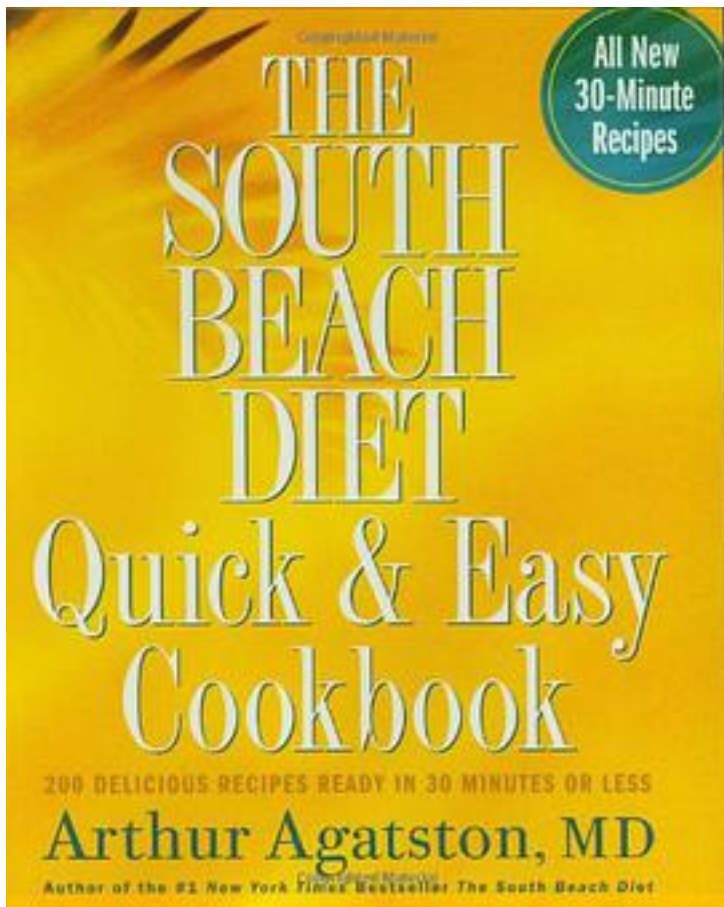


The South Beach Diet Quick and Easy Cookbook



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著者:Dr. Arthur Agatston MD

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"The bestselling phenomenon continues with the newest South Beach Diet cookbook."

The amazing success of the first three "South Beach Diet" books has made publishing history with 14 million copies combined - and is still going strong. Millions of people

have been turned on to this healthy lifestyle. Followers of the diet have been asking Dr. Agatston for more recipes that are delicious, healthy, "and "fast, so he's created "The South Beach Diet Quick and Easy Cookbook."

Our time-strapped culture needs an effective plan for eating healthy meals at home again. Dr. Agatston delivers with 200 brand-new recipes that use 10 or fewer ingredients and require 30 minutes or less of cooking time. The cookbook offers a diverse range of healthy, easy dishes in all categories, including 25 all-new chef recipes from Miami-ara restaurants. There are no more excuses for not joining the many others that have made the South Beach Diet work for them.

The sound advice readers count on from the South Beach Diet name will still be featured. The book will provide practical timesaving tips, advice for how to eat well while staying on the plan. Also, phase designations and nutritional information are listed along with each recipe, so you're in control of what you're eating. Illustrated throughout with full-color photography, "The South Beach Diet Quick and Easy Cookbook" will be tempting to both believers and newcomers alike.

作者介绍:

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