



South Beach Diet: The Beginner's Guide To Fast And Healthy Weight Loss With South Beach Diet Including South Beach Diet Cookbook, Recipes, And More! (Low Carb & Gluten-Free)

Taylor Evans

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Have you heard of the South Beach Diet, but you're unsure of whether or not you want to take on another low-carb diet? Rest assured that the South Beach Diet is not just another run of the mill low carbohydrate diet. In fact, the amount of carbohydrates you'll be eating on a daily basis will be much more than that of a low carbohydrate diet such as Atkins, but it will be low enough that it will help you lose weight just as fast! Imagine not having to starve yourself anymore and being able to make healthy decisions for the rest of your life. This diet is not just a diet; it's a lifestyle. It's about changing how you view food and consume it on a daily basis for the better, and it's about getting you into the shape you dream about. In this book, you'll find information about how the diet works, what you can and cannot eat throughout all three phases, and recipes for breakfast, lunch, dinner and snacks! So crack it open and take a look!

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Michael Parker:

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Angel Sutton:

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Bradley Bishop:

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