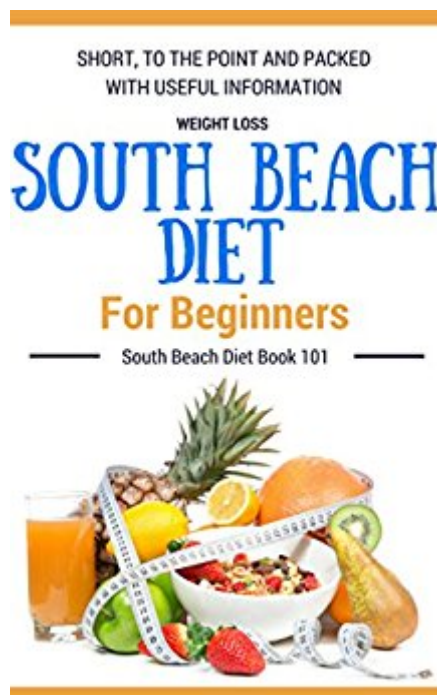


The book was found

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)



Synopsis

How do you get started on the South Beach Diet? What is exactly this diet about? Learn all this and more with this short and simple guide! "Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Take a random poll of your friends, family and colleagues and you're bound to encounter at least a few people who are dieting, and they're all probably not following the same plan. There are countless diets out there -- so many that it can be difficult to figure out which one to follow. Among these, there are low-calorie diets, low-fat diets and low-carb diets. For a long time, the Atkins plan was the most famous of the low-carb diets. And then along came the South Beach Diet. The South Beach Diet has been around since the late 1990s. The diet was designed to be heart-healthy. As such, the South Beach Diet blends several methods together to try to make a healthful and realistic diet for those looking to lose weight. It's often compared to the Atkins Diet, since both tend to frown upon too many carbohydrates and both also run on a plan based on stages, or phases. But a closer examination of the South Beach plan will show some differences, particularly once you move on past the first phase of the program. This short guide was designed for beginners who want to get started with the South Beach Diet and learn the basic important thing about this topic. Now that you know how the diet got started, you're ready to learn the specifics of the plan, including what foods you can eat in each of the three phases. Read on to discover how the South Beach Diet plan actually works. After downloading this book you will learn...

Chapter 1: The South Beach Diet: What's It All About?

Chapter 2: Losing Weight with the South Beach Diet

Chapter 3: Phase 1 of the South Beach Diet

Chapter 4: Phase 2 of the South Beach Diet

Chapter 5: Phase 3 of the South Beach Diet

Chapter 6: How to Control Your Hunger

Chapter 7: Dealing with Weight-Loss Plateau

Chapter 8: Dining Out in a Healthy Way

Much, much more! Read what others have to say "If you are looking for a diet plan for weight loss then you can start the recipes described here. There are many diets but they may not suit with you. My wife was following this diet for several months & she got significant results. It is a proven method & you can try it without any hesitation. Very helpful book with a lot of useful information. Worth every buck. Recommended!" - Josef Henry - "This book was definitely worth 5 stars: great recipes inside and me and my wife loved them. I would highly recommend this book because it is a run down of a south beach diet and it's for newbies. Easy to make and it taste great!" - Jack Johnson - Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute LEARN TODAY WHAT YOU NEED TO KNOW BEFORE STARTING WITH THE SOUTH BEACH DIET!

Tags: south

beach diet; south beach diet cookbook; south beach diet book; south beach diet supercharged; south beach diet introduction; south beach diet recipes; south beach diet gluten solution; south beach diet plan; south beach diet for beginners; south beach diet for dummies; south beach diet 101; south beach diet tips; south beach diet help; atkins diet; south beach diet food; south beach diet cooking; south beach diet easy; south beach diet simple; south beach; low carb diet; low carb cookbook; low carb recipes; Low carbohydrate Living; Low Carbohydrate Diet; Modified Atkins Diet; low carbohydrates foods

Book Information

File Size: 1319 KB

Print Length: 27 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 1, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00YQBST4I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #100,068 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins

Diet #11 inÂ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food &

Wine #22 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet

Customer Reviews

Very simplistic overview of the South Beach Diet. This book outlines the basics and for those who don't want to be boggled done with too much info this book is for you. You can get started losing weight on Phase 1 right away. Great book for beginners.

Seriously???? no meal menus, nothing substantial in this book. do not order. I just wasted money!

Good purchase,easy way to buy and read.

Good information for beginners

Useless. Just buy the book

Thankfully, I borrowed this "book" from the Prime library. It was more like a lengthy advertisement for the actual South Beach Diet book and contained little useful information. It did, however, pique my curiosity as to the actual diet. I'm trying to decide if I should get the book in Kindle or paperback format.

Giving a phase by phase description of the south beach diet! Great reading will help me get started in the right direction.

This was short and informative, it answered my questions about the diet. I would recommend it if you are looking for more information about the diet.

[Download to continue reading...](#)

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: 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) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) The Atkins Diet Head Start: The trusted guide to to healthy atkins foods and tasty aktins meal plans for your weight loss revolution (atkins diet, atkins ... diet book 2017, atkins for beginners) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb,

low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 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) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) ATKINS: The Ultimate ATKINS Diet Recipes!: Atkins Diet: Top Atkins Diet Recipes for Beginners Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)