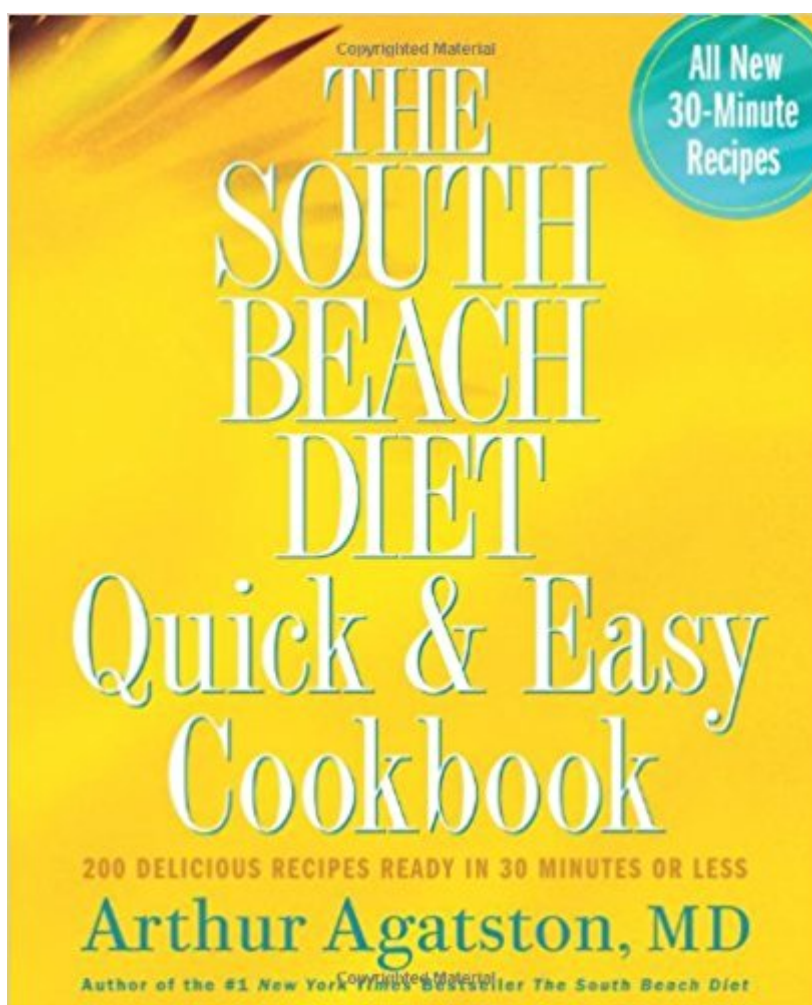


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# The South Beach Diet Quick And Easy Cookbook: 200 Delicious Recipes Ready In 30 Minutes Or Less



## Synopsis

The bestselling phenomenon continues with the newest South Beach Diet cookbook. The amazing success of the first three South Beach Diet books has made publishing history with 14 million copies combined - and is still going strong. Millions of people have been turned on to this healthy lifestyle. Followers of the diet have been asking Dr. Agatston for more recipes that are delicious, healthy, and fast, so he's created The South Beach Diet Quick and Easy Cookbook. Our time-strapped culture needs an effective plan for eating healthy meals at home again. Dr. Agatston delivers with 200 brand-new recipes that use 10 or fewer ingredients and require 30 minutes or less of cooking time. The cookbook offers a diverse range of healthy, easy dishes in all categories, including 25 all-new chef recipes from Miami-area restaurants. There are no more excuses for not joining the many others that have made the South Beach Diet work for them. The sound advice readers count on from the South Beach Diet name will still be featured. The book will provide practical timesaving tips, advice for how to eat well while staying on the plan. Also, phase designations and nutritional information are listed along with each recipe, so you're in control of what you're eating. Illustrated throughout with full-color photography, The South Beach Diet Quick and Easy Cookbook will be tempting to both believers and newcomers alike.

## Book Information

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## Customer Reviews

The 30-minute time limit for preparing dinner, popular with Rachael Ray and a host of other

cookbook authors, has finally been South Beachified. It's just in time for dieters who've grown bored (or impatient) with The South Beach Diet Cookbook and offers easy recipes that help dieters stay on track. The recipes span all courses, including desserts. Most impressive are the entrées and salads, particularly in their ability to riff on familiar dishes: witness Spaghetti with White Clam Sauce, Chicken and Avocado Salad, and South Beach Classic Burger. Even more inventive fare, such as Thai Shrimp Soup with Lime and Cilantro, is still homey. Adding to the book's unthreatening feel is its idiosyncrasies. It favors certain spices (cilantro, black pepper), vegetables (asparagus, zucchini) and meats and fish (chicken and shrimp). The ingredient glossary is surprisingly enticing, and the introductory material explains modern eating habits and makes the South Beach Diet highly sensible. Photos. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book The South Beach Diet and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

Really has been helpful to me in realizing the impact of my diet on my blood pressure and cholesterol. Impowers me to take control of these issues. Would have preferred that there were more recipes that fit in with our lifestyle. Did not address very lean wild meats like venison, wild turkey, etc., or recipes with these meats. But this was not a major problem. Very pleased with this book and diet. Thought it would be really tough to give up all our fruits for two weeks (we eat a lot of fruits), but, actually, it was not. We stayed full.

Finally, a member of the medical profession who has an inkling of human nature, a connection to something besides mere medical reality! I'm normally highly skeptical of such books and almost any medically recommended diet I've ever heard, seen, or smelt. This one is so firmly wedded to practical, everyday concerns and human nature that it simply blew me away. There is no fear peddling, no lecturing--just straightforward, easy to read and understand explanations. Above all, the diet is practical. Its only shortcomings are the considerations of time and expense, especially the

latter. This is not so much a failing of the diet or the book, but rather that the agribiz megacorporations have decided that healthy food should be expensive, and food that is bad for you should be cheap. But I can guarantee one thing: you will be astonished at what food is healthy! This diet isn't hard--its tasty and fun! Even if you aren't particularly overweight, this book is worth reading and serious consideration.

I'm looking into a number of different diets and this has always been popular. It looks doable and the recipe's are helpful. I was using to compare to a Mediterranean diet and there are parallels. I just choose parts of both of these and others.

I received my order within just a few days. The book was in near-new condition with no markings or creases. I use this book as more of a reference guide than as a strict diet regimen. I highly recommend this product. Simply following the "foods to enjoy" section in phase 1 I was able to lose 13 lbs within 2 weeks. After the initial weight loss I have been able to keep most of it off without having to follow the strictness of phase 1. Love this book, and the seller did a great job in promptness of deliver and accuracy of product description.

There were a number of things I was eating and thought I was being healthy. Although it takes some time to get there, the book helps you determine what are the foods you should and should not be eating whether you diet or not. I bought an extra copy for my son, so he would be aware of it.

My niece has lost 64 lbs 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, without sacrificing taste and never feeling hungry. Author and medical doctor, Arthur Agatston communicates very well with oodles of research and knowledge to support his claims. Most important for me, he handles the subject of weight loss with compassion and dignity and offers the reader the opportunity to make life-changing decisions painlessly. There is work involved here-- recipes to follow require frequent visits to the supermarket but add lots of interest and pizzazz to daily meals and snacks. In support of my efforts, my husband has made the decision to join me and is also following the plan. He's really enjoying himself and doesn't feel like he's "dieting" at all!!! I'm mildly hypoglycemic and since I'm following the South Beach Diet, I haven't had any low blood sugar episodes and yet I have dessert with dinner everyday! First two weeks are very strict but in the next phase, the diet offers many more healthful meal options making the commitment a lot easier. I'm very pleased with the results

so far and never feel deprived or hungry!!

Some of us wanted (needed) to diet, but not everyone. This is a great combination book of dietary and nutrition information along with recipes. I have a LOT of cookbooks (mostly non-diet) but this one (along with the other Southbeach Books) gets the most use. The recipes are actually easy enough for me to do - mostly with ingredients I already have, which is key - and delicious enough that we've made them even when we're not "on" the diet anymore. We bought copies for friends and relatives too, we liked it so much.

Many other diets have been built on the no-carb revolution based on Dr. Atkins approach. Many good recipes and we still use it today when we are trying to cut the lb's.

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