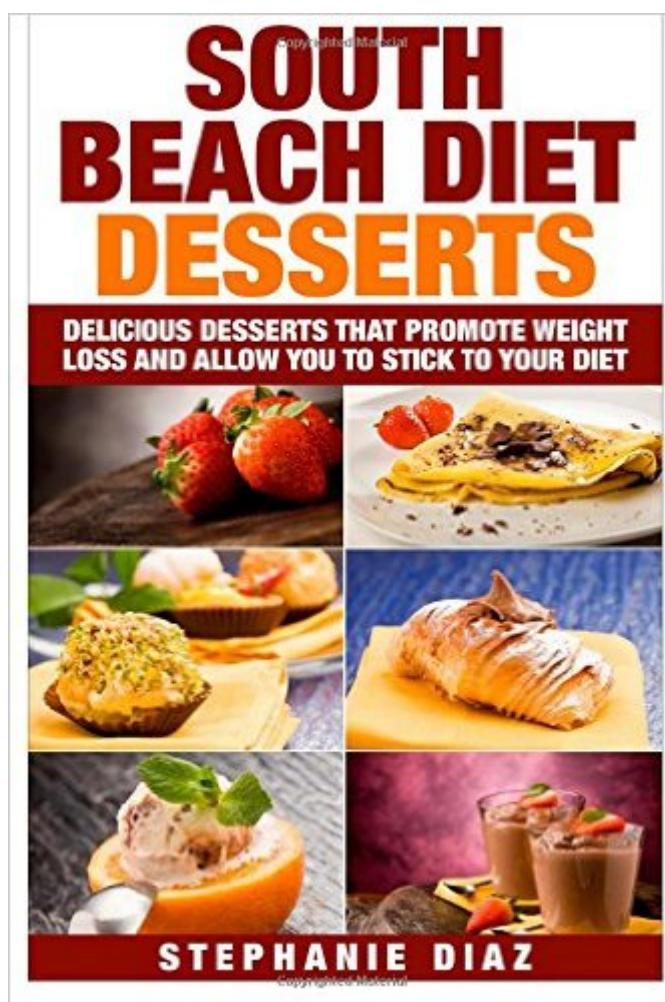


The book was found

South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss And Allow You To Stick To Your Diet



Synopsis

Join the Millions That Have Changed Their Lives Following This Diet Most people seek diets to lose weight. For that reason, most diets that were formulated earlier were drastic ones which cut down on the carbohydrate and fat intake in a dietâ™s meals and forced them to reduce their calorie intake drastically. Many diets also consisted of an undue focus on one nutritious item while foregoing balanced meals for the sake of weight loss. Most of these diets had short term effects but led to long term adverse effects if no effects at all. At such a time cardiologist Arthur Agatston along with dietitian Marie Almon designed a diet which served as an alternative to the low fat diets that were prevalent during the eighties. The diet became known as the South Beach diet which was formed with the main purpose to prevent heart diseases in people. This diet was formulated by Dr. Agatston to help his own patients in the early part of the millennium. The diet soon became popular and was considered by even those who wished to lose weight. Don't sacrifice taste for flavor, we all have a sweet tooth and inside I teach you how to cure it!

Book Information

Paperback: 36 pages

Publisher: CreateSpace Independent Publishing Platform (February 10, 2015)

Language: English

ISBN-10: 1508423156

ISBN-13: 978-1508423157

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.7 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 starsÂ See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #386,362 in Books (See Top 100 in Books) #44 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #117 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

Customer Reviews

Poor spelling. Not done well should have someone edit before publishing. Would not recommend.

WASTE OF MONEY. 35 PAGES. ONLY 30 RECIPES. PHASE 2 ONLY. NOT VERY HAPPY .

Just a brochure size. Not happy with this purchase

South beach diet is great, glad I found some more recipes for it.

Book is an okay follow up on previous books

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

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 Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) 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 Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet 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 to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) 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 Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) Fire Stick: How to Start Using Fire Stick Like A Pro! - The Ultimate Guide to Master Your Fire Stick In Just 30 Minutes! (Streaming Devices, ... TV Stick User Guide, How To Use Fire Stick) Fire Stick: The Ultimate Fire Stick User Guide - Learn How To Start Using Fire Stick, Plus Little-Known Tips And Tricks! (Streaming ... TV Stick User Guide, How To Use Fire Stick) Fire Stick: The Ultimate Fire TV Stick User Guide - Start Using Fire TV Stick Like A Pro! (Streaming Devices, How To Use Fire Stick, Fire TV Stick User Guide) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 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] 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) 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) 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,) Fire Stick: How To Unlock The True Potential Of Your Fire Stick - Plus Amazing Tips And Tricks! (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick) Fire Stick: The Complete Beginners Guide - Learn How To Setup And Master Your Fire Stick Today! (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick) Fire Stick: The Complete 2016 User Guide And Manual - How To Easily Install Android Apps On Your Fire Stick (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick) Fire Stick: The Ultimate Guide With Instructions To Unlock The True Potential Of Your Fire Stick (Streaming Devices, Fire TV Stick User Guide, How To Use Fire Stick)

[Dmca](#)