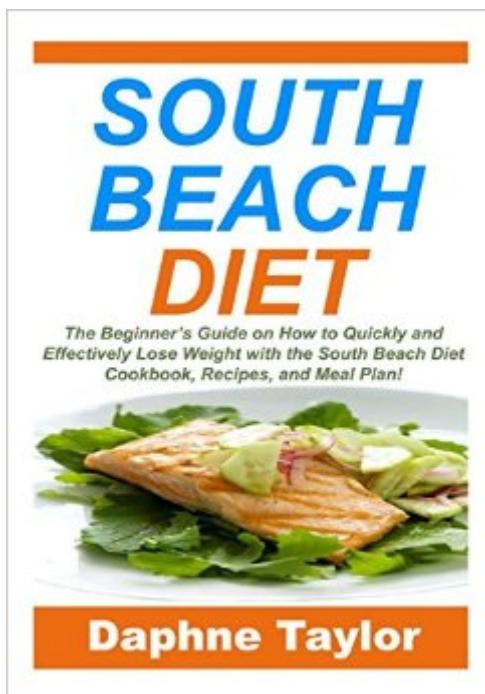


The book was found

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)



Synopsis

The Ultimate South Beach Diet Guide We give you what others don't; a game plan. A complete guide on everything you need to know to lose weight, and maintain a healthy lifestyle The South Beach Diet isn't just another low-carb diet. It's a flexible meal plan which prevents the need to constantly count carbs and will allow you to eat to your desire. This book contains everything you need to know from the science behind the diet, the guide to healthy weight loss, and a comprehensive recipe book and meal plan. With this book you can finally adopt a diet where you won't have to starve yourself and can actually lose weight by eating smartly to your own content. You'll find the information about How the diet worksThe science behind WHY it worksThe SCIENTIFIC TRUTH about Carbs, Fats, and Exercise!Approved and Disapproved food list for the diet! If you want to lose weight and get the body you deserve then scroll up and download your copy now! Or read for free with kindle unlimited!

Book Information

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Customer Reviews

This short book gives you some delicious and healthy south beach recipes and also the instructions are very detailed. The book does not provide TOC which makes it difficult to go through the book. The book helps you understand the concept of CARBS and will teach you how to cut the proportions and the carbs. The book has been divided into three phases and has discussed each recipe in detail. I like the Asian Turkey Meatballs in Lettuce Cups. The book is easy to follow and the book itself is very easy to read.

when we start to think of loosing weight, we all start to think of what to eat and whats not ? between, if we eat carbs, how much do we need to eat ? so lot of such questions are answered in this book. its one of best book to loose your weight and also enjoy the meals without skipping anything with south beach diet. it also gives details about approved carbs, approved food items and disapproved foods.. this will surely help you to make decision.

After reading this book I am sure that a paleo diet is good for me. This book has a range of recipes that I am excited to use and it is easy to follow which is great for an amateur cook like me. Nice read.

I've been trying to lose weight and wanted to try something different. I work out a lot but still have a hard time losing weight, so thought I'd give a diet change a try with the South Beach Diet. I was primarily looking for a recipe book, but what I really love about Taylor's book is that it doesn't just provide easy to follow recipes, meal plans, and approved/disapproved food lists, it also gives some scientific information about how the diet works and what carbohydrates do in your body, as well as some information about exercise. This book has been an invaluable resource for me.

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