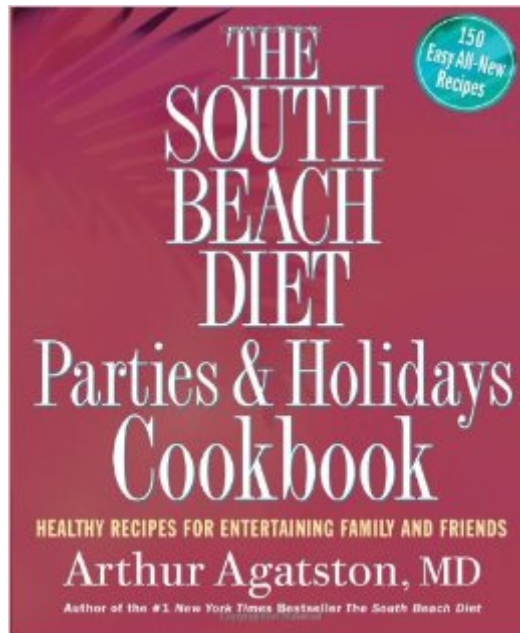


The book was found

The South Beach Diet Parties And Holidays Cookbook: Healthy Recipes For Entertaining Family And Friends



Synopsis

With more than 19 million copies in print worldwide, the best-selling phenomenon continues with South Beach Diet Parties and Holidays Cookbook containing 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 barbeque with the neighbors. Readers 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 full-page color photographs that illustrate the finished dishes along with ideas for stylish table settings and centerpieces --This text refers to an out of print or unavailable edition of this title.

Book Information

Paperback: 224 pages

Publisher: Rodale Books

Language: English

ASIN: B0013TFB60

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.6 out of 5 stars • See all reviews • (85 customer reviews)

Best Sellers Rank: #905,957 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #585 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Holidays #9898 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Holidays. What a frightening moment for anyone who is livin' la vida low-carb! These special occasions are the one time that most people let their low-carb plan flail in the wind like a freshly plucked feather. Casting all your cares about your weight aside, you stuff your face with all the

wrong kinds of food and then later regret that decision when you attempt to get back on track again. Sound familiar anybody? Well, enough already with the games we play around parties and holidays when we should be celebrating. How about an all-in-one low-carb resource guide to offer up some healthy low-carb recipes that are oh-so-yummy and delicious while packing a powerful nutritional punch as well? I think I've found it for you with "The South Beach Diet Parties and Holidays Cookbook: Healthy Recipes for Entertaining Family and Friends." Don't let the bright red color of this sixth book in The South Beach Diet series fool you into thinking it's just for Christmas! While it certainly provides recipes that are perfect for Christmas Day, including a unique Wake-Up Breakfast menu as well as Christmas Dinner, all of the other major holidays feature low-carb recipes as well, including New Year's Day, Valentines Day Dinner For 2, Passover Seder, Easter Gathering, Cinco de Mayo Celebration, Mother's Day Luncheon, Fourth of July Revel, Thanksgiving, Hannukkah, and Christmas Eve Dinner.

[Download to continue reading...](#)

South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) The South Beach Diet Parties and Holidays Cookbook: Healthy Recipes for Entertaining Family and Friends The South Beach Diet Parties and Holidays Cookbook Healthy Recipes for Entertaining Family and Friends by Agatston, Arthur [Rodale Books, 2006] (Paperback) South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free)

South beach diet : The #1 South Beach diet , How to make it work for you !: including tips and recipes El Recetario de La Dieta South Beach: More than 200 Delicious Recipes That Fit the Nation's Top Diet (The South Beach Diet) (Spanish Edition) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia,south ... beach diet, TLC diet, Gluten Free, Paleo) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] South Beach Diet Desserts: Delicious Desserts That Promote Weight Loss and Allow You To Stick To Your Diet (The South Beach Cookbooks Book 4) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet Dinners: Delicious Dinner Recipes to Help You Lose Weight and Look Great (The South Beach Cookbooks Book 2) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

[Dmca](#)