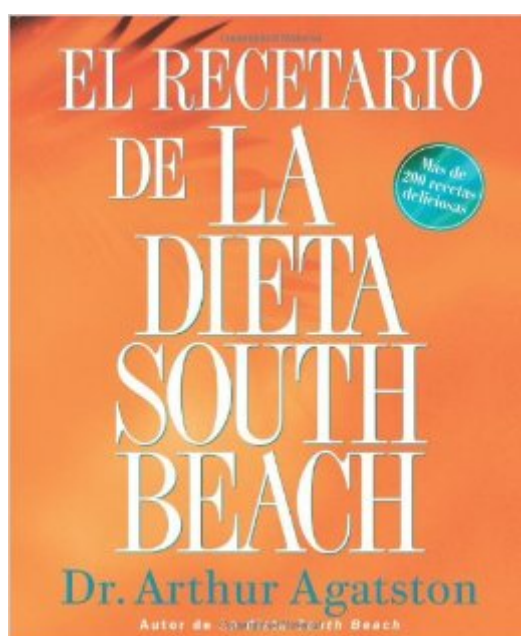


The book was found

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)



Synopsis

Now available in a Spanish edition: the follow-up to Dr. Agatston's blockbuster diet book--a fabulous cookbook packed with great-tasting meals that are good for you! Since its publication in April 2003, The South Beach Diet has become a nationwide phenomenon. Millions of people around the world have adopted it as their lifelong eating plan, shedding unwanted pounds in the process. Created by leading Miami cardiologist Arthur Agatston, M.D., the diet emphasizes good fats and good carbohydrates, the kinds that stave off cravings for unhealthy and sugary food and promote long-term weight loss. It's not "diet" food--it's satisfying, flavorful dishes that are good for your health and your waistline. Whether you're already a South Beach Diet success story or brand new to the program, you'll find a wealth of inspiration in The South Beach Diet Cookbook to keep you on track without feeling deprived.

Book Information

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Customer Reviews

Es bueno pero me parece que deberÃ­a tener mÃ¡s variedad en ingredientes y recetas. QuizÃ¡ expandir la idea a diferentes culturas como la latina

Good way to lose weight, but many ingredients are not gotten in Latin countries, or at least not with those names.

I am a Diet Technician, Registered and sent both of Dr. Agastons books to my sister in law who is

thrilled with them and she has already been able to implement changes that help her feel better.

Traditional food has been killing my family. Diabetes and high cholesterol are destroying our quality of life. When I had good results from following this diet I wanted to share that with my family. I bought this book for my Dad and he found it very helpful and he also had very good results, so did a cousin, now we are working on my mother. thanks Dr. Agaston! We recommend this diet.

This is an excellent book, the recipes are easy and delicious. To read this book was a new reason to continue with a food healthy.

I'm very happy with the book, came in very good condition so thank you very much. Keep in this way.

Pense que era mejor... a pesar de que hay 200... parecen muchas... pero al final muchas no me gustaron y no hay ninguna de pasta... incluso de pasta integral, el dice en su libro que se puede comer pero aqui no hay ninguna receta con pasta. Varias recetas que, al menos yo, no uso.

Nice doing business with you. Product was excellent and shipment was fast. It was all that it was advertised, kudos!!!!

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