



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

By Arthur Agatston

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

The bestselling phenomenon continues with the newest South Beach Diet cookbook.

The amazing success of the first three *South Beach Diet* books has made publishing history with 14 million copies combined - and is still going strong. Millions of people have been turned on to this healthy lifestyle. Followers of the diet have been asking Dr. Agatston for more recipes that are delicious, healthy, and fast, so he's created *The South Beach Diet Quick and Easy Cookbook*.

Our time-strapped culture needs an effective plan for eating healthy meals at home again. Dr. Agatston delivers with 200 brand-new recipes that use 10 or fewer ingredients and require 30 minutes or less of cooking time. The cookbook offers a diverse range of healthy, easy dishes in all categories, including 25 all-new chef recipes from Miami-area restaurants. There are no more excuses for not joining the many others that have made the South Beach Diet work for them.

The sound advice readers count on from the South Beach Diet name will still be featured. The book will provide practical timesaving tips, advice for how to eat well while staying on the plan. Also, phase designations and nutritional information are listed along with each recipe, so you're in control of what you're eating. Illustrated throughout with full-color photography, *The South Beach Diet Quick and Easy Cookbook* will be tempting to both believers and newcomers alike.

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Editorial Review

From Publishers Weekly

The 30-minute time limit for preparing dinner, popular with Rachael Ray and a host of other cookbook authors, has finally been South Beachified. It's just in time for dieters who've grown bored (or impatient) with *The South Beach Diet Cookbook* and offers easy recipes that help dieters stay on track. The recipes span all courses, including desserts. Most impressive are the entrées and salads, particularly in their ability to riff on familiar dishes: witness Spaghetti with White Clam Sauce, Chicken and Avocado Salad, and South Beach Classic Burger. Even more inventive fare, such as Thai Shrimp Soup with Lime and Cilantro, is still homey. Adding to the book's unthreatening feel is its idiosyncrasies. It favors certain spices (cilantro, black pepper), vegetables (asparagus, zucchini) and meats and fish (chicken and shrimp). The ingredient glossary is surprisingly enticing, and the introductory material explains modern eating habits and makes the South Beach Diet highly sensible. Photos. (Oct.)

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About the Author

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book *The South Beach Diet* and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

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Marcie Johnson:

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