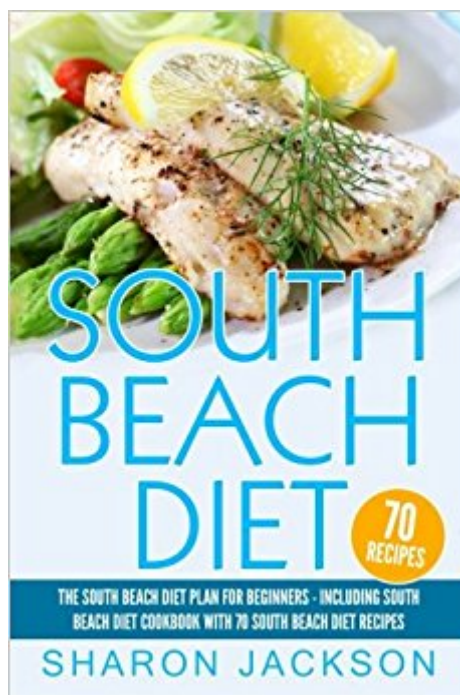




Ebook Directory
the best source of ebook

The book was found

South Beach Diet: The South Beach Diet Plan For Beginners:: South Beach Diet Cookbook With 70 Recipes



Synopsis

Do you love to eat? If you are a foodie, like me, you will absolutely hate the idea of counting your calories while eating. The constant watching of calories can really take the fun out of eating. If you are someone that keeps track of the current cooking trends, you will know what the South Beach diet is. It's covered in almost every restaurant menu, magazine, newspaper and even TV show. The South Beach diet encourages cooking of a variety of ingredients in a healthy fashion. I promise you that this is not just another low-carb diet. The South Beach program does not fall under the low-carb or low-fat category. In fact, you can enjoy most foods without having to give up on them completely. This book focuses on almost all aspects of this trendy diet, including the recipes. We wanted to come up with a South Beach diet cookbook which will offer our readers a comprehensive list of recipes. You never want to run out of recipes when on a diet plan. In this guide, we are providing you a plethora of South Beach diet recipes including the South Beach diet food list. We assure you that this 3-phase diet will not only give you the desired weight loss results but it will be fun too. Unlike most other diets that put a lot of restrictions on what you eat, this diet gives you the complete freedom to choose your own carbohydrates and fats. This diet aims at promoting a healthy lifestyle, which will reap permanent benefits to the dieters who use it. So let's go - Buy this book now and start living a healthy and happy lifestyle!

Book Information

Paperback: 90 pages

Publisher: CreateSpace Independent Publishing Platform (February 25, 2017)

Language: English

ISBN-10: 1544117965

ISBN-13: 978-1544117966

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: 2.5 out of 5 stars 8 customer reviews

Best Sellers Rank: #216,986 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet

Customer Reviews

This book lists grains in Phase One recipes - so wrong.

This book provides the south beach diet plan as the title of the book tells the whole story. But one

thing that I can assure you is that it is an amazing book.

not worth the cost. Very small & some recipes seem to be copied from the original book.

It was a waste of my money, but someone else may really like it.

This book has a very short incomplete food list and that's it. There are recipes.

Had some great recipes and very easy to cook.

Needed to lose weight and control my sugars so I am trying this diet to see if it works for me. My friend suggested I try this diet.

Book glosses over ideas from "core" South Beach Diet book. The recipes are laughable in many cases. Either vague from a cooking stand point, or including ingredients that are definitely not allowed for that particular phase. Example: I saw pumpkin, heavy cream, and other "use sparingly in Phase 3"-type ingredients in recipes listed as Phase 1. "Beef strips" was an ingredient for one recipe, which really does nothing to help people who aren't familiar with cooking (it was a stir-fry recipe). Overall this is a pretty weak book, for both starting the South Beach Diet AND as a cookbook.

[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 to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) South Beach Diet: The South Beach Diet Plan For Beginners:: South Beach Diet Cookbook With 70 Recipes 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 Plan For Beginners: South Beach Diet Cookbook 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) The South Beach Diet Plan - Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) 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) 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) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 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) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Mediterranean Diet Cookbook: 44 Delicious Mediterranean Diet Recipes For Beginners + FREE WORKOUT & MEAL PLAN INSIDE !: Mediterranean Diet Cookbook, Mediterranean Diet For Beginners, Mediterranean 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) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)