



El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition)

Arthur Agatston

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Now available in a Spanish edition: the follow-up to Dr. Agatston's blockbuster diet book--a fabulous cookbook packed with great-tasting meals that are good for you!

Since its publication in April 2003, The South Beach Diet has become a nationwide phenomenon. 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 kinds 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.

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