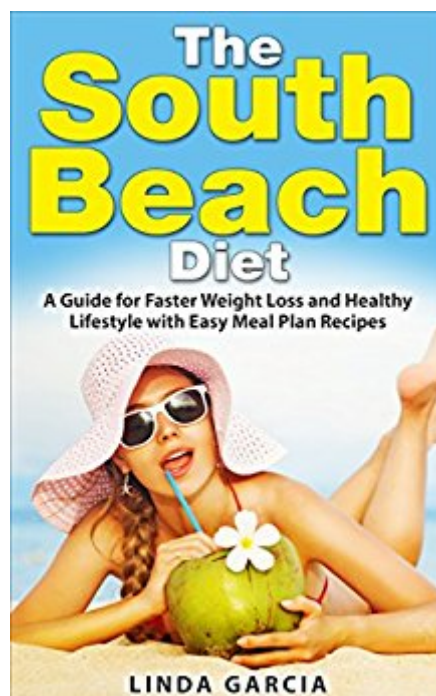


The book was found

# **The South Beach Diet: A Guide For Faster Weight Loss And Healthy Lifestyle With Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes)**



## Synopsis

The South Beach Diet So, what exactly is this diet anyway? Is it new? Does it work? Who came up with such a thing? Well, it's actually a fad diet which was also developed by a guy named Arthur Agatston, not only that but it was also promoted in a book that became best-seller back in 2003. But first, we want you to know what a fad diet is. A fad diet is basically a kind of diet that often promotes a short-term weight loss. Now, back to the South Beach Diet, it strongly suggests eating unsaturated fats, lean protein, some carbohydrates, high-fiber, low-glycemic carbohydrates and such. This diet also has three stages involved. As you go on in these three stages, the portions of carbohydrate consumption increases as the fat and protein consumption decreases. There are tons of recommended food listed while you don't actually need to cut back on all the calories. There's also some kind of exercise involved, all the stages are based on a person eating three main meals and only two snacks a day. Don't get us wrong, this diet is completely different from other low-carb diets. Though a lot of sources has categorized the South Beach Diet under a low carb and alongside Atkins diet. Yes, it prohibits the consumption of foods rich in carbohydrates like white bread, white potatoes and white rice. Though it doesn't require the dieters to stay away from carbohydrates entirely, it doesn't even require the dieters to look out for how much carbohydrates they do intake. This diet just focuses on the glycemic impact or the short term change in a person's blood glucose. The information and diet plan included in this book will help you in losing extra body fat in a quickly and healthy manner. You will learn about what the south beach diet exactly is and what are the benefits of this diet plan.

7 Reasons to Buy This Book

1. In this book you will learn in detail about what is the south beach diet and where it comes from.
2. This book will give you the knowledge about its benefits.
3. The book teaches about what to eat and what to avoid during this diet.
4. This book will teach you about the three phases of south beach diet.
5. Learn about the advantages and disadvantages of this diet.
6. After reading this book, you will know why people fail on this diet.
7. The book is written in a simple and easy to understand language, so it will be beneficial for both the beginners and advance level readers.

Here Is A Preview Of What You'll Learn...

What is the south beach diet? Where it comes from? Health benefits of this diet How long is this effective? Food we should avoid and accept during this diet Reasons of why people fail during this diet

Phase 1 of the south beach diet Phase 2 of the south beach diet Phase 3 of the south beach diet Meal plans Pros and Cons of this diet Much, much more!

Want To Learn More? Take action today and download this book for a limited time discount of only **PLEASE ENTER THE AMOUNT!** Download Your Copy Right Now!

## Book Information

File Size: 1758 KB

Print Length: 39 pages

Simultaneous Device Usage: Unlimited

Publisher: Weight Loss Motivation - Healthy Weight Loss Diet (February 28, 2015)

Publication Date: February 28, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00U555OPQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #837,497 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #92

in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #287 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #711 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

## Customer Reviews

It is a good summary I recommend it for all those who are considering a good balanced weight loss program

This is a very quick summary of what the south beach diet is about. Not a single recipe, though as the subtitle says. Very disappointing

I wish it would have had more recipe's

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

The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) 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) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook,

South Beach Diet Kindle) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) 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) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) 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) 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) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) The South Beach Diet Gluten Solution:Â The Delicious, Doctor-Designed, Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! The South Beach Diet Gluten Solution: The Delicious, Doctor-Designed,

Gluten-Aware Plan for Losing Weight and Feeling Great--FAST! by Arthur Agatston (April 2 2013)

[Dmca](#)