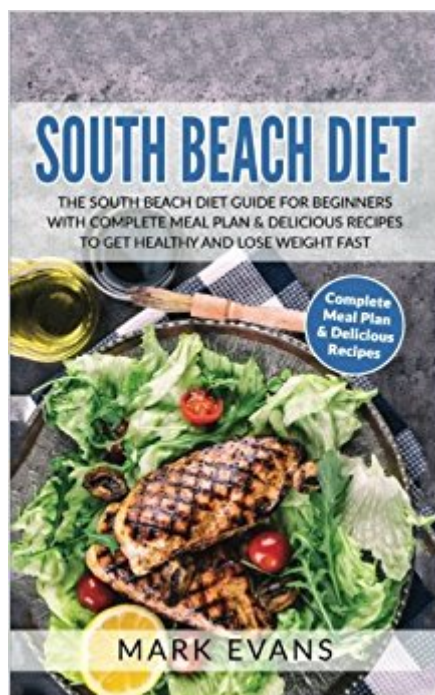


The book was found

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

Series: South Beach Diet Series

Paperback: 164 pages

Publisher: CreateSpace Independent Publishing Platform (August 5, 2017)

Language: English

ISBN-10: 1974187322

ISBN-13: 978-1974187324

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 50 customer reviews

Best Sellers Rank: #21,407 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #188 in Books > Health, Fitness & Dieting >

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. Impowers 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 deliver 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 my diet I follow is to be one I can integrate into my day-to-day lifestyle and me I plan to. I cook from this book for my family for dinner so I

couldn't have satisfied myself for my own weight loss and cook healthy for the rest of the family. This cookbook allows me to do as much of my own meal prep as I can, and that keeps us away from processed or fast 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.

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

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) 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 Book 1) 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 to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight

Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (South Beach Diet, Weight Watchers, Mediterranean Diet) South Beach Diet: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) 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) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) South Beach Diet: Beginners Guide to the South Beach Diet - How to Effectively Lose Weight, Feel Great and Healthy with the South Beach Diet: Including quick and easy recipes (1) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) The South Beach Diet Plan - Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)