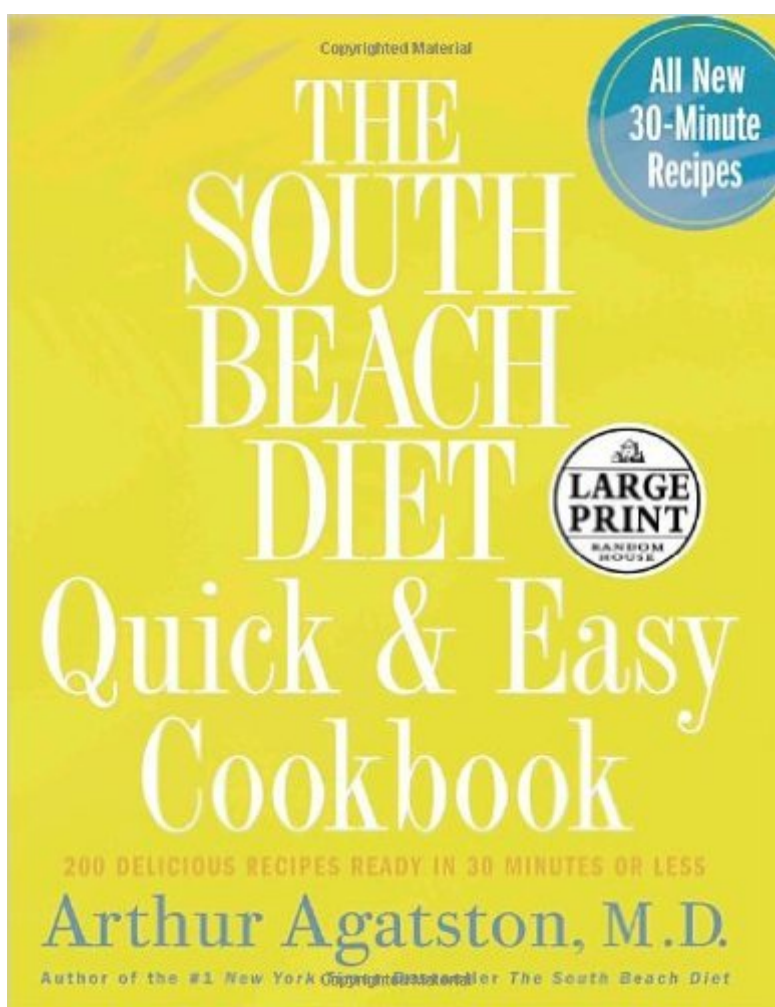


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# The South Beach Diet Quick And Easy Cookbook: 200 Delicious Recipes Ready In 30 Minutes Or Less (Random House Large Print Nonfiction)



## Synopsis

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-area 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 stock your pantry, and most importantly, 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.

## Book Information

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## Customer Reviews

I have every one of the South Beach Books. Phase 1 third day of the 2nd week is the hardest to get

through. Your body has rid itself of those high glycemic foods, so you crave and want to eat some bread or other processed white flour food item. I have done every and I mean every diet out there (Atkins, Weight Watchers, Soup diet, Slim for Life, Slim Fast, American Heart Assoc. I also took Redux to lose weight which has caused me some heart trouble. Everytime any of the above was done I would loose then fall off the diet and gain what I lost plus an additional 20+ lbs. This was the only one which made since for me and has allowed me to have that cookie, french fry, or brownie once in a while and still keep on the diet. I enjoy this cookbook more as it is simple. The first cookbook was too in depth. More for chefs to cook with vs a working person. I hate having to be in the kitchen cooking for hours even when I was not dieting. Very simple recipes that allow short prep times. The fewer the ingredients the better for me. Best part helps with the making of a grocery list and tells you which foods to always keep on hand, so when you need to fix a fast meal you have everything. The South Beach Diet book is a must and you need to read through it. I skipped over the stories after a couple and went to the heart of what Dr. Agatston states about his diet (Not really a diet for me, just a guide to great healthy eating). Do highlight, write in the margins and use post it notes as you read the first book. This diet (guide to healthy eating) is about making your body work to process the foods which you eat instead of eating processed/high glycemic foods which your body doesn't have to work much to process. He even gives you a list of acceptable foods to eat in Phase 1.

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