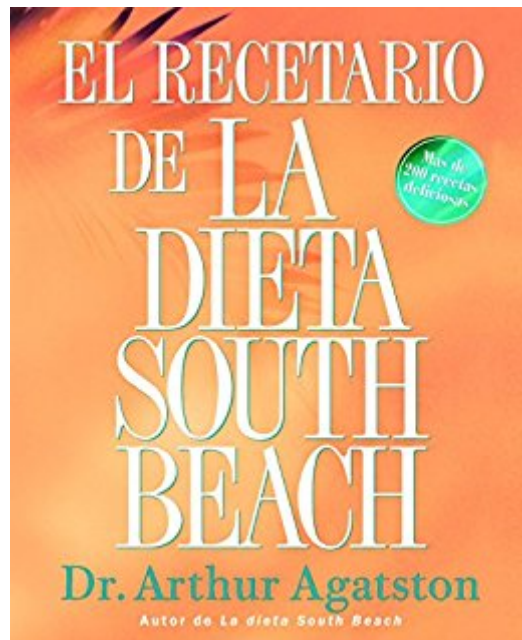


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El Recetario De La Dieta South Beach:Â Mas De 200 Recetas Deliciosa (The South Beach Diet) (Spanish Edition)



Synopsis

La dieta South Beach fue diseñada para las personas a quienes les encanta comer. Y ahora, en El recetario de la dieta South Beach, encontrarás más de 200 recetas que se adhieren a los principios nutricionales de la dieta sin sacrificar el sabor. Cambiarás su manera de cocinar...y su manera de comer. English version available as The South Beach Diet Cookbook.

Book Information

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Customer Reviews

Es bueno pero me parece que debería tener más variedad en ingredientes y recetas. Quizás expandir la idea a diferentes culturas como la latina

Good way to lose weight, but many ingredients are not gotten in Latin countries, or at least not with those names.

I am a Diet Technician, Registered and sent both of Dr. Agoston's books to my sister in law who is thrilled with them and she has already been able to implement changes that help her feel better.

Traditional food has been killing my family. Diabetes and high cholesterol are destroying our quality of life. When I had good results from following this diet I wanted to share that with my family. I

bought this book for my Dad and he found it very helpful and he also had very good results, so did a cousin, now we are working on my mother. thanks Dr. Agaston! We recommend this diet.

This is an excellent book, the recipes are easy and delicious. To read this book was a new reason to continue with a food healthy.

I'm very happy with the book, came in vey good condition so thank you very much. Keep in this way.

Pense que era mejor... a pesar de que hay 200... parecen muchas... pero al final muchas no me gustaron y no hay ninguna de pasta... incluso de pasta integral, el dice en su libro que se puede comer pero aqui no hay ninguna receta con pasta. Varias recetas que, al menos yo, no uso.

Nice doing business with you. Product was excellent and shipment was fast. It was all that it was advertised, kudos!!!!

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