

[Download] The South Beach Diet Super Quick Cookbook: 200 Easy Solutions for Everyday Meals

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A volume of 175 quick-prepare recipes for individuals following the South Beach Diet lifestyle provides for every stage the program and includes options for make-ahead meals and extra-busy days. Title: The South Beach Diet Super Quick Cookbook Author: Agatston, Arthur, M.D./ Fink, Ben (PHT) Publisher: St Martins Pr Publication Date: 2010/05/11 Number of Pages: 309 Binding Type: HARDCOVER Library of Congress: 2010007299

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