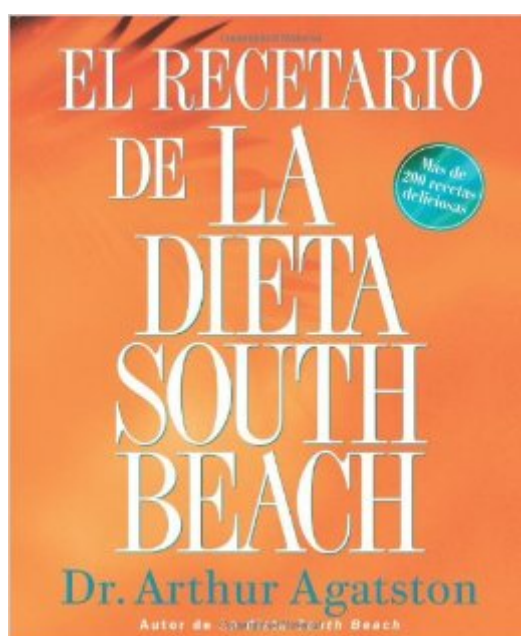


The book was found

# 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)



## Synopsis

Now available in a Spanish edition: the follow-up to Dr. Agatston's blockbuster diet book--a fabulous cookbook packed with great-tasting meals that are good for you! Since its publication in April 2003, The South Beach Diet has become a nationwide phenomenon. 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 kinds that stave off cravings for unhealthy and 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.

## Book Information

Paperback: 432 pages

Publisher: Rodale Books (May 6, 2005)

Language: Spanish

ISBN-10: 1594862060

ISBN-13: 978-1594862069

Product Dimensions: 7.6 x 0.8 x 9.1 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #799,724 in Books (See Top 100 in Books) #53 in [Books > Libros en espaÃ±ol > Cocina > Dieta Especial](#) #60 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #197 in [Books > Libros en espaÃ±ol > Salud, mente y cuerpo > NutriciÃ³n](#)

## Customer Reviews

Es bueno pero me parece que deberÃ­a tener mÃ¡s variedad en ingredientes y recetas. QuizÃ¡ expandir la idea a diferentes culturas como la latina

Good way to lose weight, but many ingredients are not gotten in Latin countries, or at least not with those names.

I am a Diet Technician, Registered and sent both of Dr. Agastons books to my sister in law who is

thrilled with them and she has already been able to implement changes that help her feel better.

Traditional food has been killing my family. Diabetes and high cholesterol are destroying our quality of life. When I had good results from following this diet I wanted to share that with my family. I bought this book for my Dad and he found it very helpful and he also had very good results, so did a cousin, now we are working on my mother. thanks Dr. Agaston! We recommend this diet.

This is an excellent book, the recipes are easy and delicious. To read this book was a new reason to continue with a food healthy.

I'm very happy with the book, came in very good condition so thank you very much. Keep in this way.

Pense que era mejor... a pesar de que hay 200... parecen muchas... pero al final muchas no me gustaron y no hay ninguna de pasta... incluso de pasta integral, el dice en su libro que se puede comer pero aqui no hay ninguna receta con pasta. Varias recetas que, al menos yo, no uso.

Nice doing business with you. Product was excellent and shipment was fast. It was all that it was advertised, kudos!!!!

[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) 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) 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 Cookbook: More than 200 Delicious Recipes That Fit the Nation's Top Diet El Recetario de La Dieta South Beach: Mas de 200 recetas deliciosa (The South Beach Diet) (Spanish Edition) 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) The South Beach Diet Cookbook:Â More than 200 Delicious Recipes That Fit the Nation's Top Diet 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 La Dieta South Beach: El delicioso plan diseñado por un medico para asegurar el adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) 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) La Dieta South Beach [The South Beach Diet] Guia Alimenticia de La Dieta South Beach: Todo lo que necesita para seguir el plan a la perfeccion (The South Beach Diet) Sexy en 7 DÃ- as: Dieta Saludable Para Bajar De Peso (Dietas, Dieta Paleo, Dieta HCG) (Spanish Edition) 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 Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) South beach diet : The #1 South Beach diet , How to make it work for you !: including tips and recipes 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)

[Dmca](#)