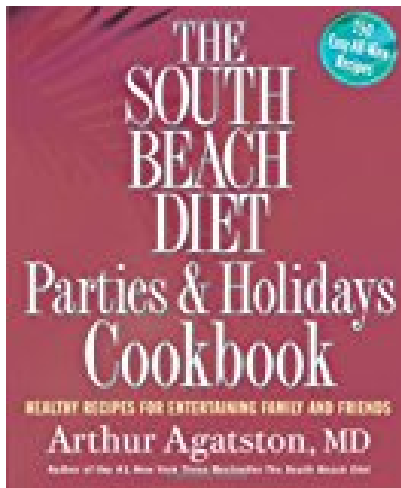


The South Beach Diet Parties and Holidays Cookbook Healthy Recipes for Entertaining Family and Friends



BOOK DETAILS

- Author : Arthur Agatston M.D.
- Pages : 224 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1594864446

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BOOK SYNOPSIS

With more than 19 million copies in print worldwide, the best-selling phenomenon continues with fabulous all new recipes for healthy, delicious South Beach Diet-friendly entertaining. The famed Miami Beach cardiologist who has helped millions of people worldwide to lose weight and eat healthier with his best-selling South Beach Diet books now addresses the special challenge that can undermine anyone's willpower--the irresistible lure of diet-busting dishes at festive occasions. As the more than 20 menus and 150 easy, all-new recipes in this cookbook prove, there's no need to give up favorite holiday and party dishes to stay on the South Beach Diet. Dr. Agatston explains that healthy entertaining is not a matter of deprivation, but of "simply making as many good choices as possible." His new book provides those choices, putting a healthy twist on favorite entertaining meals for every occasion, whether it's a family Christmas Eve dinner, a Thanksgiving feast, a Passover seder, a football fest in front of the TV, or a backyard barbecue with the neighbors. Inside you will also find: practical tips and helpful (and healthful) hints throughout--including make-ahead suggestions, ideas for nonalcoholic cocktails (mocktails), ways to use leftovers, and more 55 color photographs that illustrate the finished dishes along with ideas for stylish table settings and centerpieces

THE SOUTH BEACH DIET PARTIES AND HOLIDAYS COOKBOOK HEALTHY RECIPES FOR ENTERTAINING FAMILY AND FRIENDS - Are you looking for Ebook The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends? You will be glad to know that right now The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends and many other ebooks. We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends. To get started finding The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends, you are right to find our website which has a comprehensive collection of manuals listed.