



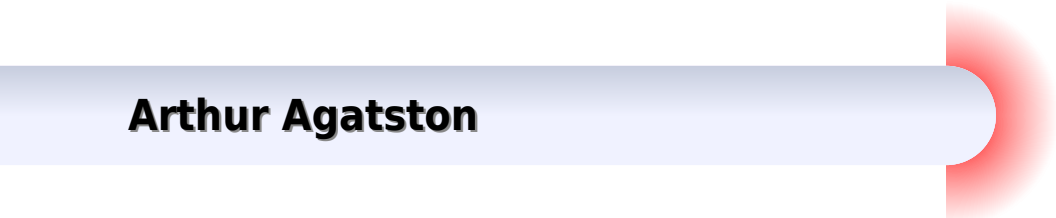
South Beach Diet Phase 1 Recipes



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South Beach Diet Phase I Recipe

Arthur Agatston



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