



South Beach Diet: Beginners Guide to the South Beach Diet?how to Effectively Lose Weight, Feel Great and Healthy with the South Beach Diet: Including Quick and Easy Recipes (Paperback)

By James Ryan

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Description The South Beach Diet is one of the best diet plans that you can choose to go on when you finally want to kick all those bad habits to the curb and lose weight. Many times the hardest part about losing weight is all those cravings that make you go back to your old habits in no time. The South Beach Diet is meant to help you get through some of these issues so that you can lose weight and keep it off for good. This guidebook is going to spend some time talking about the South Beach Diet and how it can help you to finally lose the weight. Some of the things that you will learn about this diet plan include: What is the South Beach Diet? The truth about how carbs work in the body. The 3 Phases of the South Beach Diet and how to eat right on each of them. Recipes to use during each phase of this diet plan. When you are ready to start losing weight and feeling better without all those cravings...



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