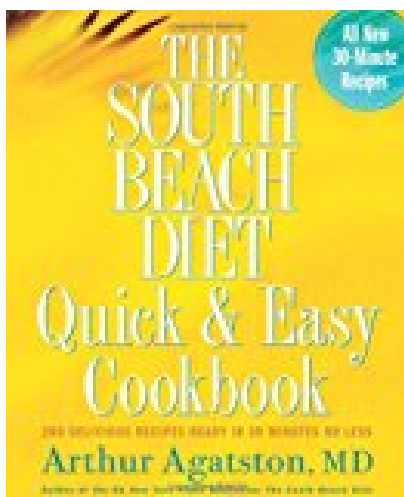


The South Beach Diet Quick and Easy Cookbook 200 Delicious Recipes Ready in 30 Minutes or Less



BOOK DETAILS

- Author : Arthur Agatston
- Pages : 338 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1594862923

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BOOK SYNOPSIS

Presents nutritionally balanced recipes, based on "The South Beach Diet," that can be prepared in thirty minutes or less, and includes suggestions for preparing quick meals without a recipe and advice for preparing food ahead.

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