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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)

The South Beach Diet Beginners Guide

*How to Quickly and
Effectively Lose Weight with the South Beach Diet*



Daphne Taylor



Synopsis

The Ultimate South Beach Diet Guide The South Beach Diet isn't just another low-carb diet. It's a flexible meal plan which prevents the need to constantly count carbs and will allow you to eat to your desire. This book contains everything you need to know from the science behind the diet, the guide to healthy weight loss, and a comprehensive recipe book and meal plan. With this book you can finally adopt a diet where you won't have to starve yourself and can actually lose weight by eating smartly to your own content. You'll find the information about How the diet works The science behind WHY it works The SCIENTIFIC TRUTH about Carbs, Fats, and Exercise! Approved and Disapproved food list for the diet! 30 Delicious Recipes & Phase Approved Recipes! If you want to lose weight and get the body you deserve then scroll up and download your copy now! Or read for free with Kindle unlimited! Tags: South Beach Diet, South Beach Diet Cookbook, South Beach Diet Recipes

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Customer Reviews

I decided to not go with South Beach diet right now, but the book is really informative and helpful.

Efficient and effective. The narration was also good. No trimms and unnecessary detail. Good summary of the diet.Best if you are already familiar with the why of this diet.

Such great recipes, makes you glad you are doing the diet; even my nay sayer husband digs the food.

After reading this book I am sure that a paleo diet is good for me. This book has a range of recipes that I am excited to use and it is easy to follow which is great for an amateur cook like me. Nice read.

This book was a total rip off. DO NOT waste your money. Buy the original South Beach cookbooks and you will get the same info plus so much more!

I liked the foods presented in the book. At least part of it is consistent with other diets recommendations, try it.

Only wish there were more recipes

This short book gives you some delicious and healthy south beach recipes and also the instructions are very detailed. The book does not provide TOC which makes it difficult to go through the book. The book helps you understand the concept of CARBS and will teach you how to cut the proportions and the carbs. The book has been divided into three phases and has discussed each recipe in detail. I like the Asian Turkey Meatballs in Lettuce Cups. The book is easy to follow and the book itself is very easy to read.

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