



The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes)

Lily Buckley

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The South Beach Diet

So, what exactly is this diet anyway? Is it new? Does it work? Who came up with such a thing? Well, it's actually a fad diet which was also developed by a guy named Arthur Agatston, not only that but it was also promoted in a book that became best-seller back in 2003. But first, we want you to know what a fad diet is. A fad diet is basically a kind of diet that often promotes a short-term weight loss.

Now, back to the South Beach Diet, it strongly suggests eating unsaturated fats, lean protein, some carbohydrates, high-fiber, low-glycemic carbohydrates and such. This diet also has three stages involved. As you go on in these three stages, the portions of carbohydrate consumption increases as the fat and protein consumption decreases. There are tons of recommended food listed while you don't actually need to cut back on all the calories. There's also some kind of exercise involved, all the stages are based on a person eating three main meals and only two snacks a day.

Don't get us wrong, this diet is completely different from other low-carb diets. Though a lot of surces has categorized the South Beach Diet under "low carb" and alongside Atkins diet. Yes, it prohibits the consumption of foods rich in carbohydrates like white bread, white potatoes and white rice. Though it doesn't require the dieters to stay away from carbohydrates entirely, it doesn't even require the dieters to look out for how much carbohydrates they do intake. This diet just focuses on the glycemic impact or the short term change in a person's blood glucose.

The information and diet plan included in this book will help you in loosing extra body fat in a quickly and healthy manner

You will learn about what the south beach diet exactly is and what are the benefits of this diet plan.

7 Reasons to Buy This Book

1. In this book you will learn in detail about what is the south beach diet and where it comes from.
2. This book will give you the knowledge about its benefits..
3. The book teaches about what to eat and what to avoid during this diet.
4. This book will teach you about the three phases of south beach diet.

5. Learn about the advantages and disadvantages of this diet.
6. After reading this book, you will know why people fails on this diet.
7. The book is written in a simple and easy to understand language, so it will be beneficial for both the beginners and advance level readers.

Here Is A Preview Of What You'll Learn...

- What is the south beach diet?
- Where it comes from?
- Health benefits of this diet
- How long is this effective?
- Food we should avoid and accept during this diet
- Reasons of why people fails during this diet
- Phase 1 of the south beach diet
- Phase 2 of the south beach diet
- Phase 3 of the south beach diet
- Meal plans
- Pros and Cons of this diet
- Much, much more!

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