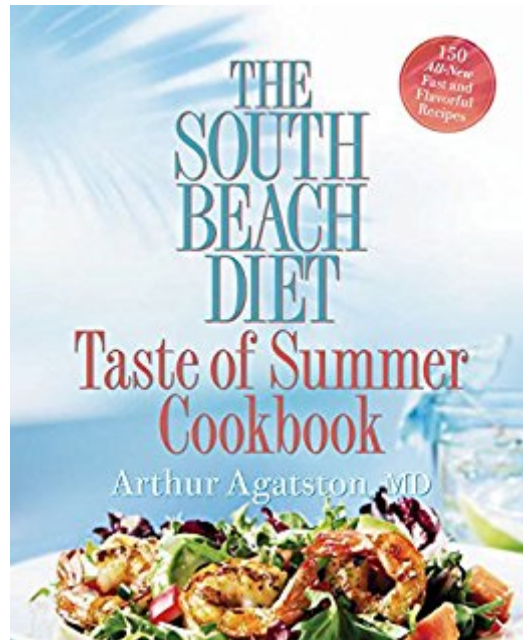


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The South Beach Diet Taste Of Summer Cookbook: 150 All-New Fast And Flavorful Recipes



Synopsis

What better way to enjoy the relaxed, healthy South Beach Diet lifestyle than with a cookbook that celebrates the best foods of summer from garden and market? The 150 all-new quick and healthy recipes in *The South Beach Diet Taste of Summer Cookbook* capture the casual, sunny essence of Florida's popular South Beach--and other warm climates around the world. Whatever phase of the diet you're on, you'll find ideas for breezy breakfasts; crisp salads and light summer sandwiches; innovative grilling ideas for meats, poultry, fish, and shellfish; tempting vegetarian entrees; refreshing desserts; and cooling summer drinks. Imagine sitting at an outdoor table with family and friends enjoying Heirloom Tomato Gazpacho, Grilled Shrimp Caesar, South Beach Diet Tiramisu, and Iced Pom-Mojito Spritzers--just a few of the refreshing recipes to be found in this book. But this is more than just a summer cookbook. Tips throughout remind readers that grilling is a year-round pastime and that many of the recipes can be easily adapted to what's freshest in the season. You'll also get Sample Meal Plans for Phases 1 and 2, a glossary of key ingredients used in the book, and dozens of ideas for maximizing the bounty of the garden. The 60 beautiful color photographs show just how appealing summertime recipes can be.

Book Information

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Customer Reviews

Think of this book as Rachael Ray meets the South Beach Diet. Every dish is simple to prepare and healthy. If you know of more tasty, easy-to-prepare dishes that are healthy and support a lower weight, you'll eat better. My suggestion for you is that you acquire all the South Beach Diet cookbooks you can. The Taste of Summer Cookbook will be one that you'll cherish because the recipes take great advantage of the fresh foods available at low cost during the summer. My experience with the South Beach Diet has been just amazing. Follow the diet, and the excess weight effortlessly disappears. Add quantities of foods unapproved on the diet, and the weight piles on like magic. This book came along at just the right time for me. I was ready for some taste variations from what I normally eat to lost weight on the South Beach Diet. I feel very motivated to try these dishes and to drop the foods that I shouldn't be eating! I thought the weakest part of the book came in the breakfasts. But that limitation is more than made up for in the great choices of soups, sandwiches, and salads for the rest of the day. There are separate sections for seafood, poultry, meat dishes, and vegetarians so you can match your protein sources to your taste and health preferences. If you are like me, you'll be thrilled to see the many suggestions on page 11 to add even more flavor. Each recipe tells you how long it takes to prepare, marinate, cook, and rest before serving. You also find out which stage of the diet the recipe fits. You'll also learn how many people are served. Naturally, Dr. Agatston gives you the per-serving quantities of calories, fat, saturated fat, protein, carbohydrates, fiber, and sodium.

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