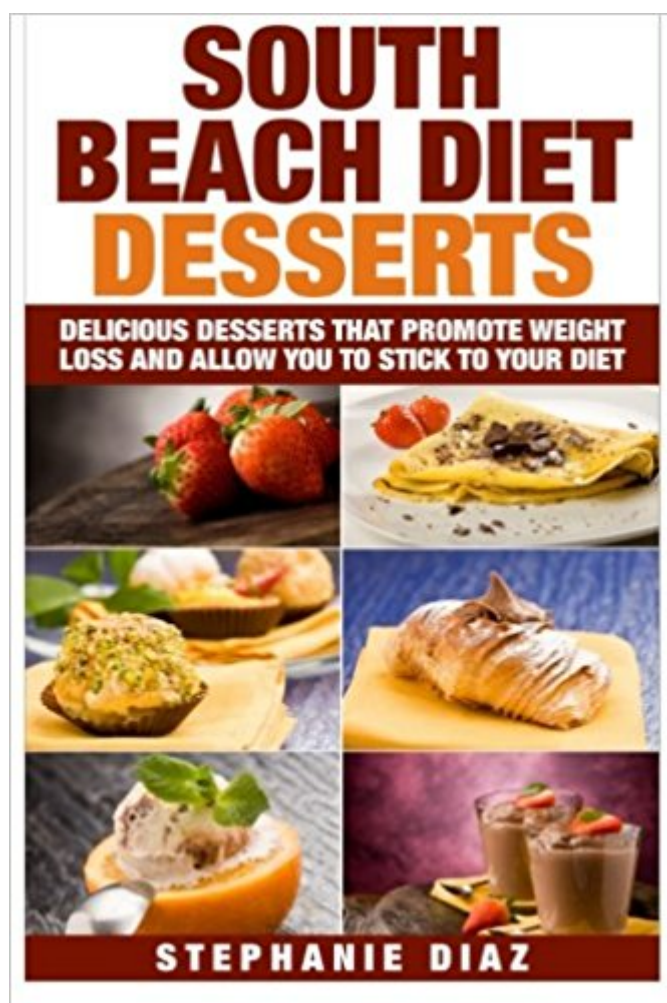


The book was found

South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss And Allow You To Stick To Your Diet



Synopsis

Join the Millions That Have Changed Their Lives Following This Diet Most people seek diets to lose weight. For that reason, most diets that were formulated earlier were drastic ones which cut down on the carbohydrate and fat intake in a diet. These meals and forced them to reduce their calorie intake drastically. Many diets also consisted of an undue focus on one nutritious item while foregoing balanced meals for the sake of weight loss. Most of these diets had short term effects but led to long term adverse effects if no effects at all. At such a time cardiologist Arthur Agatston along with dietitian Marie Almon designed a diet which served as an alternative to the low fat diets that were prevalent during the eighties. The diet became known as the South Beach diet which was formed with the main purpose to prevent heart diseases in people. This diet was formulated by Dr. Agatston to help his own patients in the early part of the millennium. The diet soon became popular and was considered by even those who wished to lose weight. Don't sacrifice taste for flavor, we all have a sweet tooth and inside I teach you how to cure it!

Book Information

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Customer Reviews

WASTE OF MONEY. 35 PAGES. ONLY 30 RECIPES. PHASE 2 ONLY. NOT VERY HAPPY .

No nutritional info at all, how can you maintain your diet without calorie count or other information.

Poor spelling. Not done well should have someone edit before publishing. Would not recommend.

Just a brochure size. Not too happy with this purchase

Written poorly, typos, spelling errors, no cook times, calorie or carb counts. As a diabetic, this was recommended to me by my doctor; I don't know what she was thinking.

Book is an okay follow up on previous books

great book for those with a sweet tooth but wanting to lose weight as well. highly recommend trying some of these.

Recipes look good! Will try them in the near future!

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