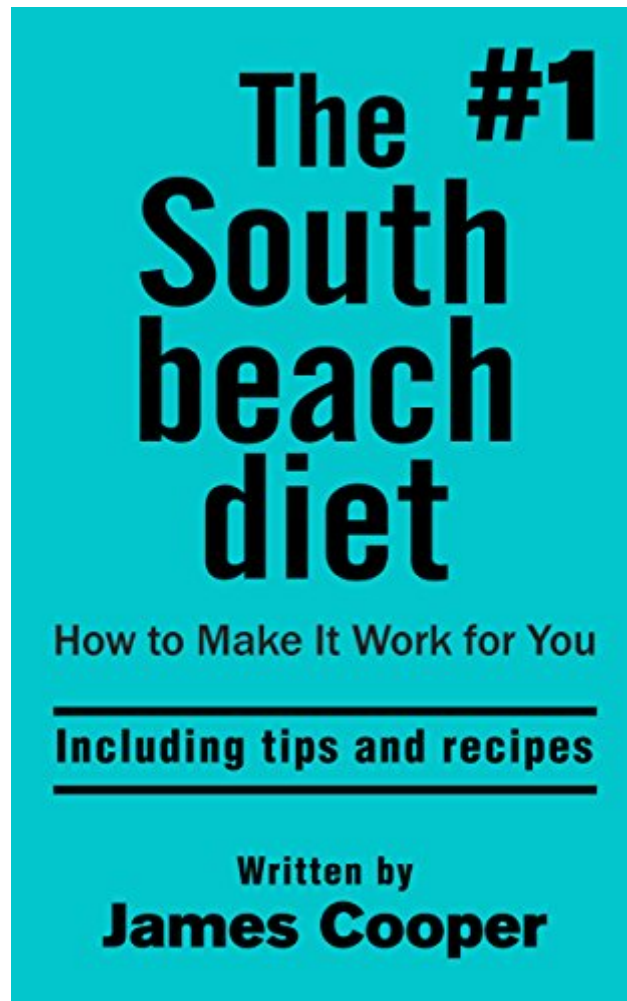


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South Beach Diet : The #1 South Beach Diet , How To Make It Work For You !: Including Tips And Recipes



Synopsis

The #1 South beach Diet !Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device..You are about to discover how to lose weight for good !What is the South Beach diet? The South Beach diet was developed by Dr. Arthur Agatston, while he was practicing as a cardiologist at the Mount Sinai Medical Center in Miami, Floridaâ€”hence its name for the popular beach area in Miami filled with fit, slim people. Agatston worked with Marie Almon, who was the chief dietitian at Mount Sinai. Agatston created the South Beach diet to meet the needs of his own patients, who were not necessarily becoming healthier or losing weight with dietary recommendations from the American Heart Association, which at the time, advised eating a low-fat, high-carbohydrate diet. What started as a local phenomenon turned into an international success, as both patients and Agatston spread the word of his new eating regimen. In 2003, Dr. Agatston published the first book on the South Beach diet, and the plan has been updated since then, as new findings have allowed for fine tuning for better results. How to make it work for you , when most books just explains what's the South beach diet and give you a lot of recipes , this book will give a full explanation of the diet , the benefits , and how it compares to other low carbs diets , you need to read this book to set yourself for successHere Is A Preview Of What You'll Learn...- The South Beach Diet: Whatâ€™s It All About?- How to Shop for the Diet? - Can you eat out?- How to succeed - Some recipes- Some tipsand so much more ...Download your copy today!Tags : Ketogenic, Atkins , Lowcarbs , High protein , fat loss , Dr , weight loss , atkins workbook , atkins 2015 , atkins 2016 , paleo , paleo recipes , keto , dash diet, gluten free , virgin diet

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Customer Reviews

I enjoy this cookbook more as it is simple. The first cookbook was too in depth. The South Beach Diet Quick and Easy cookbook provide simple, quick recipes with ingredients that are easy to find in a typical grocery store. This cookbook is fabulous! I have lost weight eating food that I prepare myself that tastes great! Everything has been prepared in under 30 minutes. It is fabulous and the whole family can eat it.

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