



**South Beach Diet: South Beach Diet Book for  
Beginners - South Beach Diet Cookbook with Easy  
Recipes (Low carbohydrate Living - Low  
Carbohydrate Diet - Modified Atkins Diet 1)**

*Clara Taylor*

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**How do you get started on the South Beach Diet? What is exactly this diet about? Learn all this and more with this short and simple guide**

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Take a random poll of your friends, family and colleagues and you're bound to encounter at least a few people who are dieting, and they're all probably not following the same plan. There are countless diets out there -- so many that it can be difficult to figure out which one to follow. Among these, there are low-calorie diets, low-fat diets and low-carb diets. For a long time, the Atkins plan was the most famous of the low-carb diets. And then along came the South Beach Diet.

The South Beach Diet has been around since the late 1990s. The diet was designed to be heart-healthy. As such, the South Beach Diet blends several methods together to try to make a healthful and realistic diet for those looking to lose weight. It's often compared to the Atkins Diet, since both tend to frown upon too many carbohydrates and both also run on a plan based on stages, or phases. But a closer examination of the South Beach plan will show some differences, particularly once you move on past the first phase of the program.

This short guide was designed for beginners who want to get started with the South Beach Diet and learn the basic important thing about this topic. Now that you know how the diet got started, you're ready to learn the specifics of the plan, including what foods you can eat in each of the three phases. Read on to discover how the South Beach Diet plan actually works.

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**"If you are looking for a diet plan for weight loss then you can start the recipes described here. There are many diets but they may not suit with you.**

**My wife was following this diet for several months & she got significant results. It is a proven method & you can try it without any hesitation. Very helpful book with a lot of useful information. Worth every buck. Recommended!"**

**- Josef Henry -**

**"This book was definitely worth 5 stars: great recipes inside and me and my wife loved them. I would highly recommend this book because it is a run down of a south beach diet and it's for newbies. Easy to make and it taste great!!"**

**- Jack Johnson -**

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