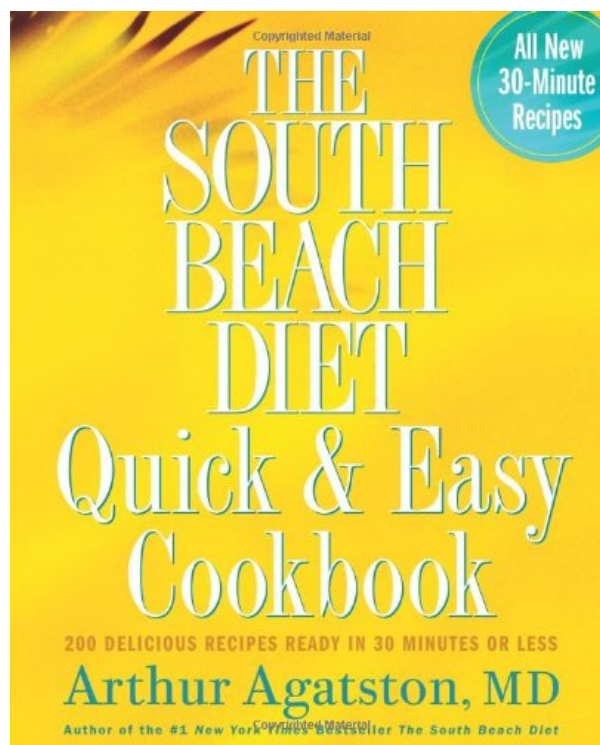
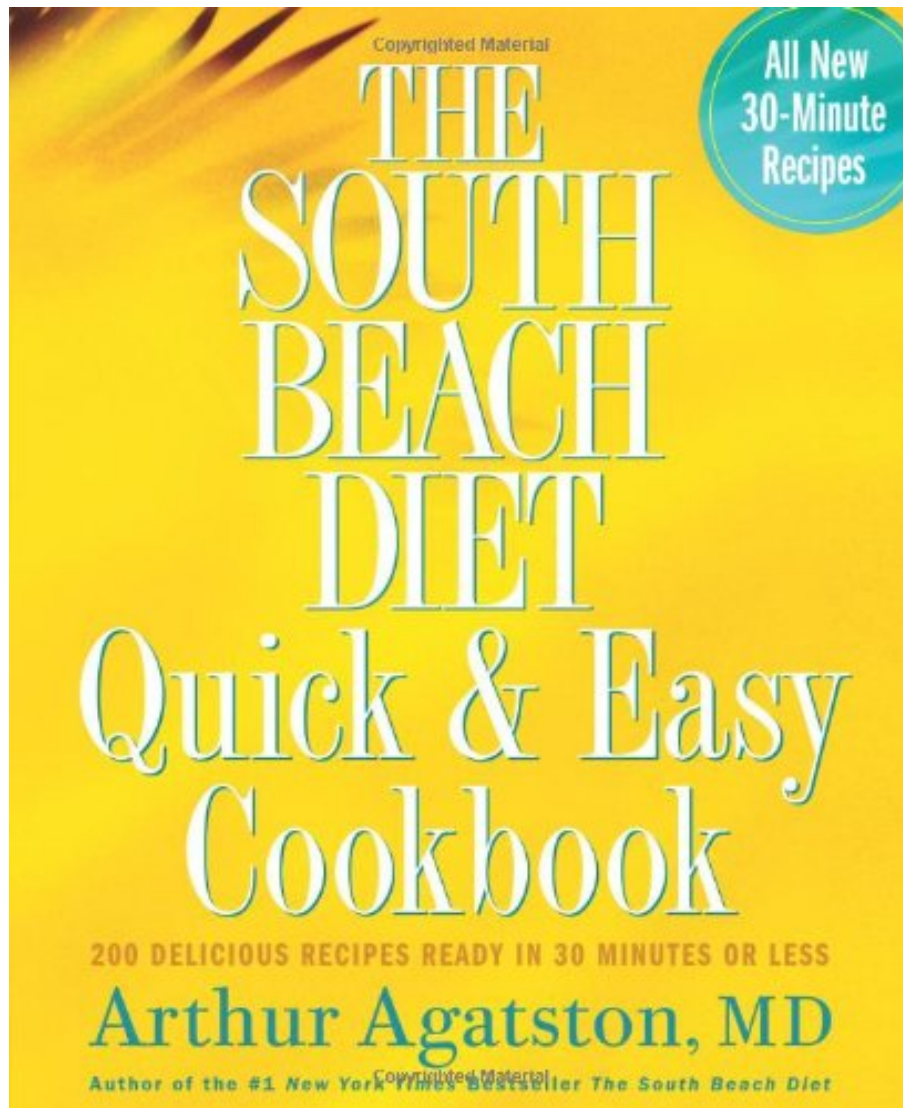


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The bestselling phenomenon continues with the newest South Beach Diet cookbook.

The amazing success of the first three South Beach Diet books has made publishing history with 14 million copies combined - and is still going strong. Millions of people have been turned on to this healthy lifestyle. Followers of the diet have been asking Dr. Agatston for more recipes that are delicious, healthy, and fast, so he's created The South Beach Diet Quick and Easy Cookbook.

Our time-strapped culture needs an effective plan for eating healthy meals at home again. Dr. Agatston delivers with 200 brand-new recipes that use 10 or fewer ingredients and require 30 minutes or less of cooking time. The cookbook offers a diverse range of healthy, easy dishes in all categories, including 25 all-new chef recipes from Miami-ara restaurants. There are no more excuses for not joining the many others that have made the South Beach Diet work for them.

The sound advice readers count on from the South Beach Diet name will still be featured. The book will provide practical timesaving tips, advice for how to eat well while staying on the plan. Also, phase designations and nutritional information are listed along with each recipe, so you're in control of what you're eating. Illustrated throughout with full-color photography, The South Beach Diet Quick and Easy Cookbook will be tempting to both believers and newcomers alike.

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- Binding: Hardcover
- 338 pages

Features

- Used Book in Good Condition

Most helpful customer reviews

10 of 10 people found the following review helpful.

Not hard to follow and full of common sense....

By onairlady2001

This diet is full of common sense and I have lost weight by following the guidelines. It is easy to follow with lots of veggies, sensible proteins and cutting out processed foods, white flour and sugar.

There are some errors in the book though. In the first two week phase, you are supposed to avoid carrots (higher sugar content) yet in the first phase recipe section, the recipe includes carrots.

A minor detail to be sure, but still, this is not the only example I've noticed and I am wondering who proofed/approved this and what other errors there may be. (Hey, if you are following something to the letter and the letters are wrong....not good)

This is easier to follow than Atkins and allows "good" carbs and fats.

This is not so much a "diet" as a way to eat well , enjoy your food and make good choices for life.I am learning to "eat to live" instead of "living to eat" and this is a help.

2 of 2 people found the following review helpful.

OK but there are better ones out there

By ahiker4u

Compared to other books this one contains too much "fluff" or in other words success stories. I like a little more science that's why I recommend THE GREAT CHOLESTEROL MYTH by Jonny Boden and Dr Sinatra instead if your only going to get one book on healthy living.

The South Beach Diet is similar to Dr Adkins diet except a little more lenient. Dr Adkins book is also a good read also again with a lot of and a strict plan to go with it. All three books mentioned attack Carbs as the real problem. These books have plans that really work but the key is to make any diet sustainable over the long run (the rest of your life). Another good Book is EAT FAT GET THIN. The appeal of this book is the title I think. I can only recommend the other books I mentioned.

4 of 4 people found the following review helpful.

Simple, delicious meals with this cookbook

By The Big Bear

If you're not careful, you might mistake this for a regular cookbook rather than a diet one. My wife, who is not on a diet, has been enjoying these recipes as well. There's a wonderful variety in here. The recipes are simple and easy to fix. I like how each recipe is clearly marked to indicate the corresponding phase. Some miss the mark, but the majority are right on target. There's a heavy emphasis on flavor.

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