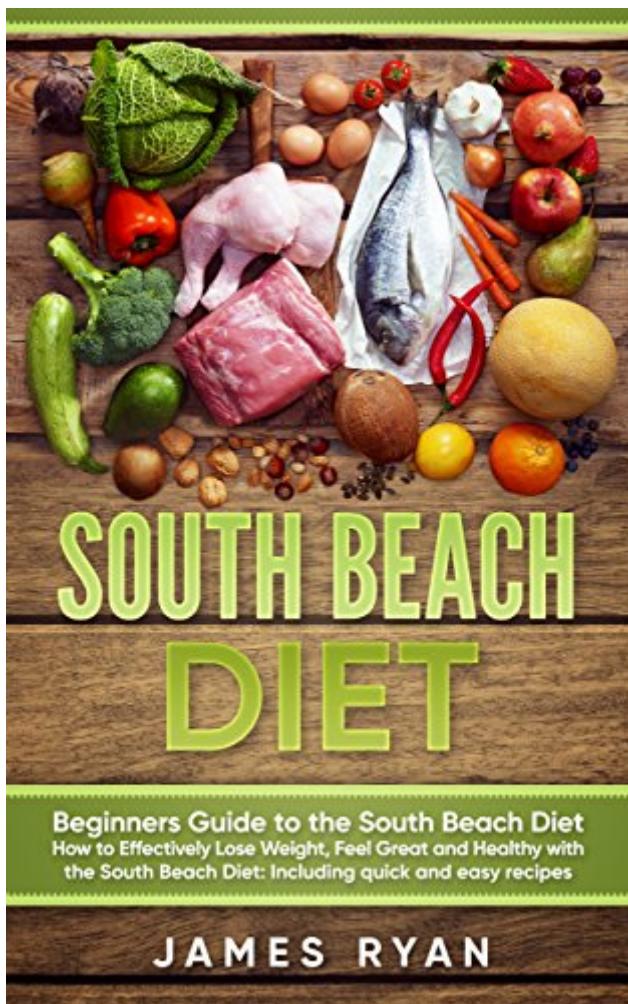


The book was found

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)





Synopsis

Description The South Beach Diet is one of the best diet plans that you can choose to go on when you finally want to kick all those bad habits to the curb and lose weight. Many times the hardest part about losing weight is all those cravings that make you go back to your old habits in no time. The South Beach Diet is meant to help you get through some of these issues so that you can lose weight and keep it off for good. This guidebook is going to spend some time talking about the South Beach Diet and how it can help you to finally lose the weight. Some of the things that you will learn about this diet plan include: What is the South Beach Diet? The truth about how carbs work in the body. The 3 Phases of the South Beach Diet and how to eat right on each of them. Recipes to use during each phase of this diet plan. When you are ready to start losing weight and feeling better without all those cravings driving you nuts, it is time to learn about the South Beach Diet and how it can improve your life and make losing weight easier.

Book Information

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Customer Reviews

This eating plan was easy to follow and I lost weight right away. The South Beach Diet is the best

diet book I've ever read. This book is a tremendous breakthrough in the world of health. This food plan was the answer to my endless frustration with my weight. Good to read and understand about losing weight.

There's a wonderful variety in here. The recipes are simple and easy to fix. I like how each recipe is clearly marked to indicate the corresponding phase. All the ingredients are common and easy to find too. Highly recommended!

Good but I wished for more recipes.

If you want to get a list of the foods you can and cannot eat on this diet this is not the book for you. I was trying to save a little money and get a simple list and explanation of the diet but no such specifics are given in the book. Save your \$\$

This cookbook is anything but difficult to utilize, efficient and offers differing formulas. South Beach is truly about changing your dietary patterns, not consuming less calories for the here and now.

Good book Highly recommended to all.

This cookbook is easy to use, well organized and offers diverse recipes. you will want to take that into consideration when choosing what to make. A great way to manage your health through eating in a well thought out way. I have found this system very effective.

Love this book and all it's recipes. I was running out of low carb food ideas. This book is a must for those who are on a low carb protein diet. I do recommend THIS cookbook to use in conjunction with it. Some recipes I prefer over others, but all are tried & tested.

This is very good diet book. And it was very nice. I love this book very much.

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