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# [The South Beach Diet Super Quick Cookbook][ 200 Easy Solutions For Everyday Meals}{Hardcover}



## Book Information

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Average Customer Review: 4.5 out of 5 stars 197 customer reviews

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## Customer Reviews

Ok.. all we did was cook the recipes in this book. We did not study the diet or count calories or work out. It's been 4 months and my husband lost 50 pounds! So far I've lost 28. We are staying on this diet until I reach my target weight. Slow and steady like a pound or 2 a week, but I just bought size medium tops and I've been an xl for ever. My size 14 pants just fall off now, and my size 12 pants don't need to be unzipped to take them off. I bought my first pair of size 10 pants. For the first time in 15 years I am no longer a size 14. WOOT

This cookbook is full of delicious, healthy, quick recipes! I get home two hours before I have to go to bed and being able to put dinner together in less than 30 minutes is HUGE! Some of my favorites are the recipes that call for you to throw some sliced up deli roast beef in with a couple additional ingredients for a yummy beef dish! The content of this cookbook gets a full 5 stars!HOWEVER, I do NOT recommend the kindle version AT ALL. I was hesitant to buy a cookbook on kindle, but I thought I'd give it a try - I live in a small apartment and didn't want to clutter it up with more cookbooks and I like to support emerging technologies. The cookbook contains many cross-references, for example, the meal plan gives page numbers (paper page numbers, not kindle locations) for the recipes it includes, but doesn't have a link to the recipes. So, if you're going through the meal plan, you have to search by recipe name, go look at that recipe, and then go to your bookmarks to get back to the meal plan. It's a lot of work - I've done more typing on my kindle since I got this cookbook than I have in the entire time I've owned a kindle (which is since they first came out). On the other hand, I can decide what I'm having for dinner on the bus ride home, but all in all, I think the paper version is far superior.

The problem with most diet cookbooks is they call for ingredients you've never heard of, nor has your local grocer. In a land of meat and potatoes, I would be a laughing stock if I asked the store

clerk where they keep the "acerola." Some of the recipes in here are ok, but not for a beginner like me. The main reason I bought the book was to see the list of exchanges, and the acceptable foods used for the different "stages" of the South Beach diet. I would need a dictionary to figure out how to do all but the simplest of recipes, since I typically don't cook for myself. And that folks, is why many of us are overweight in the first place! We don't know how to cook! The other problem with diet cook books is they don't provide adequate motivation for you to change your lifestyle. I don't know if I can buy that in a book though anyway.

We love these cookbooks, this is our fourth. We used them initially to keep us on track with the South Beach diet and the three phases. We reached part of our goal the first year using these recipes and the guidance provided. We are now going to work on the next phase of our healthier living. And love the choices in this book. Our other three books are well worn but still use them each week to make menu choices.

Not sure this is the diet for me tried it for a week and lost 3lbs! I also purchased the Mediterranean Diet which seems to suit my lifestyle better. I have lost pounds 3 lbs on it. Most dietitians now recommend you find the perfect diet for your body and convenience.

This is a wonderful cookbook, full of very simple yet tasty recipes. Agatston focuses on flavor using good combinations of basic and sometimes surprising ingredients. It's a wonder what a little splash of lemon juice or lime zest will do for a dish. Of course these recipes are written with the diet conscious in mind. Most recipes are either no or very low carb and lots of them are gluten-free (this book being written before the gluten-free craze). Nothing takes very long to make. Shop the outside aisles of the grocery store and you'll have everything you need to make the recipes in this book.

These are NOT quick recipes. I tried following one of the meal plans all the way through the day. I never got off my feet and out of the kitchen. Last night's dinner took 2 1/2 hours! Some good recipes, but "super quick", my ....

I bought this book because I already had the 'The South Beach Diet Cookbook' from 2004. I thought I would update myself. However my original is still the better book. For people just starting out on the south beach diet I would definitely recommend my first book for 2004. There is just a lot more information in it that is handy to know and help you along the way. And it really does have some

good, easy, and tasty recipes.

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