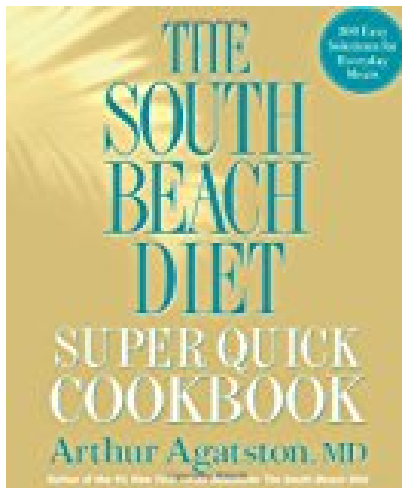


# The South Beach Diet Super Quick Cookbook 200 Easy Solutions for Everyday Meals

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## BOOK DETAILS

- Author : Arthur Agatston
- Pages : 320 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1605293334

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## **BOOK SYNOPSIS**

Now fast food is superhealthy, thanks to hundreds of brand new quick-and-easy recipes from the test kitchens of the South Beach Diet. From meal planning and shopping to prepping, cooking, and serving, you'll save hours of time with this speedy cookbook that makes leading the South Beach Diet lifestyle easier and more convenient than ever. With 200 family-pleasing recipes and 60 taste-tempting color photographs, you'll be able to serve up a fast, delicious, diet-conscious meal every night of the week. The South Beach Diet Super Quick Cookbook includes: Grab-an-Go recipes for healthy eating on the go Cook Once, Eat Twice dishes that maximize your time in the kitchen Recipes for Two that minimize waste and leftovers Nearly instant recipes that are ready in 15 minutes or less Tips for Super-Quick, Budget-Conscious Shopping Ideas for getting the most out of your pantry and freezer Just as Dr. Agatston's The South Beach Diet Supercharged made losing weight faster and easier, this superquick cookbook will turbocharge your kitchen and make healthy eating simpler and more enjoyable than ever before.

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