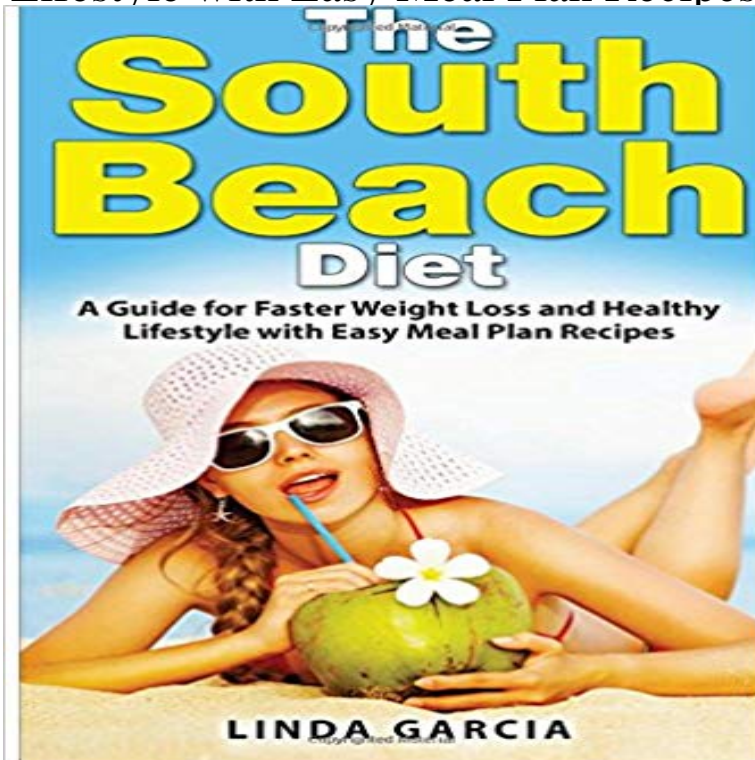


# The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes



The South Beach Diet So, what exactly is this diet anyway? Is it new? Does it work? Who came up with such a thing? Well, its actually a fad diet which was also developed by a guy named Arthur Agatston, not only that but it was also promoted in a book that became best-seller back in 2003. But first, we want you to know what a fad diet is. A fad diet is basically a kind of diet that often promotes a short-term weight loss. Now, back to the South Beach Diet, it strongly suggests eating unsaturated fats, lean protein, some carbohydrates, high-fiber, low-glycemic carbohydrates and such. This diet also has three stages involved. As you go on in these three stages, the portions of carbohydrate consumption increases as the fat and protein consumption decreases. There are tons of recommended food listed while you dont actually need to cut back on all the calories. Theres also some kind of exercise involved, all the stages are based on a person eating three main meals and only two snacks a day. Dont get us wrong, this diet is completely different from other low-carb diets. Though a lot of surces has categorized the South Beach Diet under low carb and alongside Atkins diet. Yes, it prohibits the consumption of foods rich in carbohydrates like white bread, white potatoes and white rice. Though it doesnt require the dieters to stay away from carbohydrates entirely, it doesnt even require the dieters to look out for how much carbohydrates they do intake. This diet just focuses on the glycemic impact or the short term change in a persons blood glucose. The information and diet plan included in this book will help you in loosing extra body fat in a quickly and healthy manner You will learn about what the south beach diet exactly is and what are the benefits of this diet plan. 7 Reasons to Buy This Book 1. In this book you will learn in detail about what is the south beach diet and where it comes from. 2.

This book will give you the knowledge about its benefits.. 3. The book teaches about what to eat and what to avoid during this diet. 4. This book will teach you about the three phases of south beach diet. 5. Learn about the advantages and disadvantages of this diet. 6. After reading this book, you will know why people fails on this diet. 7. The book is written in a simple and easy to understand language, so it will be beneficial for both the beginners and advance level readers. Here Is A Preview Of What Youll Learn... What is the south beach diet? Where it comes from? Health benefits of this diet How long is this effective? Food we should avoid and accept during this diet Reasons of why people fails during this diet Phase 1 of the south beach diet Phase 2 of the south beach diet Phase 3 of the south beach diet Meal plans Pros and Cons of this diet Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only PLEASE ENTER THE AMOUNT!

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for phases 1 and 2 and dozens of easy-to-prepare new recipes, . Phase 1 is not meant to be a long-term eating plan.

**READ BOOK The South Beach Diet: A Guide for Faster Weight Loss** South Beach Diet - Phase 1, Recipes, Plan, Menu (9) - Sugar Levels. Glycemic Index Food List with Slow and Fast Carbs Low Glycemic Foods **South Beach Diet Allowed Vegetables and Legumes** <http://www> Get fast results and learn how to maintain a healthy weight. No fads, no Lose weight on the South Beach Diet and get into the best shape of your life! 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The third phase is about living the lifestyle more than a phase - its about eating healthy foods, and maintaining weight. **South Beach Diet: What To Know US News Best - US News Health** recipes and exercises to lose weight and get losing weight and learning to live a life of strength, energy your own that follow the healthy-eating principles worry. Well guide you every step of the way. TRACK your progress in the South Beach Diet Planner easy to reset your body and reduce your unhealthy crav-. **Flexible, Easy-to-Follow Plan South Beach Diet** The South Beach Diet Quick and Easy Cookbook: 200 Delicious Recipes The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life The South Beach Diet: Good Fats Good Carbs Guide - The Complete and Easy From meal planning and shopping to prepping,

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