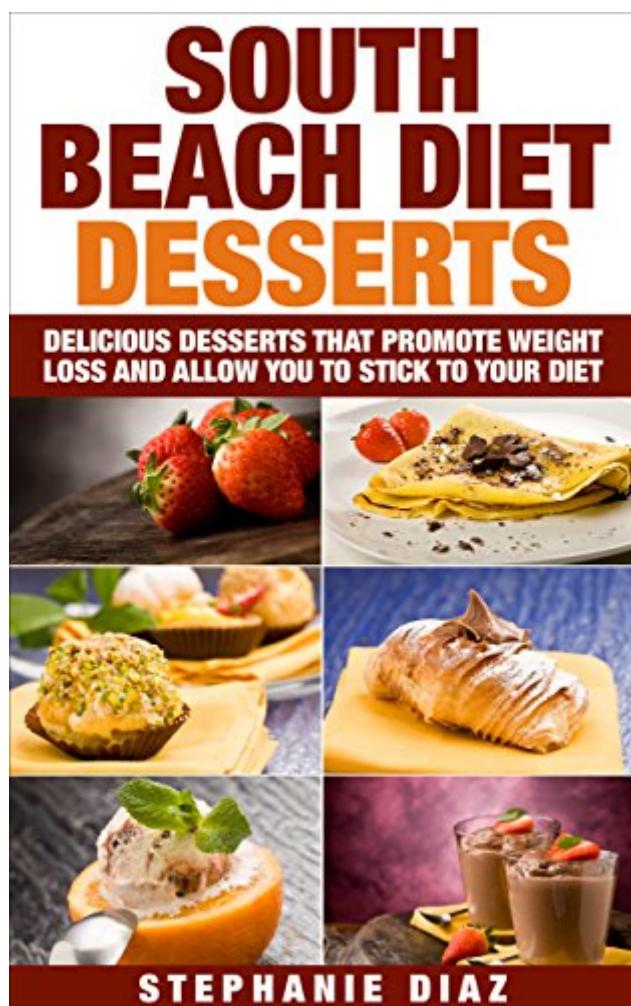


The book was found

# South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss And Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4)



## 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's 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!

Recipes You Will Discover Inside

Chocolate Covered Apricots

Ricotta Cheesecake

Spice Cookies

Winter Snow Pudding

Frozen Frosting

Would You Like To Know More? This book contains some of the best healthy cheat recipes there are. The question is will you choose to use them, cure your sweet tooth and still lose weight or will you wake up tomorrow craving something bad and eventually caving in?

If you are ready to start losing weight and attain the body you've always wanted than scroll up and grab your copy of the South Beach Diet Desserts.

## Book Information

File Size: 2430 KB

Print Length: 36 pages

Page Numbers Source ISBN: 1508423156

Publication Date: February 9, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00TG2WIUI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #460,989 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #56  
in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #125 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #152 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## 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!

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

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: 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 Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your 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) How to Install Kodi on Fire Stick: Install Kodi on Fire Stick: Step-By-Step Instructions with Screen Shots! (2017 Kodi User Guide, fire

tv stick, kodi book, kodi fire tv stick, kodi stick) Fire Stick: The Ultimate Fire Stick User Guide - Learn How To Start Using Fire Stick, Plus Little-Known Tips And Tricks! (Streaming ... TV Stick User Guide, How To Use Fire Stick) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 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: Lose Weight and Get Healthy the South Beach Way (Free Bonus Included) (South Beach Diet, Weight Watchers, Mediterranean Diet Book 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: Lose Weight and Get Healthy the South Beach Way (South Beach Diet, Weight Watchers, Mediterranean Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] 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 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) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Stick Dog 3-Book Collection: Stick Dog, Stick Dog Wants a Hot Dog, Stick Dog Chases a Pizza PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help