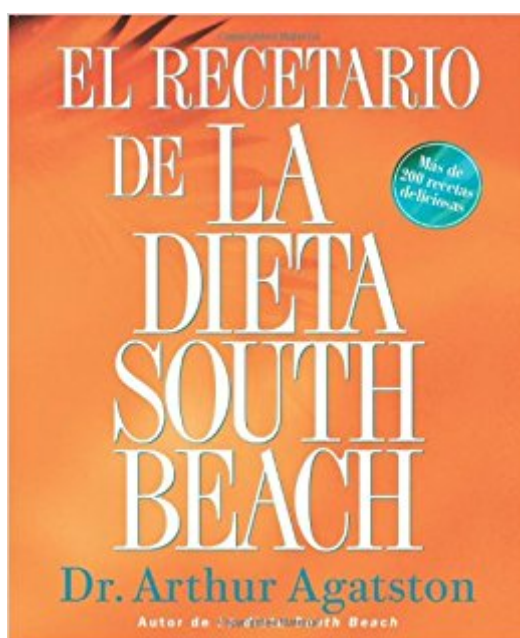


The book was found

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)



Synopsis

Now available in a Spanish edition: the follow-up to Dr. Agatston's blockbuster diet book--a fabulous cookbook packed with great-tasting meals that are good for you! Since its publication in April 2003, The South Beach Diet has become a nationwide phenomenon. 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 kinds that stave off cravings for unhealthy and 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.

Book Information

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Customer Reviews

Noting that a variety of foods and recipes combats the repetition and boredom that are many dieters' downfall, Agatston presents a wide array of choices, with plenty of enticing fish and vegetarian dishes. He also includes breakfasts, snacks and desserts, as well as ideas for home entertaining 'South Beach-style.'

• Publishers Weekly

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach

Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book The South Beach Diet and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

Thank you for being a positive transaction partner. Well done !Perfect item. Carefully packed. Just what i wanted. Thank you.

Es bueno pero me parece que deberÃ- a tener mÃs variedad en ingredientes y recetas. QuizÃ expandir la idea a diferentes culturas como la latina

Like is very helpfulThanks.

Very Good

La traducciÃ n tiene algunos errores en ingredientes.

Very good

Pense que era mejor... a pesar de que hay 200... parecen muchas... pero al final muchas no me gustaron y no hay ninguna de pasta... incluso de pasta integral, el dice en su libro que se puede comer pero aqui no hay ninguna receta con pasta.Varias recetas que, al menos yo, no uso.

I lost 10 lbs with the help from the recipes.

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