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The South Beach Diet Plan - Lose Weight With This South Beach Diet Cookbook: South Beach Diet Recipes For Everyday Life



Synopsis

Too many people are under the misconception that dieting means giving up the foods you love for bland, tasteless or, even worse, disgusting diet food. The South Beach Diet plan, however, proves that you can consume food that is both healthy and delicious, while still losing weight and improving your overall health and well-being. And “The South Beach Diet Plan” – Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life – will help you achieve your health and weight loss goals by breaking down the plan in an easy-to-follow South Beach diet cookbook. Inside the pages of this cookbook, you will find 25 of the best South Beach Diet Recipes for all three phases of the diet. Each recipe has been tested multiple times to ensure not only accuracy but for tastiness as well. Furthermore, every recipe included in this South Beach Diet plan cookbook includes a short description, total preparation and cooking time and complete ingredient list. The step-by-step instructions are written in a manner that anyone, no matter what their cooking level, can successfully recreate the recipes. So what are you waiting for? Start reading “The South Beach Diet Plan” – Lose Weight with this South Beach Diet Cookbook: South Beach Diet Recipes for Everyday Life – today! ==> Buy this book today and get a big bonus cookbook collection inside!!!

Book Information

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Customer Reviews

My instinct is to give a 1 star, but I don't hate it, I just am extremely disappointed since the first recipe has nothing to do with the picture used to illustrate it . If possible I would like to have it removed from my library and get my money back. If their control of their product is so poor I do not want to waste my time trying their recipes.

I would not recommend the book. I received it one day and sent it back the next. Very thin, small book. I didn't see anything that really interested me in the way of the recipes.

Was Not what I expected. I could have downloaded that myself. I didn't like any of the recipes. I was originally looking for the original South Beach Diet book. Got sidetracked with the different options.

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