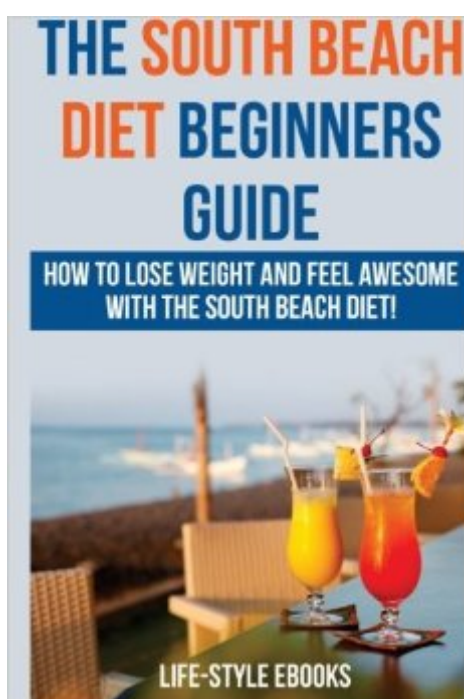


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# South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south Beach Diet, South ... Diet Recipes, South Beach Diet Cookbook)



## Synopsis

**SOUTH BEACH DIET Learn The Best Advice Of South Beach Diet Beginners Guide Over 10,000 Copies Downloaded!** • The SOUTH BEACH DIET Beginners Guide • gives you the best tips, diet and strategies for lose weight and increase your health! Do you want to get the best advice, guide and recipes of south beach diet? • The SOUTH BEACH DIET Beginners Guide" is for you!!!... a simple, practical guide in which you'll learn everything you need to know about south beach diet in less than an hour! This book contains proven steps and strategies on how to effectively lose weight using the popular dieting method called the South Beach Diet. Losing weight is a common problem for a lot of people. It is a problem because although many people try hard to lose weight, only few of them have the discipline to succeed. There are many methods of weight loss available for you to follow. The South Beach Diet is one of the most popular one and many people use it to maintain good health while losing all those unwanted pounds. This book will discuss everything about the South Beach Diet is, and how you can lose weight through this diet plan. This book will also discuss about the different nutrients your body will need and their relationship to the South Beach Diet. Here Is A Preview Of What You'll Learn... What is South Beach Diet? Good Carbohydrates and Fats Lean Protein and its Sources South Beach Diet Phase 1 South Beach Diet Phase 2 South Beach Diet Phase 3 Exercise Importance of Weight Management to Good Health Recipes Much, much more! Download your copy today!

## Book Information

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## Customer Reviews

I think learning the right information about foods is the key to a successful diet regimen. This book which discusses the South Beach diet developed by Dr. Agatston is very comprehensive. I have learned a lot about the effects of carbohydrates, fats and proteins to weight loss and weight management. Categorically, this book has discussed the glycemic index for carbohydrates which is very important in choosing the good carbohydrates from bad carbohydrates. Fats, on the other hand should be rightly chosen in this diet regimen. Good fats (unsaturated fats and omega-3 fatty acids) should be preferred over bad fats (saturated and trans fats). With all these right information about food, I think I can start the South Beach Diet plan provided in this book.

When the South Beach Diet gained popularity a some years back, I honestly thought it was just a fad along with the Atkins diet during that time. Seeing this book on promo rekindled my curiosity. After reading through the whole book, I realized that it can worth trying. It was only now that I fully understood its principles. I really wanted to lose weight. I like the idea of using lean protein and fiber to help me achieve my desired weight goal. The author presented the different phases of the diet, but there are no food menus or specific items or charts to follow. This is basically the introduction to South Beach diet. It is still useful if you need to get acquainted with this program.

The diet plan was always a smart, realistic plan for dropping pounds and eating healthy. Now there's this simple walking and exercise plan that really makes the South Beach Diet a total lifestyle approach. It fits seamlessly into my busy schedule. The additional scientific information is very helpful in understanding the whys and hows of weight loss. I love the diet because it's more like sensible eating guide rather than constant deprivation. There are numerous menu ideas presented in this book. I love all the little things that I learned about my eating habits. I thought they were great and in general they are but it was good to find out why starting your day with just fruit maybe not the best way to do it. It's a good, informative and easy to read book.

I've always wanted to go on a diet but I could never finish an entire diet plan because I find to be boring and repetitive and restrictive. I stumbled on this book and that changed everything. I'm looking forward to starting my 2016 with a healthy lifestyle through South Beach Diet. Everything I need to know about losing weight effectively through South Beach Diet is explained perfectly in this book. The meal plans are very easy to do and are definitely not boring so I can actually look forward to the next day of my diet without feeling glum because I won't be eating tasteless food. All in all,

this book inspired me to fulfill my goal of living a healthy diet.

Let me start by saying I am already convinced that the South Beach Diet does work! I have seen all of the other people it has worked for, but felt it was a little too complex for me to follow. That is until I read this book and completely did a 180! This book is just so easy to follow along with and is packed with useful tips that got me started right away without delay. It includes the theory behind this amazing diet, a plan and also recipes!

I heard South beach diet before and some of my friends are really into it. I thought the preparation of this diet is too cozy and will take most of my time but I was wrong. The book gives me a clear definition of what is south beach diet, how it works and its undeniable benefits. And what I like about South beach is that I find it very realistic when it comes to losing weight because it's rich in fiber less fat and high in protein. A great reference and guide for beginners.

This book is a great guide that made simple and practical for the beginners to comprehend easily and fast. You will learn in this book the best strategies, tips and diet that will help you in losing weight and achieving optimum health. The thing I appreciated were new recipes for dressings and meals. The diet works and helps reset your clock and attitude towards carbs and sugar. Amazing south beach diet!

Oh the South Beach diet! We've all heard of it but how many have actually used it? I love this diet! I've been on and off the South Beach diet for a couple years now but just recently decided to start again. That is why I downloaded this book and I am glad I did. Great guide, not just for beginners. For of great tips, advice, and recipes.

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