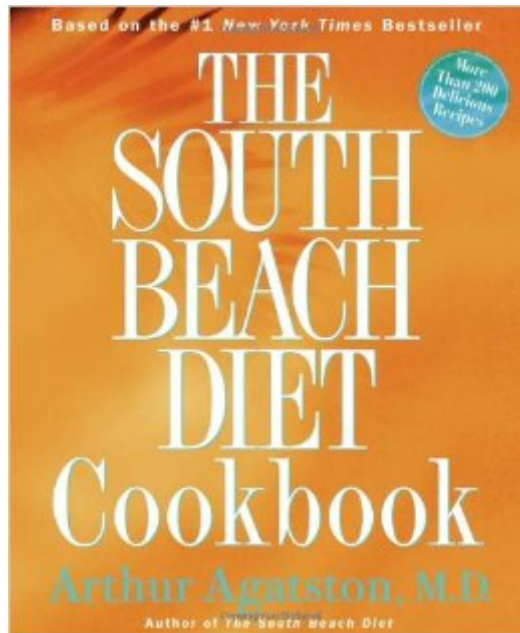


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# The South Beach Diet Cookbook: More Than 200 Delicious Recipes That Fit The Nation's Top Diet



## Synopsis

At last - the paperback of this hugely successful Rodale title. The South Beach Diet is now firmly ensconced as the world's favourite and most effective diet. Millions of people around the world (it has been sold in 24 languages) have adopted it as their lifelong eating plan, shedding unwanted weight in the process. 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 delicious, satisfying food that is good for your health and your waistline. The South Beach Diet Cookbook contains more than 200 great-tasting recipes that can all be enjoyed as part of the diet. They are simple enough to make every day but delicious enough to serve on any occasion. There are mouth-watering colour photographs and 25 recipes from top chefs, stars of South Beach's renowned restaurants. Designed for people who love to eat, the South Beach Diet is a scientifically proven programme developed by leading cardiologist Dr Agatston in his practice in Florida to help his heart patients. This bestselling cookbook explains the principles of the diet and includes a detailed list of foods to avoid, plus shopping lists to help you stock your cupboards with good, healthy foods as well as giving you a wealth of recipes to inspire you and keep you on track. --This text refers to the Paperback edition.

## Book Information

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Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (270 customer reviews)

Best Sellers Rank: #1,094,967 in Books (See Top 100 in Books) #77 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #593 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #1203 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

"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 detail 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.

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