

# 9 Part South Beach Diet Recipes Pdf Ebooks Mrr

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New South Beach Diet Ebook. Great Price! Need help shedding a few pounds for summer or possibly making a complete lifestyle change? Then this unbelievable e-book is for YOU. The key with the South Beach Diet is that it teaches you to eat the right carbs and the right fats, so you lose weight. Additional benefits of the diet, experienced by many people, are that it can lower your cholesterol, reduce your risk of heart issues and diabetes, and you don't feel hungry as you are losing weight. The basis of the South Beach Diet is that you are allowed to eat healthy sized portions as long as you stay away from sugars and refined foods carbs. Over time you begin to control your blood sugar levels, and as a result you find you eat less than you used to, because you aren't hungry. The diet phases Phase One entails 2 weeks of strict dieting and is the initial weight loss period. As with the Atkins diet, nearly all carbohydrates are avoided, you still eat normal sized meals and many people report losing between 8 - 13 lbs. Phase Two The good carbs are introduced back into your diet, you continue to lose weight until you reach your target weight. Phase Three This is the life long period, maintaining your desired weight with a healthy balanced diet. If you start to gain weight again, you return to phase one, for a few days. Instead of paying \$20 for the official book, just buy this ebook and get the diet plan/meal plan/all the important info in an easy-to-read Ebook! This is just all the info collected together, it is not the page-by-page book turned into an ebook...that means, that each thing (like the glycemic index table, the 2 week diet plan, the 4 week diet plan, the recipes, etc) are in their own pdf file. Here is a description of each file included: South Beach Diet Introduction eBook - Contents include food list overviews to Phases 1 and 2, converting low carb recipes to the South Beach Diet, recommendations and facts about vitamins and minerals, and more. This is a 24 page Adobe Acrobat eBook. Overview and Glycemic Index Table - A short overview of the South Beach Diet and color coded table of suitable foods for the diet. This is a 3 page Adobe Acrobat eBook. What is the Glycemic Index? - An explanation of the glycemic index and listing of appropriate foods. This is a 6 page Adobe Acrobat eBook. The First Two Weeks - A list of foods for the most restrictive phase of the South Beach Diet. This is a 2 page Adobe Acrobat eBook. The First Four Weeks - A comprehensive menu plan for the first four weeks of the diet. This is an 8 page Adobe Acrobat eBook.

Recipe eBook One - An overview of the diet with recipes for Phase 1 and Phase 2. There is a short guide of daily helpful hints to help you avoid the most common pitfalls of this diet. Also includes a food substitution list with a long list of diet friendly ingredients you can substitute for the most common non-diet foods. This is a 63 page Adobe Acrobat eBook. Recipe eBook Two - A large compilation of Phase 2 recipes. This is a 100 page Adobe Acrobat eBook. Recipe eBook Three - An overview of the South Beach Diet plus approximately 350 recipes. This is a 374 page Adobe Acrobat eBook. Recipe eBook Four - A large collection of diet friendly recipes. This is a 51 page Adobe Acrobat eBook. Special Bonus: Low Fat Recipe Sampler (PDF) Tags: south beach diet recipes, low carb recipes Searches: south beach diet ebook

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