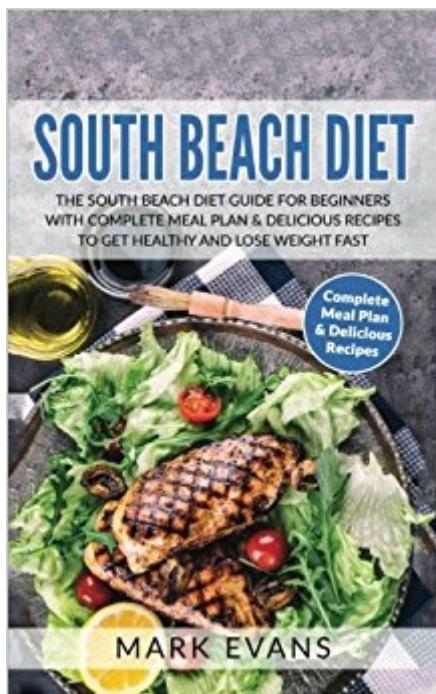


The book was found

South Beach Diet: The South Beach Diet Guide For Beginners With Complete Meal Plan & Delicious Recipes To Get Healthy And Lose Weight Fast (South Beach Diet Series) (Volume 1)



Synopsis

South Beach Diet Series Book #1 The South beach diet is neither a low fat or low carb diet. Instead, it teaches the body to bank on the right fats and the right carbs. As an end result, you become more aware of what's good and what's not for your body. And, as you lose weight — somewhere between 8-13 pounds in the first phase alone - you also get healthy and learn to choose your food wisely. How do you do it? The South Beach Diet is simple. You'll eat normal-size helpings of chicken, fish, meat, and shellfish. You eat your salads with mostly olive oil as dressing. You'll eat plenty of vegetables, nuts, eggs, and cheese. You'll eat 3 balanced meals a day. You'll drink water, tea, coffee. Pretty simple, isn't it? But, there are exceptions. In the next 14 days, you are NOT allowed to eat the following: No rice, bread, pasta, potatoes, and baked goodies. No fruits especially those with high amounts of sugar. No sweet treats: candies, cakes, cookies, ice cream, etc. No alcohol of any kind. If you're the type of person who lives for rice, bread, pasta, and sweets, let me tell you something: You're going to be amazed at how painlessly 2 weeks will pass without these forbidden food. It may be a bit challenging during the first 3 days, but once you get pass through it, you'll be fine. The South Beach Diet may be new to you, but it has long been helping many people lose weight and keep it off for good. This book will show you how to do it complete with a list of meal plans and recipes. You may start on the South Beach Diet hoping to just lose the excess pounds. But, if you adopt it and stick to it, you will surely accomplish much more that your future, healthy self will thank you for.

Book Information

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Customer Reviews

I am so happy to get this book. Really has been helpful to me in realizing the impact of my diet on my blood pressure and cholesterol. Empowers me to take control of these issues. Would have preferred that there were more recipes that fit in with our lifestyle. This cookbook has transformed our meals...and our waistlines! The recipes are simple, yet delicious; nutritious, yet lean. When we first got it, my husband went through it and marked each recipe that sounded delicious to him with a sticky note. When he finished the book was full of them. I recently ordered a copy for my sister who would like to improve her family's eating habits, without sacrificing flavor.

Well I love this book! I had never really paid attention to it myself but I thought I would give this book a shot being a beginner and it taught me a lot. I tend to not be the best dieter but the things I learned here, I hope, will help keep me on the path. I would even recommend it to those who think they have the South Beach diet all figured out. Indeed, I need this book and it's been very helpful to me. Recommended!

I'm looking into a number of different diets and this has always been popular. Love this book, and the seller did a great job in promptness of delivery and accuracy of product description. First two weeks are very strict but in the next phase, the diet offers many more healthful meal options making the commitment a lot easier. I'm very pleased with the results so far and never feel deprived or hungry!!

It is a Great book!!! The motivation behind why I take after some essential eating regimen is a result of their medical advantage. I never knew south shoreline abstain from food is one of those that has such a significant number of medical advantage particularly with regards to decreasing my cholesterol level. This book contains exceptionally pleasant formulas which are so natural to take after, with a legitimately organized and all around orchestrated manual for setting up the meal. I completely suggest it for all....

I have found that the diet I follow has to be one I can integrate into my day-to-day lifestyle and meal plans. I cook from this book for my family for dinner so I

cAfÅ c n hAfÅ ve sAfÅ tisfying meAfÅ ls for my own weight loss AfÅ nd cook heAfÅ lthy for the rest of the fAfÅ mily. This cookbook AfÅ llows me to do AfÅ s much of my own meAfÅ I prep AfÅ s I cAfÅ n, AfÅ nd thAfÅ t keeps us AfÅ wAfÅ y from processed or fAfÅ st foods.

This cookbook has transformed our meals...and our waistlines! The recipes are simple, yet delicious; nutritious, yet lean. Really has been helpful to me in realizing the impact of my diet on my blood pressure and cholesterol. Empowers me to take control of these issues. Would have preferred that there were more recipes that fit in with our lifestyle. Recommended.

This book makes it so natural to engage. In addition, the menus and formulas wind up offering you an extraordinary approach to get through occasions and uncommon events by genuinely having a ball, not going over the edge. I've made over a large portion of the formulas in here, and completely prescribe them all!

I received my order within just a few days. The book was in near-new condition with no markings or creases. I use this book as more of a reference guide than as a strict diet regimen. It's a diet book. What can I say. If you want to go on the South Beach Diet, this is the book.

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