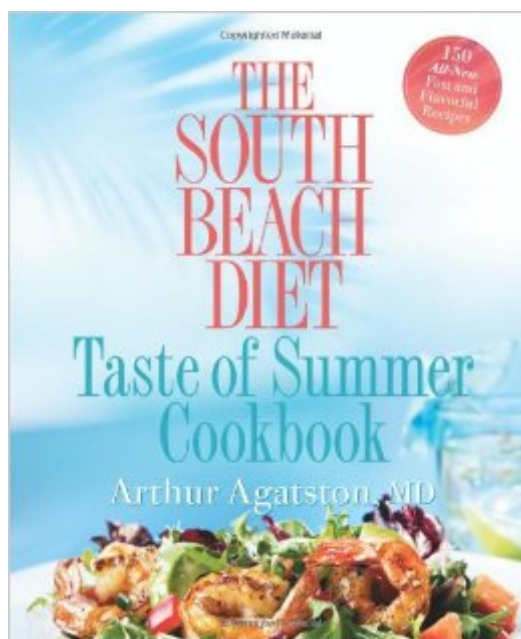


The book was found

The South Beach Diet Taste Of Summer Cookbook



Synopsis

What better way to enjoy the relaxed, healthy South Beach Diet lifestyle than with a cookbook that celebrates the best foods of summer from garden and market? The 150 all-new quick and healthy recipes in The South Beach Diet Taste of Summer Cookbook from Arthur Agatston, M.D. capture the casual, sunny essence of Florida's popular South Beach--and other warm climates around the world. Whatever phase of the diet you're on, you'll find ideas for breezy breakfasts; crisp salads and light summer sandwiches; innovative grilling ideas for meats, poultry, fish, and shellfish; tempting vegetarian entrées; refreshing desserts; and cooling summer drinks. Imagine sitting at an outdoor table with family and friends enjoying Heirloom Tomato Gazpacho, Grilled Shrimp Caesar, South Beach Diet Tiramisu, and Iced Pom-Mojito Spritzers—just a few of the refreshing recipes to be found in this book. But this is more than just a summer cookbook. Tips throughout remind readers that grilling is a year-round pastime and that many of the recipes can be easily adapted to what's freshest in the season. You'll also get Sample Meal Plans for Phases 1 and 2, a glossary of key ingredients used in the book, and dozens of ideas for maximizing the bounty of the garden. The 60 beautiful full-page color photographs show just how appealing summertime recipes can be.

Book Information

Series: The South Beach Diet

Hardcover: 256 pages

Publisher: Rodale Books (May 15, 2007)

Language: English

ISBN-10: 1594864454

ISBN-13: 978-1594864452

Product Dimensions: 7.9 x 0.9 x 9.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars— See all reviews (124 customer reviews)

Best Sellers Rank: #64,169 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #107 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #169 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

Think of this book as Rachael Ray meets the South Beach Diet. Every dish is simple to prepare and healthy. If you know of more tasty, easy-to-prepare dishes that are healthy and support a lower

weight, you'll eat better. My suggestion for you is that you acquire all the South Beach Diet cookbooks you can. The Taste of Summer Cookbook will be one that you'll cherish because the recipes take great advantage of the fresh foods available at low cost during the summer. My experience with the South Beach Diet has been just amazing. Follow the diet, and the excess weight effortlessly disappears. Add quantities of foods unapproved on the diet, and the weight piles on like magic. This book came along at just the right time for me. I was ready for some taste variations from what I normally eat to lost weight on the South Beach Diet. I feel very motivated to try these dishes and to drop the foods that I shouldn't be eating. I thought the weakest part of the book came in the breakfasts. But that limitation is more than made up for in the great choices of soups, sandwiches, and salads for the rest of the day. There are separate sections for seafood, poultry, meat dishes, and vegetarians so you can match your protein sources to your taste and health preferences. If you are like me, you'll be thrilled to see the many suggestions on page 11 to add even more flavor. Each recipe tells you how long it takes to prepare, marinate, cook, and rest before serving. You also find out which stage of the diet the recipe fits. You'll also learn how many people are served. Naturally, Dr. Agatston gives you the per-serving quantities of calories, fat, saturated fat, protein, carbohydrates, fiber, and sodium.

[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: 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) 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) 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) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet 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) The South Beach Diet Taste of Summer Cookbook The South Beach Diet
Taste of Summer Cookbook: 150 All-New Fast and Flavorful Recipes 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 #1 South Beach diet , How to make it work for
you !: including tips and 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] El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the
Nation's Top Diet (The South Beach Diet) (Spanish Edition) La Dieta South Beach [The South
Beach Diet] The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South
Beach Diet) La Dieta South Beach: El delicioso plan disenado por un medico para asegurar el
adelgazamiento rapido y saludable (The South Beach Diet) (Spanish Edition) The South Beach
Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest Life Ever (The South Beach Diet)
South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The
South Beach Cookbooks Book 2)

[Dmca](#)