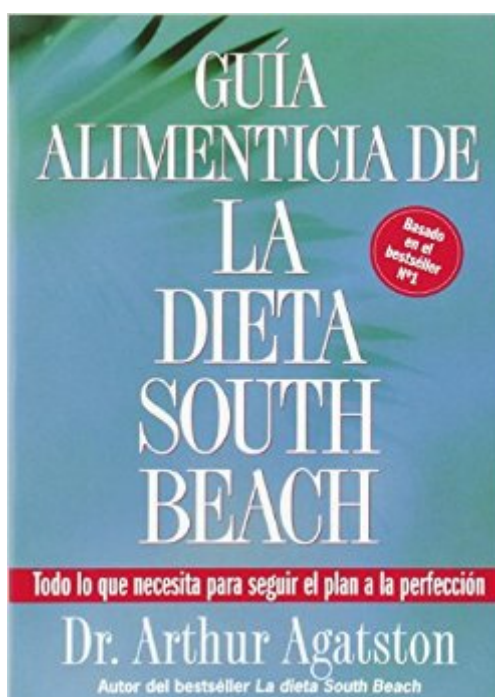


The book was found

Guia Alimenticia De La Dieta South Beach: Todo Lo Que Necesita Para Seguir El Plan A La Perfeccion (The South Beach Diet)



Synopsis

The South Beach Diet Good Fats/Good Carbs Guide by Arthur Agatston, M.D. has sold nearly five million copies and has continuously topped national bestseller lists. An essential tool for success on the South Beach Diet, the guide features a user-friendly format, an expansive list of foods, FAQs organized by phase and designed to answer dieters' most common questions, as well as the most up-to-the-minute information on nutrition and healthy eating. The convenient "take-along" size makes The South Beach Diet Good Fats/Good Carbs Guide a perfect grocery shopping companion.

Book Information

Series: The South Beach Diet

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Customer Reviews

I bought this for my mother cause she demanded it... hahaa.. however just keep in mind that if you don't have enough time to cook... this is NOT your diet! otherwise, i've had family members that have a "meals on wheels" cook and deliver there food for this and they've lost TONS of weight and look great!

I was recommended to purchase in order to maintain my weigh.Now I am sticking to the rules and think its interesting how just soughting out calories...

It is an excellent guide in Spanish with lots of great information. I recommend it to the Latin community in total.

it is too cheap, it is impossible to read, the picture when I ordered was really big. Why everything is like this?

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