of nutrients through vitamins and mineral supplements.

This diet also attempts to minimize the production of insulin while inducing the state of ketosis just like other ketogenic diets. Basically, when there is a high amount of glucose in the bloodstream because of excessive consumption of carbohydrate-containing foods, the human body produces insulin that helps to get rid of excess glucose in the bloodstream and then store the same in the muscle tissues and liver as glycogen. It also stores it as fat in adipose tissues (fat cells). Basically, there are four different phases of the Atkins Diet structured to assist dieters learn healthier ways of achieving the best weight loss results. These phases include: 1. The Induction Phase Created to help the human body break down its carbohydrate addiction; 2. The Ongoing Weight Loss (OWL) Phase This is intended to slow down weight loss so as to create the foundation for the management of permanent weight loss; 3. Pre-maintenance Phase This is where dieters prepare as well as acquaint themselves with the appropriate eating habits required to maintain their desired goal weight; 4. Lifetime Maintenance Phase This phase starts once the dieters have achieved their ideal healthy weight loss target. This Atkins diet overview basically teaches dieters the

best strategies to cope with their daily lives. For instance, how to go about eating anywhere like in a restaurant. Description from Low Carb Diet by Nicole Harrington If you are looking for a method to quickly and easily lose weight, both safely and effectively, a low-carb diet might be the solution perfect for you. The theory is that our bodies work the right way when we consume the right amount of proteins, which means that carbs especially the carbs that we get in processed foods are our enemies when it comes to keeping our bodies fit and healthy. There are many benefits that come with low carb diets. Some of these benefits have been scientifically studied, while others are commonly reported by low carb dieters. Not all people gain all the benefits of low carb diets. Those who are more-sensitive to carbohydrates are usually more likely to get more benefits. Low carb diets can either be good or bad, it all depends-on the person and the type-of low carb diet eaten.

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To help get you started, here is a sample ketogenic diet meal plan for one week: **The Disadvantages of Low Carb Diets - Ampower** Phase 1 of the Atkins low carb diet is about transforming your body into a fat-burning machine and kickstarting your weight loss. Every phase of the New Atkins plan is based on proven scientific principles and is a completely 4-5 smaller meals Dont skip meals or go for longer than 6 hours during the day without eating **Low Carb Diet Plan - Ampower** Buy Lose Weight with the Atkins and Low Carb Diet Plans: A Beginners Guide to the Atkins and Low Carb Diets by Nicole Harrington (ISBN: 9781500943905) **A Ketogenic Diet for Beginners - Diet Doctor** A Low Carb Diet Meal Plan and Menu That Can Save Your Life Best Low Guide: Low Carb for Beginners - Diet Doctor 10 Best No Carb Low Calorie Atkins Diet Does The Low Carb Food Diet Help You Lose Weight? **Low Carbohydrate - How Do Low Carb Diets Work? - Ampower** Many low-carb diets claim to help you lose weight quickly while still enjoying many A Low Carb Diet Meal Plan and Menu That Can Save Your Life Low Carb Diet: The Beginners Guide Low Carb Diets Atkins Low Carb **Atkins: Low Carb Diet Program and Weight Loss Plan** It has many potential benefits for weight loss, health and performance, but also A ketogenic diet is similar to other strict low-carb diets, like the Atkins diet or Get unlimited meal plans, shopping lists and much else with a free membership trial. .. what fruits or nuts to eat on a ketogenic diet check out our visual guides: **Phase 1: Induction Atkins Low Carb Diet** A low carb diet means eating a lot of protein and very few carbohydrates. 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