



# **The Low Carb Diet: The Induction Phase... New Recipes and Healthy Menu Ideas!**

*Chance Alexander RN*

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If you are looking for new recipes and menu ideas that promote a healthy, managed carbohydrate diet, this book is perfect for you. It's filled with easy-to-prepare recipes that are absolutely delicious! Each dish fits the bill for the Atkins® diet.

The recipes in this book are only for the Induction Phase of the diet - usually the first two weeks. You'll find high protein and low carb dishes that get you off on the right foot without sacrificing the taste and enjoyment of your favorite dishes.

All of it. Right here, in one little cookbook.  
Just for you - to help you make healthy eating fun!

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