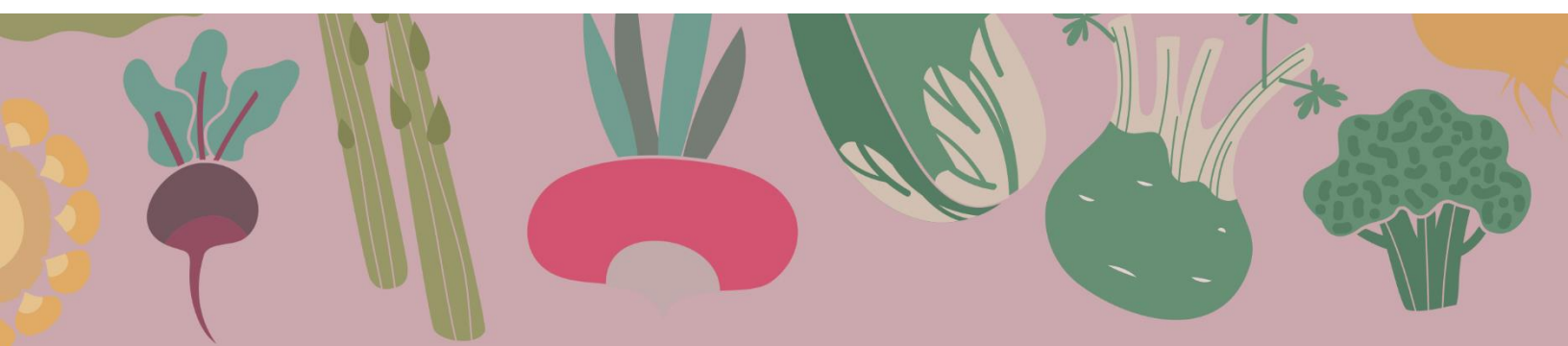




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**KETO
FRIENDLY***

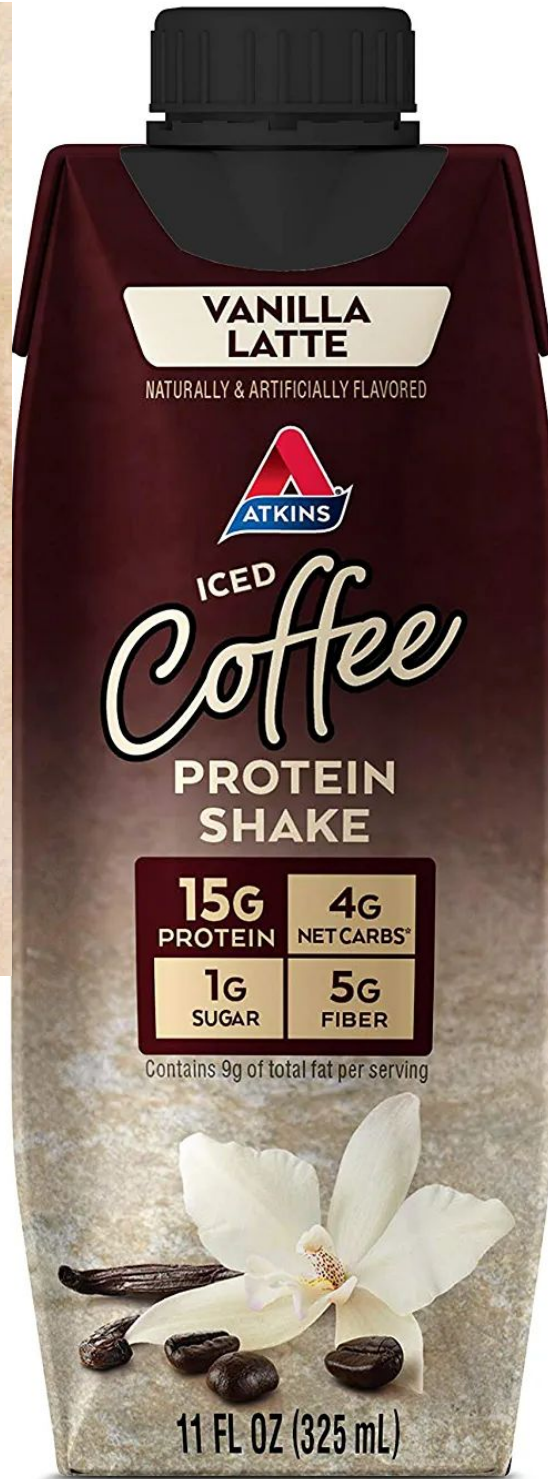
*Product designed to be used
with the Atkins ketogenic programs.

1-4g
Net Carbs
in Atkins® shakes!



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15g of Protein in Atkins® shakes!



Nutrition Facts

Serving size 1 Shake (325 mL)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 6g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	29%

Vit. D 4.2mcg 20%	•	Calcium 410mg 30%
Iron 1.1mg 6%	•	Potas. 490mg 10%
Vit. C 15mg 15%	•	Vit. E 3mg 20%
Vit. K 24mcg 20%	•	Thiamin 0.2mg 15%
Riboflavin 0.3mg 25%	•	Niacin 3.9mg 25%
Vit. B6 0.3mg 20%	•	Folate 80mcg DFE 20%
Vit B12 0.5mcg 20%	•	Biotin 6mcg 20%
Pantothenic Acid 1mg 20%	•	Phosphorus 360mg 30%
Iodine 30mcg 20%	•	Zinc 2.5mg 25%
Selenium 11mcg 20%	•	Manganese 0.6mg 25%
Chromium 7mcg 20%	•	Molybdenum 9mcg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, MILK PROTEIN CONCENTRATE, SUNFLOWER OIL, SOY PROTEIN ISOLATE, CREAM, PREBIOTIC SOLUBLE CORN FIBER, INSTANT COFFEE, CELLULOSE GEL, NATURAL AND ARTIFICIAL FLAVORS, VITAMIN & MINERAL BLEND, DIPOTASSIUM PHOSPHATE, POTASSIUM CITRATE, SALT, CELLULOSE GUM, SOY LECITHIN, CARRAGEENAN, SUCRALOSE, CAFFEINE.

VITAMIN & MINERAL BLEND: TRICALCIUM PHOSPHATE, SODIUM ASCORBATE (VITAMIN C), ZINC GLUCONATE, DL-ALPHA-TOCOPHERYL ACETATE (VITAMIN E), POTASSIUM IODIDE, MANGANESE GLUCONATE, NIACINAMIDE (VITAMIN B3), PHYTONADIONE (VITAMIN K), CHOLECALCIFEROL (VITAMIN D3), D-CALCIUM PANTOTHENATE (VITAMIN B5), SODIUM SELENITE, SODIUM MOLYBDATE, BIOTIN (VITAMIN B7), CHROMIUM CHLORIDE, FOLIC ACID (VITAMIN B9), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12).

CONTAINS SOY, MILK.

Contains a Bioengineered Food Ingredient.

*Glycemic load of under 10.

†Instant coffee
Caffeine content per shake as compared to a standard 8 fl oz cup of brewed coffee.

To learn more about net carbs visit

atkins.com

*TOTAL CARBS (9g) - FIBER (5g) =

4g **ATKINS**
NET CARBS

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Wrapping Up

Foreword

In simple terms the body has two very different and complex systems of energy producing sources. As energy is vital to the very existence of human activity and survival the two-energy style depend on each other for support. This book shows you what foods give you the most energy.

It occurs so very frequently - we resolve to go on with a health and physical fitness program with zest and likely much fanfare too; however, in the first week of going into the plan, everything peters out. Why is it that we don't stick with the diet plans, the morning jogging plans, the physical exercise plans that we make?

And what may we do to ensure we keep going with these plans, for our own sake and for the sake of the individuals that are dependent on us?

Are you eating simply to satisfy your appetite or to make your taste buds happy? Or are you eating to take better command of your life? In this eBook, we see how you can make your life much more optimal simply by making a point that you eat correctly.

CHAPTER 1: THE BASICS

Synopsis

Energy is needed for the various functions like maintenance of growth, daily activities, exercise and many other movements or functions that are often taken for granted. These are shared between the two energy systems.

In today's world, seldom do any health and fitness plans work. What is the reason for their alarming rate of failure? The world is a lot less healthful than it was two decades ago. Much this is attributed to the altered food habits of individuals.

The Basics

The primary and first to be used energy system is the aerobic system. This system uses oxygen for the function of the muscles and does demand quite a lot from the general body system. This demand usually increases the rate and depth of breathing and blood supply mainly because of the corresponding increase of the heart rate.

When the body requires more energy, which cannot be met due to the elevated need for more oxygen then the body system automatically switched to the anaerobic energy system. This system can produce energy without the need to use oxygen.

All this energy is generated through the suitable or correct consumption of foods. The foods consumed dictate the types of energy levels everyone can produce. Muscle fatigue usually occurs when all the energy sources are exhausted which can be attributed to a variety of reasons; the most compelling one depends very much on the types of foods consumed.

There are several categories of foods that produce various beneficial elements for the human body system and noting the ones that create or enhance the energy generating sources is useful to know. Therefore, this knowledge should help the individual choose the right types of foods.

The aerobic system works by breaking down the carbohydrates, fatty acids and amino acids in the foods consumed while the anaerobic system releases energy from the foods stored in the body, usually during intense activity bouts. If we hear about the failure of diets or gym plans all around us, commonly it isn't their fault.

Commonly it is the fault of the individuals who started with much commotion about going through these plans, telling all

their acquaintances and co-workers about it, and then didn't abide by those programs. The individuals who abandon the exercise or diet halfway do not see the advantages, naturally, and everybody blames the plan.

What the world needs nowadays isn't a fresh health or fitness program or a diet, but it requires motivation. It needs the correct sort of mind-set to follow through with whatever plan they have chosen to the very end.

If they can do that, most of the health issues that are related to life-style situations will get to be outmoded. And we don't have to visit the corners of the earth to discover this motivation. The motivation lies right here, inside us; we simply need to search it out and utilize it.

One generation ago, individuals wouldn't dream of picking up whatever junk food they could get in order to feed their faces. Nowadays, we do that so very casually. "I'm hungry" commonly means "I want a burger or a hot dog, likely with chips on the side and some cola." And, "I am on a diet" means "I am on a chemically ridden pill which will defeat my hunger and deprive my body of vitamins." It's genuinely no wonder that we are facing so many health issues today.

Our health is an indicator of what we consume. The sorry condition that we're living in isn't an individual problem; it's a

global issue. The world is eating incorrectly. Six in every ten individuals in the US is overweight, and the number is going to be eight in every ten individuals by the time we hit 2021.

Are we truly thinking about this? We aren't. Even as you're studying this eBook, you likely have a packet of chips on the side. Do you know that what you spent on that package, which is filling your stomach with some of the most toxic chemicals known to humanity, could instead have fed an emaciated youngster in Ruanda?

But it's not simply about being philanthropic. It's about ourselves too. Yes, we have to be selfish. With such appalling health figures, aren't we heading for doom? We're definitely not eating right. Whatever excess baggage that brings - obesity and the assorted ill health in its wake - we have to be prepared for it.

So the next time you see that a program has failed or is receiving a lot of criticism, remember that the criticism isn't probably because the program stands on shaky ground. In most cases, it is because people began with great intentions and then did not follow the program as they should have.

CHAPTER 2: THE WAY YOU THINK ABOUT FOOD

Synopsis

The most crucial thing that you need to keep your health and fitness program alive - even more crucial than an instructor or a doctor - is your own motive. You have to be determined to scrutinize the situation. So, you're overweight and are looking at casting off a few pounds.

No gym instructor from anyplace in the world will help you if you don't take adequate measures to have the right diet and to stick to your routine exercise. Even if you're sick and are looking at treatment, no physician will help if you aren't determined in following the treatment platform, whether it's taking the medication at the correct time or abstaining from some foods.

Your Mindset

We have strayed horribly with our eating habits thus far. Unless we take stock of the state of affairs and take matters in our own hands, matters are not going to get better.

The number 1 thing is awareness. We have to learn what foods are correct for us and what are not. We have to go back to training and comprehend what the nutrients are that your body truly wants and in what amount.

Then we have to build a dietary regimen for ourselves and our loved ones so that we eat healthier. We have to cut down on all the foods that are adverse - the sugars, the fats, the carbohydrates, we don't truly want them - and incorporate foods that may boost our health.

This does sound too preachy, I understand. But that's the only reprieve we have got. If we continue munching on Oreos, we're never going to get better. But there's hope. Hope lies in the fact that there are a lot of foods out there that are simply as tasty as those awful junk foods but we don't yet know about them.

These are the foods that we don't know about yet, we likely don't care for them or as we don't know how to fix them, but a healthy cookbook may help you in understanding assorted interesting ways to healthy cooking. Even with the same sort of diet you eat, you are able to conjure up some really delicious healthy dishes. Yes, it's all very much possible. You are able to modify your eating habits to a big extent, while at the same time attending to your palate.

The fact is that the weight loss industry is responsible in a significant way towards this downfall of the developed human race. They must keep selling their Atkins's and Jenny Craigs and Zones and Medi-fast and for that reason the media never tells you how we may take things in your own hands.

They show us glitzy before-after pictures of a person with a foot-long sub and then the same guy with 6 pack abs and tell us that the diet made that possible. However, the fact is, if we were to get our head together, we may very easily do that too, without having to spend 1000s of dollars on those diets. And what do we have to do?

2 general things: - Control what we consume. Indulge in physical exertion.

Now, is that too much to accomplish? Don't we owe that to our body that has served us so well all these years? Don't we owe that to ourselves and our loved ones?

CHAPTER 3: HONEY AND WHOLE GRAINS

Synopsis

Over the years honey has been proven to be the one sustaining power behind the energy circle. Benefiting the human body in various areas it is foremost still unrivaled in its energy producing entity. Honey is nature's most natural energy booster. It also acts as an effective immunity system builder while providing the natural remedy to a host of varied ailments too.

Energy is very important to the smooth flowing natural of a daily life cycle of any human being. Therefore, finding energy sources that are both consistent and healthy are important to keeping fit and happy.

A Good Pair

The natural benefits of honey have been widely acknowledged and accepted. Besides its great taste, honey is also a natural source of carbohydrate, which is an energy maker for boosting performance, endurance and reducing levels of muscle fatigue.

This is especially useful for athletes. The sugar content in the honey helps to play a role in preventing fatigue during exercise sessions and also during training sessions for sports enthusiasts. These sugars make ups are divided into glucose and fructose and functions in different but complimenting ways.

The glucose content in the honey is generally absorbed at a faster rate and gives off an immediate energy boost while the fructose works at a slower pace for a more sustainable and prolonged energy disbursement. When it comes to addressing blood sugar levels in the body system, honey has been known to help keep the levels constant.

As honey is a pleasant food product and it's natural in its form, consuming it is not a very difficult exercise. People of all ages are generally quite willing to consume honey in any of its accompanying forms. It's even popular with children.

The energy produced from consuming a small amount of honey daily helps children cope with the physical strains of daily school activities and sports commitments.

For the adults too consuming a daily small dose of honey can go a long way in keeping the energy levels at its best during a demanding day at work. Making sandwiches with honey accompanied with other fillings is one way of creating a pleasant snack.

Applying honey on a freshly toasted slice of bread is also a welcome breakfast alternative. Adding honey to drinks instead of using sugar is encouraged. Most people today want a quick fix for their energy boosting needs and this usually comes in the unhealthy forms of sports drinks, coffee and refined carbohydrates like sugar and white bread.

Though these produce the desired heightened energy levels, it should be noted that this energy is fairly short lived and the tiredness that follows is usually more acutely felt. Therefore opting to consume some form of whole grains is not only a better alternative but is also much healthier.

Whole grains provide the energy that comes in a more complex form which breaks down over a longer period of time. This then creates the platform for sustaining the energy levels for longer periods.

Because of its more complex make up the whole grains come with an array of beneficial elements like minerals, vitamins, phytonutrients, and fiber which are also rich in fiber. Adding the whole grain ingredients in any dish often completes the flavor or enhances it altogether. Whole grains can be in the various forms such as wheat, oat, barley, maize, brown rice, faro, spelt, emmer, einkorn, rye, millet, buckwheat, and many more. These can then be made into various other products like whole wheat flour, whole wheat bread, whole wheat pasta, rolled oats or oat groats, triticale flour, popcorn and teff flour.

The benefits of consuming whole grains consistently can help decrease the risk of heart disease, lower cholesterol levels protect against many types of cancer and assist in weight management. Whole grains should not be confused with its lesser and more refined “cousin”. Though refined grains have some benefits it is always better to opt for the whole grain alternatives.

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