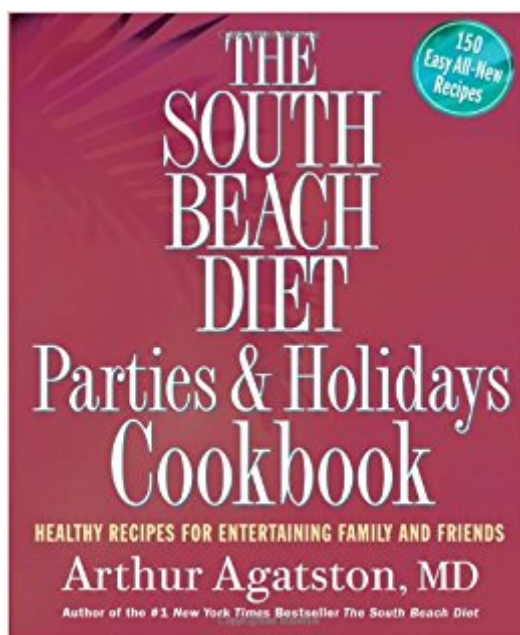


The book was found

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

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Product Dimensions: 7.5 x 0.5 x 9 inches

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

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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.

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