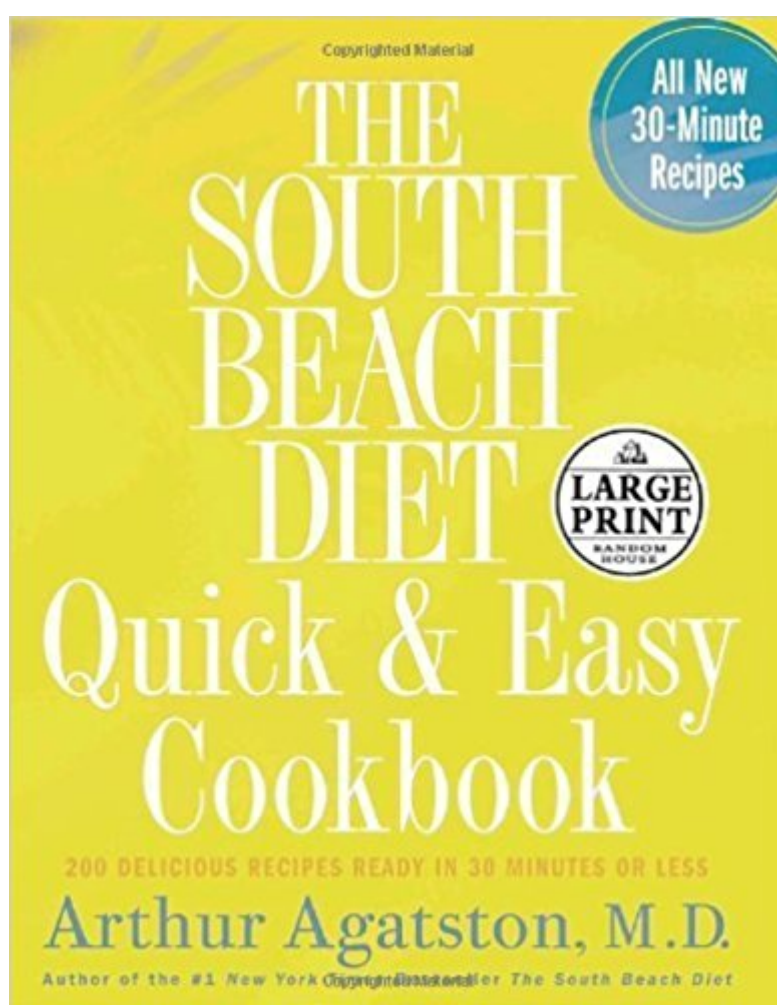


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**The South Beach Diet Quick And
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Book Information

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This cookbook has transformed our meals...and our waistlines! The recipes are simple, yet delicious; nutritious, yet lean. When we first got it, my husband went through it and marked each recipe that sounded delicious to him with a sticky note. When he finished the book was full of them. I recently ordered a copy for my sister who would like to improve her family's eating habits, without sacrificing flavor.

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