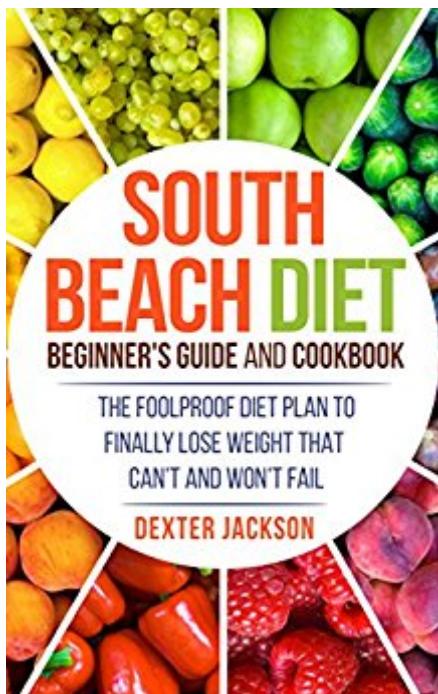


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# **South Beach Diet Beginner's Guide And Cookbook With 31+ Delicious And Supercharged Recipes: The Foolproof Diet Plan To Finally Lose Weight Fast That Can't And Won't Fail**



## Synopsis

"If you follow the South Beach Diet, you can expect to lose about 13 lbs in the first 2 weeks."

Buy the Paperback version of this book, and get the Kindle eBook version included for FREE! WOW That's a pretty incredible claim, but one that thousands of Americans have experienced when first trying the South Beach Diet! Are you looking to develop a new relationship with the way that you interact with food? Are you tired of trying diets that work for a short period of time, but in the long-term cause you to continuously feel like you're never going to find a diet that truly works? If you have answered yes to any of these questions, then you need to download this book, South Beach Diet Beginner's Guide and Cookbook right away! This book will provide you with everything that you need to know about the South Beach diet. Not only will you learn about what the South Beach diet is and how it works, you'll also be provided with information about the many benefits of being on the South Beach diet. Probably the most important piece of this book is that it will also provide you with recipes that you can follow while you're on the South Beach diet. If you're ready to start bettering yourself, your body and your mind in multiple ways, then you need to start learning about the South Beach diet as soon as possible! It's that simple. Imagine a life where you love your body. You feel confident and happy because your body's image is one less aspect of life about which you have to worry. Instead of thinking about how you're perceived by others physically, you'll be able to relax and enjoy more of what life has to offer. What's more, when you eat in a conscious and healthy manner, you're able to feel physically younger, fresh, and live life with more vitality. If you're currently suffering from obesity, wouldn't it be great to be able to do more with your children and loved ones? The only thing that is standing in your way is the size of your waist. If you can rectify the problems that you're having with your body and self-image, why wouldn't you? When you learn about the South Beach diet and what it can offer your life, you're opening up an entirely new world of possibilities for yourself as well as the health of your future. After you've finished reading this book, you will have learned the following:

- What the South Beach Diet is and how to get started on it
- Why the South Beach Diet is for you and how it differs from other types of diets that are on the market
- Breakfast recipes that will take your diet to the next level
- Lunch recipes that are easy to make when you're on your way to work in a hurry
- Dinner, dessert, and snack recipes that will keep you on track with the South Beach diet
- And much more!

PLEASE, do yourself this favor and see what all the South Beach Diet hype is all about! This book is also a cookbook that contains many delicious and supercharged recipes designed specifically for

those on the South Beach Diet

## Book Information

File Size: 1304 KB

Print Length: 68 pages

Publication Date: March 24, 2017

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B06XVGFBZW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #309,772 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

inÃ ª Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #127

inÃ ª Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.

Regional > South #172 inÃ ª Kindle Store > Whispersync for Voice > Cookbooks, Food & Wine

## Customer Reviews

Good book. I have all the SB books. Have lost alot of weight eating like this and I can recommend this and any of their books.

Would download more from this author. Well written and to the point. Can't wait to try the delicious looking recipes.

so far following the South Beach Diet plan. She attributes this to the author and says that he has finally taught her how to choose foods effectively, 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.excellent recipes and tips for going South Beach. I really enjoyed this book.

This is a diet that really works, and that I can stay on. I feel good, not deprived, and for the first time, can see myself staying on it for life. The good news is, that you really can eat alot and even cheat

sometimes. It's the best.

Great tool if you are getting started. I wish you could tear out the phase don not eat pages, but I just made a copy.. The South Beach diet covers basic principles: stay away from a lot of sugar, and eat healthy. In my experience the South Beach is not really a diet but a lifestyle. It was developed for heart patients but also has the wonderful side effect of weight loss.

I haven't got any idea on what beach diet was. However, this book has introduced the benefits of this diet to use. It's very comprehensive and full of good information. Thanks to the author.

This book is a really good book. 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 helps you understand the concept of CARBS and will teach you how to cut the proportions and the carbs. excellent recipes and tips for going South Beach. The author did an excellent job and also written very well. That's why I just can understand the whole book very easily.

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