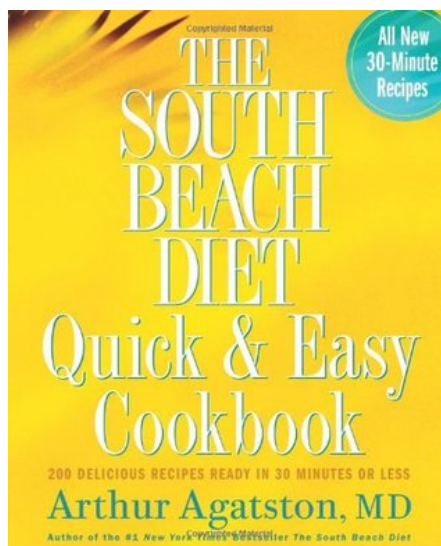




The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less

Arthur Agatston

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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-ara 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.

The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less Details

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From Reader Review The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less for online ebook

Jade says

Tasty and definitely requires less time in the kitchen than other South Beach cookbook recipes.

Maree says

I tried some of the recipies and they were not that great. I did like the roasted chickpeas and I make and eat those all the time. Some recipies call for ingredients that I have to find a specialty store in order to acquire, but I'm not willing to go to the trouble. I borrowed the book and won't buy it.

Amanda says

Tasty, healthy and quick! My kind of cookbook.

Lindsay says

As a low-carb dieter, this cookbook gave me some great recipe ideas. I even had 2 meals and 1 dessert prepared and portioned out in under an hour! That's a record for me when I'm cooking alone! I can't wait to try the chicken pot pie tomorrow and the coconut crispy cookies for a dessert tonight! (although mine aren't very crisp.. oops!)

Stephanie says

Lots of good recipes that I can't wait to put to use.

Jennifer says

This has wonderful, easy to make recipes that don't require tons of ingredients. And my family didn't know they were eating South Beach until I told them!

Karen says

Lots of things to try :)

Dinah says

Tried a recipe or two and they were fine, but not a keeper book.

Tina says

There are so many great recipes in here, and these are fast and easy ones. That's nice for me because I eat alone almost every night and it's not awesome to spend an hour or more cooking myself dinner right after work.

Ivonne Rovira says

My son developed metabolic syndrome when he was in high school, so my husband (or was it I?) bought both The South Beach Diet, the original introductory book, and this companion cookbook (although I vaguely remember the original having some recipes, too).

I lost six pounds almost right away, and my husband and son lost weight, too. Now why did I abandon this diet when I lost weight quickly and was never hungry? Oh, right: desserts and author Dr. Arthur Agatson's unreasonable opposition to pineapple and pumpkin. OK, well, mostly desserts.

But now I really want to lose weight, and I'm willing to sacrifice desserts and pumpkin (although not pineapple). And Agatson includes some really luscious recipes. He claims that you won't feel as if you're on a diet, and he's right. You won't be hungry and the recipes don't rely on weird ingredients like chia seeds, watery cabbage soups or any other stumbling blocks to weight loss. And, as a working mom, I can't spend two hours getting food on the dinner table. This time I hope that I get it right.

Gail says

my favorite light cooking cookbook

Rhonda says

Great recipes. Tasty and easy to prepare recipes.

Tirsa says

Lots of great, quick recipes. Some of the ingredients can only be found at health food stores. I've been cooking from it all month and enjoying the new meals. I also really like the nutritional information it gives at

the beginning of the book on the most common ingredients.

Stephanie Snyder says

Great information and lots of good ideas here. Just skip the meat ...
A good choice for everyone's personal library.

Gato says

Excellent, quickly prepared recipes.
