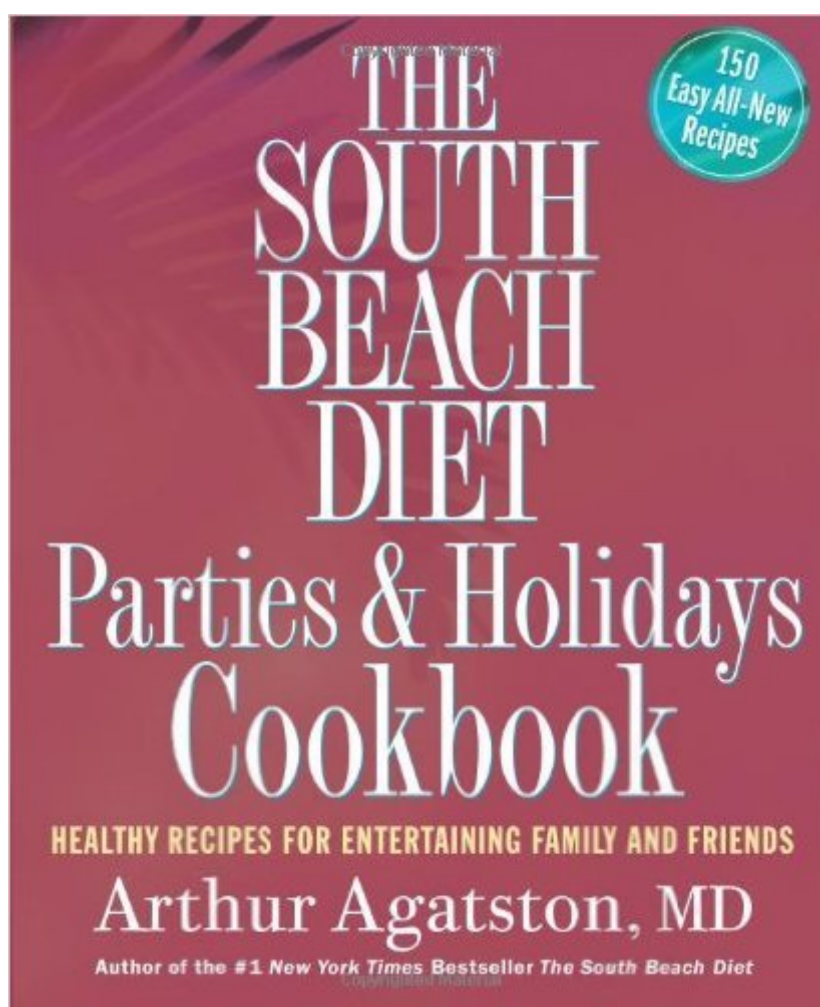


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The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends By Agatston, Arthur [Rodale Books,2006] (Paperback)



Synopsis

The South Beach Diet Parties and Holidays Cookbook Healthy Recipes for Entertaining Family and Friends by Agatston, Arthur. Published by Rodale Books, 2006, Binding: Paperback

Book Information

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Customer Reviews

Cooking healthy options for holidays is a challenge and since I've been so successful following the tenets of the South Beach Diet, I wanted to include this volume to my South Beach cookbook collection. It has great ideas and it also helps me tweak recipes from other cookbooks with healthier ingredients.

lots of good receipes

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