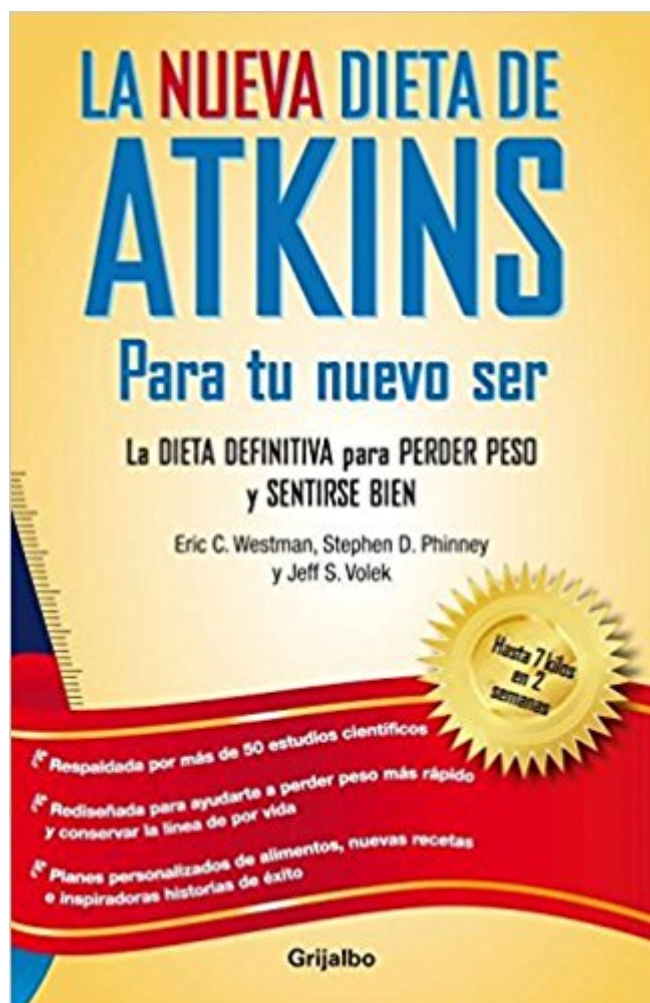




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Nueva Dieta De Atkins (Spanish Edition)



Synopsis

¿Crees conocer la Dieta de Atkins? Piénsalo de nuevo. La dieta de Atkins es PODEROSA Aprende a comer alimentos deliciosos que convertirán tu cuerpo en una asombrosa máquina de quemar grasa. FACIL El programa actualizado y simplificado se creó pensando en ti y en tus metas. SALUDABLE La nueva Dieta de Atkins consiste en comer alimentos deliciosos y saludables: una combinación de proteínas, verduras de hoja verde y otros vegetales, nueces, frutas y granos integrales. FLEXIBLE Perfecta para estilos de vida ocupados: puedes seguir la Dieta de Atkins en el trabajo, en el hogar, durante las vacaciones, cuando comes afuera... donde quiera que estés. SUSTENTADA POR LA CIENCIA Más de 50 estudios fundamentan la ciencia de la alimentación baja en carbohidratos que forma la base de la nueva Dieta de Atkins.

ENGLISH DESCRIPTION THINK YOU KNOW THE ATKINS DIET? THINK AGAIN. THE NEW ATKINS IS... POWERFUL. Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. EASY. The updated and simplified program was created with you and your goals in mind. HEALTHY. Atkins is about eating delicious and healthy food -- a variety of protein, leafy greens and other vegetables, nuts, fruits, and whole grains. FLEXIBLE. Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out -- wherever you are. BACKED BY SCIENCE. More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off -- you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

Book Information

Paperback: 512 pages

Publisher: Grijalbo; 1 edition (June 12, 2011)

Language: Spanish

ISBN-10: 0307882942

ISBN-13: 978-0307882943

Product Dimensions: 6 x 1.2 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 13 customer reviews

Best Sellers Rank: #524,268 in Books (See Top 100 in Books) #68 in Books > Health, Fitness

& Dieting > Diets & Weight Loss > Atkins Diet #360 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #4093 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

35 pounds later....Great Book. Has changed my life and the outcome of Diabetes. 10 years ago I was told by a doctor I was pre-diabetic. Knowing that several family members's lives had been taken by diabetes, i bought this book and completly changed my life. I just performed an A1C exam and I am no where near diabetic or pre diabetic stages. I have taken all sugars and breads out of my life. (here and there some exeptions and limited quantities). I have bought 3 of this copies for my sibilings in hope to produce a positive impact in their struggle with diabetes related symptoms.16 kilos despues....Muy buen libro. Cambio mi vida completamente asi como el resultado de la Diabetis. Hace 10 anos uno de mis docotres me dijo que era pre-diabetico. Ya esta enfermedad se habia llevado a varios de mis familiares (fallecidos). Compre el libro y cambio mi vida. Acabo de hacerme al examen A1C y los resultados de glucosa no estan remotamente cercanos a diagnosticar pre diabetis o la enfermedad en si. He abandonado azucares y panes con algunas excepciones limitadas. Compre este libro para mis hermanos con las esperanzas de ayudarles a cambiar sus vidas con los problemas que la diabetes trae. Comprelo.

Good book

Este libro es de muy fácil lectura, ameno, sencillo y lo mejor de todo es que explican maravillosamente la dieta Atkins, está muy bien adaptado y realmente sí es sencillo hacerlo un plan de por vida.Lo recomiendo a cualquier persona que desee bajar o mantener su peso y mejorar su salud.

the book is good but still I'm reading.

good

Este libro es muy bueno, tiene recetas y toda la lista de alimentos que se pueden consumir, lo recomiendo mucho.

Great in explaining the basics and how it is that this diet works.

super motivador libro. te educa y capacita para cualquier obstaculo ya sea de otros o de ti mismo, en como hacerle frente. te integra mas en el estilo de vida bajo en carbohidratos.

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