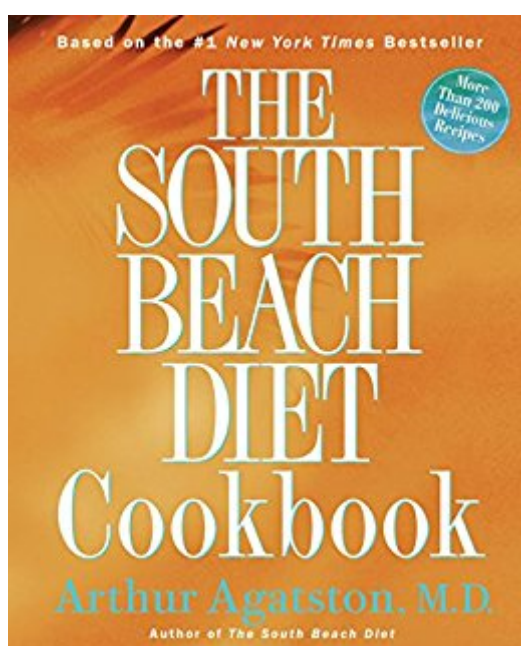




The book was found

The South Beach Diet Cookbook:~ More Than 200 Delicious Recipies That Fit The Nation's Top Diet



Synopsis

The long-awaited cookbook is here! Great food that's good for you--that's the foundation of the South Beach Diet and the reason millions of people around the world have adopted it as their lifelong eating plan, shedding unwanted pounds in the process. Created by leading Miami cardiologist Arthur Agatston, M.D., the diet emphasizes good fats and good carbohydrates, the kind that stave off cravings for unhealthy sugary food and promote long-term weight loss. It's not "diet" food--it's satisfying, flavorful dishes that are good for your health and your waistline. Whether you're already a South Beach Diet success story or brand-new to the program, you'll find a wealth of inspiration in The South Beach Diet Cookbook to keep you on track without feeling deprived. The recipes are simple enough to make every day but delicious enough to serve on any occasion: Oatmeal Pancakes, Buttermilk Salmon Chowder, Caribbean Baked Chicken with Mango, Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri, Mexican Lasagna, Sage and Rosemary Pork, Red Snapper with Avocado Salsa, Thai Vegetable Stir-Fry, and Chocolate Pie with Crispy Peanut Butter Crust. Each recipe is marked "Phase 1," "Phase 2," or "Phase 3," so you'll know immediately where it falls in the diet; there are also 25 all-new recipes from the top chefs and restaurants in Miami. Illustrated with 50 full-color photographs and packed with extras like shopping lists and a pantry guide, The South Beach Diet Cookbook is an essential addition to your kitchen shelf.

Book Information

File Size: 6966 KB

Print Length: 354 pages

Publisher: Rodale; 1 edition (April 13, 2004)

Publication Date: April 13, 2004

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00C XK14CI

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #162,450 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #59

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #221 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

Wow this is a diet I can follow and enjoy without being hungry and sacrificing taste. I love to cook and I bought this book along with several other South Beach cookbooks and diet books. The recipes are easy and straight forward and are categorized as Phase 1, Phase 2 or Phase 3.

Next to the original SB Diet book (blue), this is the best one. It actually has many Phase 1 and 2 recipes that the average person would want to eat, diet or no diet. In my "Non-Diet" recipe book, I have four recipes from this book that I regularly use, not for diet maintenance, but because they taste so good and are easy to make. Good cook book ... the best in the SB Diet cookbook collection.

"The Southbeach Diet Cookbook" was written to provide a number of recipes to complement the original "The Southbeach Diet" book. The cookbook opens with an overview of the diet program. It describes the diet though not in the detail of the original book. It explains what you need to do to get your fridge and pantry 'southbeach' friendly. It explains what is allowed in terms of dairy, meat, oils, pasta, snacks, beverages and more. Next the book has a question/answer session with Dr. Agatston. In this section he updates some of the information from the original book (milk and yogurt are now allowed in phase 1 for example) and he gets into more detailed regarding different types of food. Then comes the core of the book. The recipe categories include breakfasts, appetizers and snacks, soups, salads, side dishes and accompaniments, fish shellfish and poultry, meats, vegetarian entrees and desserts. Each recipe indicates what phase it is appropriate for and many of the recipes are pictured in mouthwatering photographs! Sample recipes include Vegetable Salad with Feta, Homestyle Green Bean Casserole, Pan Seared Pecan Grouper, Whole Wheat Vegetable Lasagna, and Apple and Almond Souffle. Over 200 recipes. One very nice feature is the inclusion of recipes so you can make many of your own condiments. Unfortunately ketchup, barbeque sauce and many other "toppers" are laden with high fructose corn syrup. So Dr. Agatston includes the details on how you can make your own. Overall the quality of recipes is very good. The one negative I have is the total avoidance of sugar and reliance on sugar substitutes. I would rather use real

sugar in moderation than sugar substitutes like aspartame. He has a recipe for strawberries with velvety chocolate dip and suggests you use sugar free chocolate syrup. Instead why not use a high quality cocoa bar and melt it down. This is healthier than the faux sugars like malitol, which are in sugar free products and so much more satisfying. Dr. Agatston has some wonderful recipes in this book from top chefs and restaurants and they are worth buying the book for. But many of the desserts with the fake sugars and fat free sour cream fall flat. Moderation is key. Use the real deal in a tiny quantity like the French do.

Great book. It arrived in great/new condition. It has over 200 recipes W/ beautiful color photos. The recipes are simple enough, & I think it'll help keep me from getting bored w/ the diet. Phase 1 is the trickiest.

Lots of good recipes, not really easy for a single person trying to lose weight.

I use many of the recipes in this book. This diet has helped my type 1 diabetic husband control his blood sugars which in turn has curbed his moodiness (highly related to what we eat) as well as drop 10 pounds. It has helped me (a sweet's addict) take control of my cravings and fill full. I love the simplicity of the South Beach Diet.

great book to help get through the diet or any time, whether your on the diet or not. simple and healthful recipes, that use ingredients you have on the shelf already.

I have been using these cookbooks for several months now. All of the recipes I have used my husband has loved. Of course it wouldn't take much to please him as his previous cooks were not much to speak about. I do appreciate that it doesn't take a chef to make him happy. We have been losing pounds along with enjoying the new recipes which makes both of us happy. We are adventurous in life as well as in our eating habits. We have thoroughly enjoyed these Cook Books.

[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) The South Beach Diet Cookbook: More than 200 Delicious Recipes That Fit the Nation's Top Diet 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) El

Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition) The South Beach Diet Cookbook: More than 200 Delicious Recipes That Fit the Nation's Top Diet 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 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: The South Beach Diet Plan For Beginners: South Beach Diet Cookbook South Beach Diet: The South Beach Diet Plan For Beginners:: South Beach Diet Cookbook With 70 Recipes The South Beach Diet Plan - Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When You're In a Hurry: (Crock pot recipies, Slow Cooker recipies, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 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) 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) 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) South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipies, Low Carb Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

