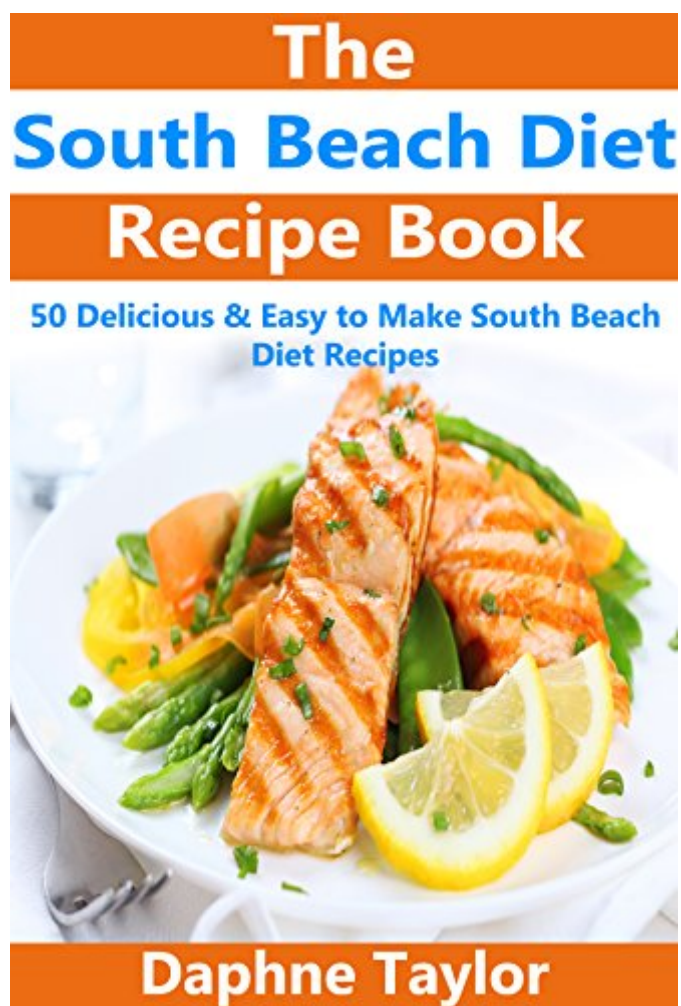


The book was found

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)





Synopsis

Enjoy these DELICIOUS South Beach Diet Recipes! Start losing weight with easy and delicious south beach diet recipes that will boost your metabolism and quickly shortcut your progress into good health! What's Inside?...South Beach Diet Recipes for ALL Phases Delicious South Beach Diet snack recipes! Delicious South Beach Diet Breakfast recipes! Delicious South Beach Diet Lunch recipes! Delicious South Beach Diet Dinner recipes! Do you want to know how to prepare the best recipes for lose weight FAST? For those of us who are tired of counting carbs, feeling hungry and fatigued, and just plain starving, the South Beach Diet was made. I'm excited for you to try out the delicious recipes listed in this book and watch your body as you lose each pound while staying completely satisfied. There is a wide variety of recipes in this book, with most being attuned for all 3 phases of the south beach diet. Check out some of these mouthwatering recipes included in the cookbook! Chicken with Tarragon Mushroom Cream Sauce Chipotle-Rubbed Steak Wraps Savory Pumpkin Torte with Kale South Beach White Chicken Chili If you're in search of some delicious recipes or could lose a few pounds then scroll up and download your key to weight loss today!

Book Information

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Customer Reviews

Love the book, but I also do my own recipes and own meals

shocked how small it was and how few recipes for the price

Wonderful

Was disappointed was not his original diet plan in his first book a lot of the recipes in this cook book allowed bacon

enjoyed it.

Great guide

Am I missing something, the South Beach diet I followed says no fruit in Phase 1. I was disappointed that many of the Phases 1 recipes had fruit.

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