

THE SOUTH BEACH DIET

Lose
Belly Fat
First!

The Delicious, Doctor-Designed, Foolproof Plan
for Fast and Healthy Weight Loss

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The South Beach Diet Good Fats, Good Carbs Guide



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The most trusted guide south Beach Diet (paperback)



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Newed Addition Even More Helpful in the "Right" Food Choices I originally lost approximately 38 pounds in 90 days several years ago. With the South Seaside Diet Book which, the Good Carb, Good Fat guide, the diet was easy to check out once I committed to it. This guide alone is enough to put you on the road to fewer pounds on your own frame (if you understand the dietary plan.) This duplicate of the guidebook that I offered to a pal, actually categorizes all food contained in it into the Three Phases of the dietary plan (which the original edition that I have did not. Five Stars Great book! This one just appears to be capitalizing on a trend without actually providing useful information. I really appreciate having the ability to eat fruits and a wider variety of vegetables. Clear charts. Great for taking meals shopping-easy to see which foods to eat or avoid in all 3 elements of the SBD. That is an extremely successful, cheap, effective way to lose weight and change eating habits permanently. My favorite part is the user-friendly phase-1, phase-2 and phase-3 columns that tell which foods are Great, Limited, NOT A LOT OF or Avoid for every of the phases instantly. I asked my wife if she would go on it with me (easier with two pulling in the same direction! Very complete. A great improvement on the sooner book. great do-it-yourself weight loss I keep buying these and providing them with away. The paper back version is fine to put in your pocket or bag for referral while you shop. Great up to now.. And given that that is a South Beach branded lead, why oh why does it not mark each item with what phase it's suitable for? We had done the Atkins diet and rebounded, gaining a lot more than we had shed. My doctor and my dentist both suggested the South Beach Diet citing many of their patients who were successfully carrying it out. No need to order the food delivery program with this book.) and we've gotten through the first fourteen days induction program (Phase 1) and into Phase 2. So much, so good. I dropped eleven pounds through the two week "training" period and am down fifteen in week three. Easy to find various foods. Especially grateful for wholegrain breads. I believe that is an eating program I won't obtain bored with and will stay until I get rid of my eighty pound objective.. I think it really is a kinder and gentler system than pure Atkins. Save your money Waste of money. You will not believe the closing and how they catch the thief! My wife buys these books rather than reads them. Nonetheless it makes her feel great about herself therefore that's OK with me. I keep in those in the kitchen for the quality recipes and meal preparation, but use GFGC for travel or even to toss in a purse or brief case. I purchased the "Good Fats Great Carbs Guide" because we had been on SB before and I didn't need all the webpages on the how' and why's of the dietary plan with me on a regular basis. Am investing in a second copy to keep in the car for unpredicted travels to food stores~~~ Great detailed book Good review with a large number of foods listed. I wanted something I could keep in the car as a guide for when I go shopping or to restaurants. Convenient for SB-ers on the run We chose an odd time to

go back to the South Beach diet--starting the day after Thanksgiving and through the Xmas holidays! Helpful but there's better out there. It's just a little early to be writing a review but wished to encourage those that might shy from another "low carbohydrate" diet.. This guide appeared like the answer to my needs. Much easier to use compared to the lists in the initial and Super-Billed SB books. However, it's failing in many respects. The guide doesn't offer you actual net carb counts for items. Rather, it just rates them on good/typical/poor, etc. Good Good Good program Great program. Helps in slimming down! I would have loved to have seen charts for popular fast food chains, for example.. There are many better pocket guides out there. I'd recommend getting an up-to-date edition of another guide rather. Really worth the money for those who are familiar with the dietary plan and how these choices turn into a life long commitment for a wholesome you. It certainly has a lot more variety and easier to stay on. Useless information! There is no glycemic index indication or ranking. The information for restaurants is very general. Great guide in case you are on a low carbo diet or calorie count diet plan. Worth the purchase price indeed!) Additionally, there are many food 'brands' in this edition rather than just generic foods as well. Four Stars Great guide for low carbohydrate eating Five Stars We are on the south seaside diet plan and needed extra reference books for variety. Four Stars MY wife is going back to it.



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