



## The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes

By Linda Garcia

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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