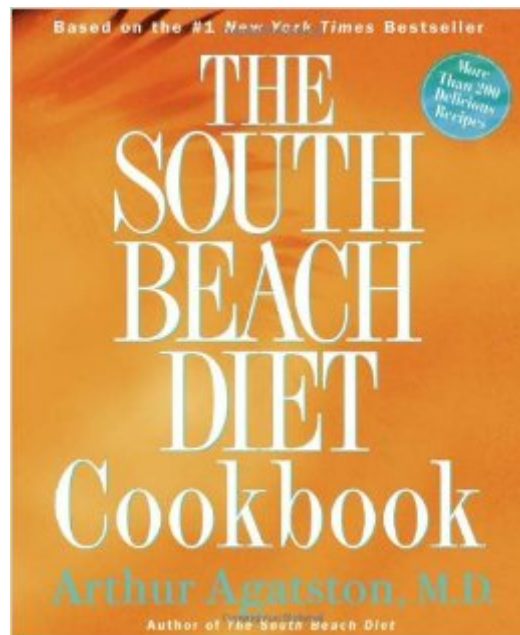


The book was found

The South Beach Diet Cookbook: More Than 200 Delicious Recipes That Fit The Nation's Top Diet



Synopsis

At last - the paperback of this hugely successful Rodale title. The South Beach Diet is now firmly ensconced as the world's favourite and most effective diet. Millions of people around the world (it has been sold in 24 languages) have adopted it as their lifelong eating plan, shedding unwanted weight in the process. The diet emphasizes good fats and good carbohydrates, the kind that stave off cravings for unhealthy sugary food and promote long-term weight loss. It's not 'diet' food - it's delicious, satisfying food that is good for your health and your waistline. The South Beach Diet Cookbook contains more than 200 great-tasting recipes that can all be enjoyed as part of the diet. They are simple enough to make every day but delicious enough to serve on any occasion. There are mouth-watering colour photographs and 25 recipes from top chefs, stars of South Beach's renowned restaurants. Designed for people who love to eat, the South Beach Diet is a scientifically proven programme developed by leading cardiologist Dr Agatston in his practice in Florida to help his heart patients. This bestselling cookbook explains the principles of the diet and includes a detailed list of foods to avoid, plus shopping lists to help you stock your cupboards with good, healthy foods as well as giving you a wealth of recipes to inspire you and keep you on track. --This text refers to the Paperback edition.

Book Information

Hardcover: 352 pages

Publisher: Rodale Press (April 13, 2004)

Language: English

ISBN-10: 1579549578

ASIN: B000E1KPT6

Product Dimensions: 7.7 x 1.2 x 9.4 inches

Shipping Weight: 3.4 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (270 customer reviews)

Best Sellers Rank: #1,094,967 in Books (See Top 100 in Books) #77 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #593 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #1203 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

Customer Reviews

"The Southbeach Diet Cookbook" was written to provide a number of recipes to complement the original "The Southbeach Diet" book. The cookbook opens with an overview of the diet program. It

describes the diet though not in the detail of the original book. It explains what you need to do to get your fridge and pantry 'southbeach' friendly. It explains what is allowed in terms of dairy, meat, oils, pasta, snacks, beverages and more. Next the book has a question/answer session with Dr. Agatston. In this section he updates some of the information from the original book (milk and yogurt are now allowed in phase 1 for example) and he gets into more detailed regarding different types of food. Then comes the core of the book. The recipe categories include breakfasts, appetizers and snacks, soups, salads, side dishes and accompaniments, fish shellfish and poultry, meats, vegetarian entrees and desserts. Each recipe indicates what phase it is appropriate for and many of the recipes are pictured in mouthwatering photographs! Sample recipes include Vegetable Salad with Feta, Homestyle Green Bean Casserole, Pan Seared Pecan Grouper, Whole Wheat Vegetable Lasagna, and Apple and Almond Souffle. Over 200 recipes. One very nice feature is the inclusion of recipes so you can make many of your own condiments. Unfortunately ketchup, barbeque sauce and many other "toppers" are laden with high fructose corn syrup. So Dr. Agatston includes the details on how you can make your own. Overall the quality of recipes is very good. The one negative I have is the total avoidance of sugar and reliance on sugar substitutes. I would rather use real sugar in moderation than sugar substitutes like aspartame.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) The South Beach Diet Cookbook: More than 200 Delicious Recipes That Fit the Nation's Top Diet The South Beach Diet Cookbook:Â More than 200 Delicious Recipes That Fit the Nation's Top Diet South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South

Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet
South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the
South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet,
Gluten-Free) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose
Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free)
South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick
To Your Diet (The South Beach Cookbooks Book 4) El Recetario de La Dieta South Beach:Â Mas
de 200 recetas deliciosa (The South Beach Diet) (Spanish Edition) South Beach Diet Dinners:
Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks
Book 2) South beach diet : The #1 South Beach diet , How to make it work for you !: including tips
and recipes The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life
[2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet
Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] The South Beach
Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less The South
Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less
(Random House Large Print Nonfiction) The South Beach Diet Quick and Easy Cookbook: 200
Delicious Recipes Ready in 30 Minutes or Less (Random House Large Print Nonfiction) by Agatston
M.D., Arthur S. (2005) Hardcover

[Dmca](#)