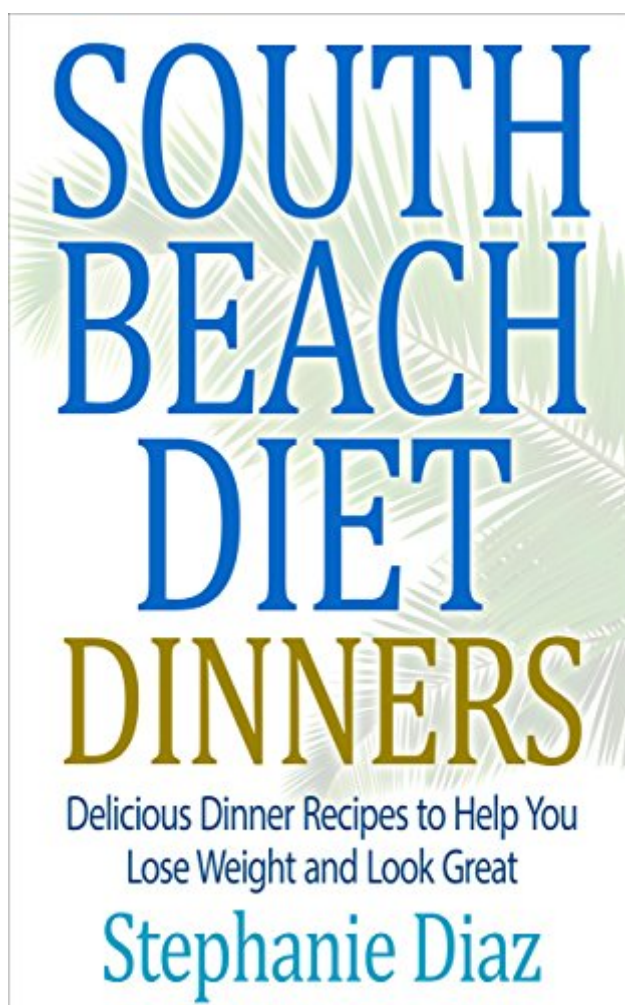


The book was found

South Beach Diet Dinners: Delicious Dinner Recipes To Help You Lose Weight And Look Great (The South Beach Cookbooks Book 2)



Synopsis

The South Beach Diet targets carbohydrate consumption and is meant to cut down your sugar cravings and kick start your weight loss. But where to begin? Getting on the South Beach Diet is a step in the right direction as far as leading a healthy lifestyle is concerned. However, that is just the beginning because being able to follow the diet plan is the main part. This means that you have to stick to the foods allowed in the different phases and leave out the ones that are prohibited. One way of doing this successfully is knowing what dishes to prepare for dinner. Recipes You Will Discover Inside: Chicken Cacciatore, Grilled Steak with Texas Mop Sauce, Garlic and Soy Grilled Pork Chops, Thai-Style Turkey Meatball Lettuce Wraps, Ginger Chicken with Snowpea Salad, Homemade Turkey Meatloaf. Would You Like To Know More? This book contains exactly what you need to start your South Beach Diet off right and successfully lose weight! If you are ready to kick start a healthy new lifestyle then scroll up and grab your copy of South Beach Diet Dinners.

Book Information

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Customer Reviews

DINNER BOOK 44 Pages...30 recipes. DESSERT BOOK (phase 2 only) 35 pages...30

recipes. SNACK BOOK 54 Pages... but only 16 recipes (that seem very time consuming and seem more like a meal) WASTE OF MONEY.

Sent it back, not enough recipes. Marginal at best. Her books are poorly written with few recipes. If combined the three books I sent back would make one substandard cook book.

Very unimpressed with this book.

My husband follows south beach and he loves this author's books. He says she does a great job outlining everything and the food tastes excellent!

The South Beach Diet is awesome and finding new ways to enjoy it is always a bonus! I love all of Stephanie's books!

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