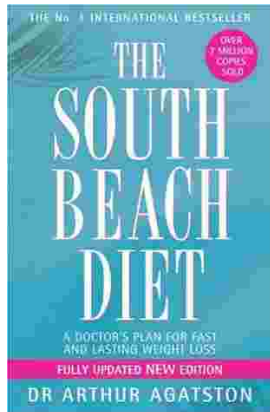


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The South Beach Diet: A Doctor's Plan For Fast And Lasting Weight Loss



The South Beach Diet: A Doctor's Plan For Fast And Lasting Weight Loss

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3.5/5 From 383 Reviews

Arthur Agatston

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1 of 1 people found the following review helpful. Worth it
By SoCal Diva
The book had useful information. My main issue was that Phase 2 was mainly a set of meal plans, not a guideline of how many servings of fruit, healthy carbs, etc. Since I do not cook, I was looking more for guidelines. Even so, I got enough information to go on the plan and make some lifestyle changes.
17 of 19 people found the following review helpful. I LOST 10 LBS IN 2 WEEKS DOING NOTHING!
By A Customer
I invented the term "couch potato." Yet I still managed to lose 10 lbs in 2 weeks using the South Beach diet! I never got hungry on this "low BAD carb" - "low BAD fat" diet. Also, this book is really informative if you are diabetic or at high risk for diabetes . It has changed the way I eat. This diet is easy to stick with! I also signed up for the South Beach Diet daily dish email. Getting an email with a helpful hint every day keeps things interesting and helps keep me motivated!
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