



15 Minute Atkins Diet Recipes: Real Quick and Easy Atkins Diet Recipes for Super Busy People

Jamie Flay

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This book contains proven steps and strategies on how to prepare easy, affordable and healthy recipes following the Atkins diet principles. We have limited preparation time of these recipes to 15 minutes or less because this book targets people who follow the Atkins diet, but lead very busy lives. This book should be able to provide easily accessible ingredients, with simple procedures that do not require loads of preparation. Cooking and preparation time should not be more than 15 minutes.

In This Book You Will Find:

- The Atkins Diet: All the Information You Need
- Atkins Diet Breakfast Recipes
- Atkins Diet Entrees and Side Dishes
- Atkins Diet Main Courses
- Atkins Diet Snacks

First off, the book gives a short overview of The Atkins Diet to give readers a better understanding of what it is all about. It gives information on the four-phase plan, foods to **avoid** and **foods to eat while on this diet**. **The main part of the book categorizes recipes for breakfast**, entrees, soups, salads, main dishes, snacks, sides, desserts and beverages. The main dishes are further categorized by protein use. This should make it easy for you to find the specific recipe you need.

The recipes in this book emphasize the proven benefits of the Atkins diet, which finds the correct match for one's body and their particular metabolism. The key for this diet, which proves to be effective, is steady sugar levels will result in less fat storage and hunger cravings, which in turn will make a person burn fat and lose weight.

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