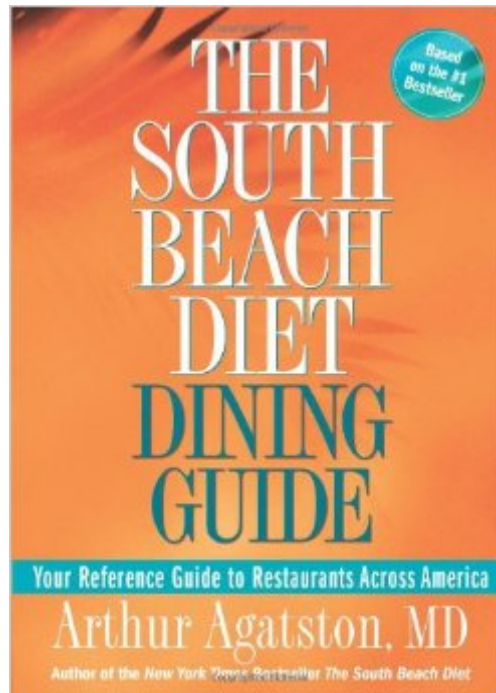


The book was found

The South Beach Diet Dining Guide: Your Reference Guide To Restaurants Across America



Synopsis

Americans spend \$440 billion eating out at restaurants each year, and as the American culture is increasingly on the go, we let diets fall by the wayside as we fuel up on fast food and convenience foods. Now, with *The South Beach Diet Dining Guide*, Arthur Agatston, M.D. will give dieters a trusted resource to keep them on track wherever they go. The first part of the book features listings of over 75 of the most popular chain and family restaurants in America, including mall and airport listings. For each entry, the book provides an editorial overview and specific menu recommendations and nutritional information. *The South Beach Diet Dining Guide* focuses on what you can eat, not what you should avoid! The second part of the book covers suggestions on what to eat from different ethnic food categories, such as French, Italian, Mexican, Spanish, Indian, and Japanese. A bonus section for the business traveler will include an editorial overview and menu suggestions from South Beach-friendly restaurants in 15 of the most well-traveled cities: New York; Los Angeles; San Francisco; Boston; Chicago; Atlanta; Dallas; Cleveland; New Orleans; Kansas City; Minneapolis; Miami; Washington, DC; St. Louis; and Las Vegas.

Book Information

Series: The South Beach Diet

Paperback: 176 pages

Publisher: Rodale Books; 1 edition (December 27, 2005)

Language: English

ISBN-10: 1594863601

ISBN-13: 978-1594863608

Product Dimensions: 5.2 x 0.6 x 7.2 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (80 customer reviews)

Best Sellers Rank: #228,475 in Books (See Top 100 in Books) #29 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #126 in [Books > Travel > Food, Lodging & Transportation > Dining](#) #230 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#)

Customer Reviews

Like to eat out and on The South Beach Diet? This book will help you! It's an American tradition to enjoy the company of others as you chit-chat about life at your favorite local restaurant. Whether it's fast food, casual dining, or upscale business dining that you prefer, the social atmosphere of eating

out is an ingrained part of our society. But what do you do when you are on a low-carb program like The South Beach Diet? Is there any way to stay on the program when you go out to a restaurant? You bet there is and The South Beach Diet Dining Guide is going to help you do it! This handy little restaurant reference guide is PERFECT for people following The South Beach Diet who are wanting to know what they can eat when they are out with friends, family, or clients. Covering over 75 popular restaurant chains of all types, including some local upscale family restaurants in America's most popular cities, The South Beach Diet Dining Guide will not lead you astray from the tried and true principles that Dr. Arthur Agatston outlines for you in his popular program. I like the way each type of restaurant is featured at the beginning of the book (i.e. Italian, Mexican, Japanese, Pizza) with clear instructions about what you should select when visiting the restaurant as well as what you should avoid. Especially for people who are new to The South Beach Diet, this invaluable wisdom from Dr. Agatston will pay big dividends for you in the long run if you learn how to incorporate this way of eating into your life now. Someday it'll become automatic for you! Each restaurant is listed in alphabetical order in the book which provides specific recommendations for the various phases of The South Beach Diet depending on which one you are following.

[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) The South Beach Diet Dining Guide: Your Reference Guide to Restaurants Across America 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 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 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) 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) The South Beach Heart Program: The 4-Step Plan that Can Save Your Life (The South
Beach Diet) The South Beach Wake-Up Call: 7 Real-Life Strategies for Living Your Healthiest
Life Ever (The South Beach Diet) La Dieta South Beach [The South Beach Diet] La Dieta South
Beach: El delicioso plan diseñado por un medico para asegurar el adelgazamiento rapido y
saludable (The South Beach Diet) (Spanish Edition) South Beach Diet Dinners: Delicious Dinner
Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) The
South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and
Stop Heart Attacks and Strokes (The South Beach Diet)

[Dmca](#)