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South Beach Diet

Meal Plan and Recipes

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focusing on low saturated fat,
"good carbohydrates", and high protein

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Wolfgang Guggemos

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Round Table ,1868 *The Literary Digest* ,1922 **The Round Table** ,1868 *Harper's Weekly* John Bonner,George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1863 *Puck* ,1879

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