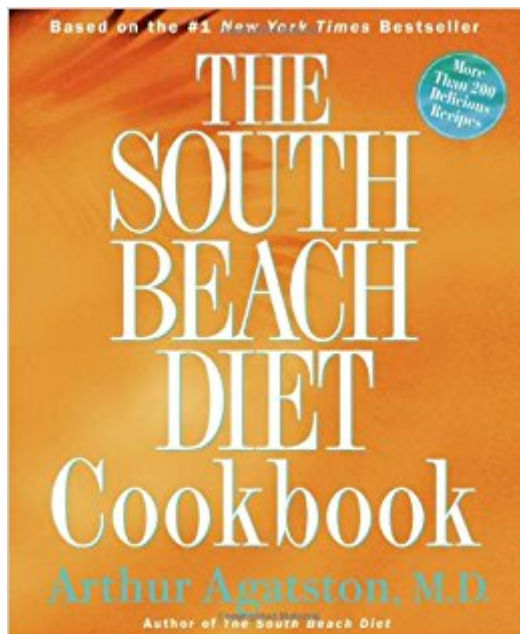


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# The South Beach Diet Cookbook



## Synopsis

The long-awaited cookbook is here! Great food that's good for you--that's the foundation of the South Beach Diet and the reason millions of people around the world have adopted it as their lifelong eating plan, shedding unwanted pounds in the process. Created by leading Miami cardiologist Arthur Agatston, M.D., the diet emphasizes good fats and good carbohydrates, the kind that stave off cravings for unhealthy sugary food and promote long-term weight loss. It's not "diet" food--it's satisfying, flavorful dishes that are good for your health and your waistline. Whether you're already a South Beach Diet success story or brand-new to the program, you'll find a wealth of inspiration in The South Beach Diet Cookbook to keep you on track without feeling deprived. The recipes are simple enough to make every day but delicious enough to serve on any occasion: Oatmeal Pancakes, Buttermilk Salmon Chowder, Caribbean Baked Chicken with Mango, Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri, Mexican Lasagna, Sage and Rosemary Pork, Red Snapper with Avocado Salsa, Thai Vegetable Stir-Fry, and Chocolate Pie with Crispy Peanut Butter Crust. Each recipe is marked "Phase 1," "Phase 2," or "Phase 3," so you'll know immediately where it falls in the diet; there are also 25 all-new recipes from the top chefs and restaurants in Miami. Illustrated with 50 full-color photographs and packed with extras like shopping lists and a pantry guide, The South Beach Diet Cookbook is an essential addition to your kitchen shelf.

## Book Information

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## Customer Reviews

Cardiologist Agatston (The South Beach Diet) follows up his blockbuster book on weight-loss with this volume of more than 200 recipes, a number of which are culled from the kitchens of chefs in Miami Beach and other cities. Each recipe is designated as Phase 1, 2 or 3 to help readers discern the segment of the diet for which they are appropriate. Carbohydrates are off-limits during Phase 1, but "good carbs" (like whole grains) are gradually reintroduced in Phase 2. Phase 3 segues into a less restrictive but still healthy eating regimen. Among the Phase 1 recipes are the simple Reuben Wrap (which calls for cabbage leaves instead of bread; the author notes readers "will have to have a 'rye' sense of humor for this"), as well as more complex main dishes such as Coconut Chicken and Sage and Rosemary Pork. Phase 2 and 3 eaters will find delicious options such as Sesame Baked Chicken, Crab Royale and Couscous Salad. Noting that a variety of foods and recipes combats the repetition and boredom that are many dieters' downfall, Agatston presents a wide array of choices, with plenty of enticing fish and vegetarian dishes. He also includes breakfasts, snacks and desserts, as well as ideas for home entertaining "South Beach-style" with a focus on fresh veggies, fat-free dips, shrimp and nuts for appetizers, and main dishes of grilled tuna or flank steak. Agatston leaves no stone unturned, even providing shopping lists and recipes for homemade condiments that forgo sugars. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Great food that's good for you - that's the foundation of the South Beach Diet and the reason millions of people around the world have adopted it as their lifelong eating plan, shedding unwanted pounds in the process. Created by leading Miami cardiologist Arthur Agatston, M.D., the diet emphasizes good fats and good carbohydrates, the kind that stave off cravings for unhealthy and sugary food and promote long-term weight loss. It's not "diet" food - it's satisfying, flavorful dishes that are good for your health and your waistline. Whether you're already a South Beach Diet success story or brand-new to the program, you'll find a wealth of inspiration in The South Beach Diet Cookbook to keep you on track without feeling deprived. The recipes are simple enough to make every day but delicious enough to serve on any occasion: Oatmeal Pancakes, Buttermilk Salmon Chowder; Caribbean Baked Chicken with Mango, Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri, Mexican Lasagna, Sage and Rosemary Pork, Red Snapper with Avocado Salsa, Thai Vegetable Stir-Fry, and Chocolate Pie with Crispy Peanut Butter Crust. Each recipe is marked "Phase 1," "Phase 2," or "Phase 3," so you'll know immediately where it falls in the diet; there are also 25 all-new recipes from the top chefs and restaurants in Miami. Illustrated with 50

full-color photographs and packed with extras like shopping lists and a pantry guide, The South Beach Diet Cookbook is an essential addition to your kitchen shelf.

Wow this is a diet I can follow and enjoy without being hungry and sacrificing taste. I love to cook and I bought this book along with several other South Beach cookbooks and diet books. The recipes are easy and straight forward and are categorized as Phase 1, Phase 2 or Phase 3.

Next to the original SB Diet book (blue), this is the best one. It actually has many Phase 1 and 2 recipes that the average person would want to eat, diet or no diet. In my "Non-Diet" recipe book, I have four recipes from this book that I regularly use, not for diet maintenance, but because they taste so good and are easy to make. Good cook book ... the best in the SB Diet cookbook collection.

"The Southbeach Diet Cookbook" was written to provide a number of recipes to complement the original "The Southbeach Diet" book. The cookbook opens with an overview of the diet program. It describes the diet though not in the detail of the original book. It explains what you need to do to get your fridge and pantry 'southbeach' friendly. It explains what is allowed in terms of dairy, meat, oils, pasta, snacks, beverages and more. Next the book has a question/answer session with Dr. Agatston. In this section he updates some of the information from the original book (milk and yogurt are now allowed in phase 1 for example) and he gets into more detailed regarding different types of food. Then comes the core of the book. The recipe categories include breakfasts, appetizers and snacks, soups, salads, side dishes and accompaniments, fish shellfish and poultry, meats, vegetarian entrees and desserts. Each recipe indicates what phase it is appropriate for and many of the recipes are pictured in mouthwatering photographs! Sample recipes include Vegetable Salad with Feta, Homestyle Green Bean Casserole, Pan Seared Pecan Grouper, Whole Wheat Vegetable Lasagna, and Apple and Almond Souffle. Over 200 recipes. One very nice feature is the inclusion of recipes so you can make many of your own condiments. Unfortunately ketchup, barbeque sauce and many other "toppers" are laden with high fructose corn syrup. So Dr. Agatston includes the details on how you can make your own. Overall the quality of recipes is very good. The one negative I have is the total avoidance of sugar and reliance on sugar substitutes. I would rather use real sugar in moderation than sugar substitutes like aspartame. He has a recipe for strawberries with velvety chocolate dip and suggests you use sugar free chocolate syrup. Instead why not use a high quality cocoa bar and melt it down. This is healthier than the faux sugars like maltitol, which are in

sugar free products and so much more satisfying. Dr. Agatston has some wonderful recipes in this book from top chefs and restaurants and they are worth buying the book for. But many of the desserts with the fake sugars and fat free sour cream fall flat. Moderation is key. Use the real deal in a tiny quantity like the French do.

Great book. It arrived in great/new condition. It has over 200 recipes w/ beautiful color photos. The recipes are simple enough, & I think it'll help keep me from getting bored w/ the diet. Phase 1 is the trickiest.

Lots of good recipes, not really easy for a single person trying to lose weight.

I use many of the recipes in this book. This diet has helped my type 1 diabetic husband control his blood sugars which in turn has curbed his moodiness (highly related to what we eat) as well as drop 10 pounds. It has helped me (a sweet's addict) take control of my cravings and fill full. I love the simplicity of the South Beach Diet.

great book to help get through the diet or any time, whether your on the diet or not. simple and healthful recipes, that use ingredients you have on the shelf already.

I have been using these cookbooks for several months now. All of the recipes I have used my husband has loved. Of course it wouldn't take much to please him as his previous cooks were not much to speak about. I do appreciate that it doesn't take a chef to make him happy. We have been losing pounds along with enjoying the new recipes which makes both of us happy. We are adventurous in life as well as in our eating habits. We have thoroughly enjoyed these Cook Books.

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