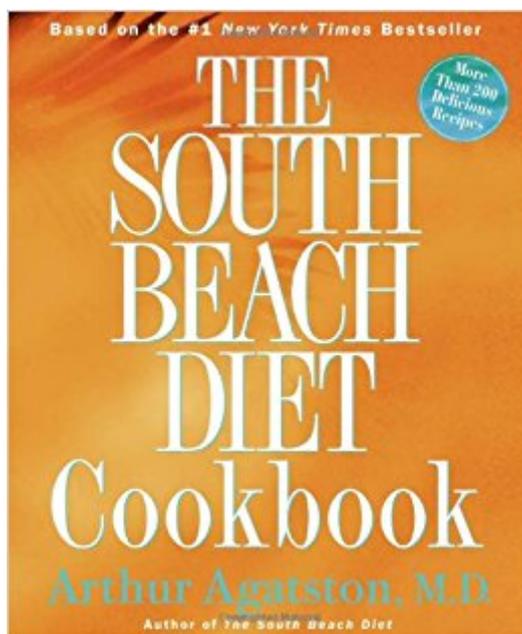


The book was found

The South Beach Diet Cookbook



Synopsis

The long-awaited cookbook is here! Great food that's good for you--that's the foundation of the South Beach Diet and the reason 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 kind that stave off cravings for unhealthy 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. The recipes are simple enough to make every day but delicious enough to serve on any occasion: Oatmeal Pancakes, Buttermilk Salmon Chowder, Caribbean Baked Chicken with Mango, Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri, Mexican Lasagna, Sage and Rosemary Pork, Red Snapper with Avocado Salsa, Thai Vegetable Stir-Fry, and Chocolate Pie with Crispy Peanut Butter Crust. Each recipe is marked "Phase 1," "Phase 2," or "Phase 3," so you'll know immediately where it falls in the diet; there are also 25 all-new recipes from the top chefs and restaurants in Miami. Illustrated with 50 full-color photographs and packed with extras like shopping lists and a pantry guide, The South Beach Diet Cookbook is an essential addition to your kitchen shelf.

Book Information

Series: The South Beach Diet

Hardcover: 344 pages

Publisher: Rodale Books; 1 edition (April 13, 2004)

Language: English

ISBN-10: 1579549578

ISBN-13: 978-1579549572

Product Dimensions: 7.7 x 1.2 x 9.4 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

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

Best Sellers Rank: #81,578 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #120 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #205 in [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 detailed 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.

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

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: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) 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) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) 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) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 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) 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! (Low Carb, Gluten Free) 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 : The #1 South Beach diet , How to make it work for you !: including tips and recipes 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] 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) La Dieta South Beach [The South Beach Diet] The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South Beach Diet) La Dieta South Beach: El delicioso plan diseñado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet) South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) El Recetario de La Dieta South Beach: Mas de 200 recetas deliciosa (The South Beach Diet) (Spanish Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)