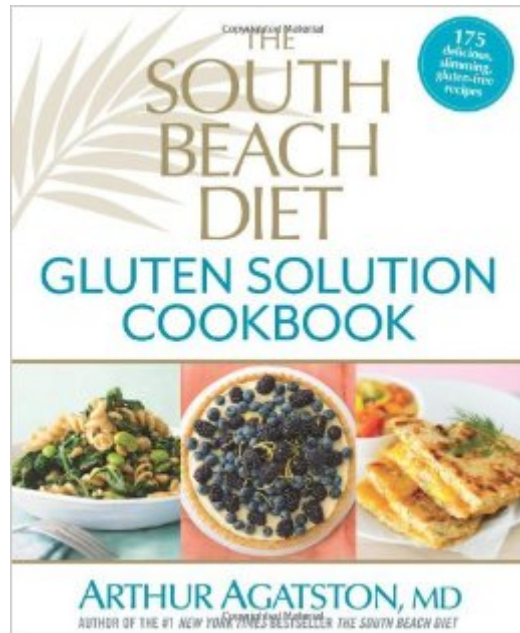


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# The South Beach Diet Gluten Solution Cookbook: 175 Delicious, Slimming, Gluten-Free Recipes



## Synopsis

With *The South Beach Diet*, Dr. Arthur Agatston ended the low carb versus low fat debate and educated the country about healthy carbs and fats. In *The South Beach Diet Gluten Solution*, he cleared up the confusion surrounding gluten and helped people find their own gluten threshold (what he calls becoming gluten aware). Now he clarifies another matter: Gluten-free eating does not mean you have to sacrifice flavor or good nutrition. *The South Beach Diet Gluten Solution Cookbook* makes creative use of gluten-free ingredients in 175 recipes that will please even the most discerning palates. Mouth-watering dishes like Bacon and Pecan Breakfast Biscuits, Vegetable Quiche with Spinach Crust, Johnnycake Chicken Sandwiches, Shrimp and Chicken Pad Thai, Summer Berry Tart, and Cashew-Butter Cookies will more than satisfy the heartiest (and healthiest) of appetites. And with more than half of the recipes taking 30 minutes or less from start to finish, this book is perfect for the busiest of cooks. Unlike the recipes found in many gluten-free cookbooks, those in *The South Beach Diet Gluten Solution Cookbook* are free of highly refined flours, sugars, and artery-clogging saturated fats—but are still packed with plenty of flavorful ingredients. Even readers who aren't gluten-free 100 percent of the time will enjoy reaping the health rewards of these diet-friendly and delicious dishes.

## Book Information

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## Customer Reviews

I bought Dr. Agatston's *South Beach Diet Gluten Solution* book a while ago and it taught me a lot about gluten sensitivity. In fact, I feel so much better now that I've become gluten aware--less brain

fog and more energy for starters! So I've been excitedly waiting for The South Beach Diet Gluten Solution Cookbook, which I received recently and can highly recommend. If you want eat to great--and lose weight--while eliminating or cutting back on gluten, this is the cookbook for you. Not only are the 175 recipes, from breakfasts to desserts, all gluten-free and delicious, they are also designed to be diet-friendly, something a lot of other gluten-free cookbooks, which use butter and white rice flour for example, don't pay attention to. I particularly love the fact that more than half of the recipes in the book can be made in 30 minutes or less and that there's a useful glossary of gluten-free foods that includes information on some gluten-free flours, like teff flour and sorghum flour, which I wasn't familiar with. I also love that many of the recipes have "variations," which let you make easy changes to achieve different recipes. An example is the Slow-Cooker Pulled Beef recipe (page 186), which can be engineered into Beef Tostadas; Quick Beef Soup; Beefy Pasta; or Sloppy Joes. This is a great way for busy cooks like me to get lots mileage out of our cooking efforts. I also made the Tofu-Mushroom Lasagna, which actually uses extra-firm tofu to replace the usual wheat pasta. When I served this dish to guests, they had no idea they were eating tofu. So whether you are sensitive to gluten, planning a "wheatless Wednesday," or simply want another wonderful cookbook for your collection, I think this book is a great choice. It certainly will help when you invite someone over for dinner and they say, "Yes, I'd love to come to dinner, but I can't eat wheat."

My body operates so much better on lower carb fare... part of it is gluten intolerance! I've known I was gluten intolerant for about two years and it is really tough to find replacements for some of my favorite things... low carb tortillas, etc. There are some great GF substitutes out there, but they are all really high carb. I am really excited to try baking some of the breads in this book. NOTE: There is really not much for Phase 1, because Phase 1 is naturally wheat/grain free, This is more for the Phase 2/3 lifestyle.

First, let me say that I love his other cookbooks - in particular, "The Southbeach Diet Superquick Cookbook" and "The Southbeach Diet Quick and Easy Cookbook." These two contain recipes that have become some of my family's favorites, diet or no diet. I have also read the original Southbeach Diet as well as his new Southbeach Diet Gluten Solution. I believe that the Southbeach Diet works and I like Dr. Agatston and his writing style. Because my husband and I have been moving toward a more gluten free/wheat free lifestyle, I decided to buy "The South Beach Diet Gluten Solution Cookbook." I have tried 7 recipes from this cookbook and there are only about 3 out of those 7 that I will repeat. I am an experienced cook and know how to follow a recipe, but there is just something

"off" about the recipes I have tried (and no, it's not because they use gluten-free ingredients, since I have experience using those too.) The "Slow-Cooker Pulled Beef" looked really good, but the flavor of the gravy was just weird. The "Chili Meatloaf" was watery and flavorless. The "Jicama Fries," which started out promising as a french fry alternative, also ended up lacking flavor and just tasting odd. I will go back to his other cookbooks I have and either use Phase One recipes or modify Phase Two recipes for a wheat free diet. Others may like this cookbook, but I didn't find it worked for me.

All the recipes are interesting and good. I love the fact that they are gluten free so I don't have to change anything in the recipe.

The South Beach Diet Gluten solution Cookbook is just like all the South Beach Diet books..Wonderful..South Beach never fails to entertain and amaze me. I Love The South Beach Diet and when I found out I have gluten sensitivity I knew this book would be a wealth of information and recipes to meet my needs and the needs of other friends and family with the same problem. I would recommend this book to anyone who is gluten sensitive or who has to eat gluten free. It made our Christmas Celebration quite a success. Thank you Dr. Agaston for your dedication to healthy living.

This is by far my favorite way to lose weight. The recipes are great and the food tastes delicious. I truly believe that the South Beach Diet is more of a lifestyle vs a diet. I have started on phase 1 a couple times over the years and have a lost a ton of weight doing so. I have also had good results from phase 2 and 3 as well. I love these cookbooks and have made many of the recipes over the years. I always recommend this diet to people who want to lose weight and don't want a crazy fad diet that has you rollercoastering your weight . I have bought almost every single South Beach cookbook and have never been disappointed. The books are a hard cover and have held up extremely well ( one cook book was literally cooked on the stove and still works ). I have not made as many recipes out of this particular cookbook as I have with some of the other cookbooks. I bought this to see if it would help with some of my GI upset although when I do the South Beach Diet it usually resolves those issues anyways, especially because phase 1 cuts out carbs for the first 10-14 days. I cannot recommend these books enough to people. My only complaint as with any cookbook is that I wish it had pictures for every recipe however, there are plenty of high quality, color pictures which I think is helpful.

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