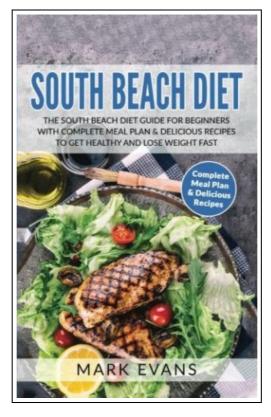
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. South Beach Diet Series Book #1 The South beach diet is neither a low fat or low carb diet. Instead, it teaches the body to bank on the right fats and the right carbs. As an end result, you become more aware of what s good and what s not for your body. And, as you lose weight - somewhere between 8-13 pounds in the first phase alone - you also get healthy and learn to choose your food wisely. How do you do it? The South Beach Diet is simple. You Il eat normal-size helpings of chicken, fish, meat, and shellfish. You eat your salads with mostly olive oil as dressing. You Il eat plenty of vegetables, nuts, eggs, and cheese. You Il eat 3 balanced meals a day. You Il drink water, tea, coffee. Pretty simple, isn t it? But, there are exceptions. In the next 14 days, you are NOT allowed to eat the following: No rice, bread, pasta, potatoes, and baked goodies. No fruits especially those with high amounts of sugar. No sweet treats: candies, cakes, cookies, ice cream, etc. No alcohol of any kind. If you re the type of person who lives for rice, bread, pasta, and sweets, let me tell you something: You re going to be amazed at how painlessly 2 weeks will pass without these forbidden food. It may be a bit challenging during the first 3 days, but once you get pass through it, you Il be fine. The South Beach Diet may be new to you, but it has long been helping many people lose weight and keep it off for good. This book will show you how to do it complete with a list of meal plans...

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