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Geri Larkin

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The South Beach Diet Gluten Solution Cookbook Arthur Agatston, 2013-11-19 With The South Beach Diet Dr Arthur Agatston ended the low carb versus low fat debate and educated the country about healthy carbs and fats In The South Beach Diet Gluten Solution he cleared up the confusion surrounding gluten and helped people find their own gluten threshold what he calls becoming gluten aware Now he clarifies another matter Gluten free eating does not mean you have to sacrifice flavor or good nutrition The South Beach Diet Gluten Solution Cookbook makes creative use of gluten free ingredients in 175 recipes that will please even the most discerning palates Mouth watering dishes like Bacon and Pecan Breakfast Biscuits Vegetable Quiche with Spinach Crust Johnnycake Chicken Sandwiches Shrimp and Chicken Pad Thai Summer Berry Tart and Cashew Butter Cookies will more than satisfy the heartiest and healthiest of appetites And with more than half of the recipes taking 30 minutes or less from start to finish this book is perfect for the busiest of cooks Unlike the recipes found in many gluten free cookbooks those in The South Beach Diet Gluten Solution Cookbook are free of highly refined flours sugars and artery clogging saturated fats but are still packed with plenty of flavorful ingredients Even readers who aren't gluten free 100 percent of the time will enjoy reaping the health rewards of these diet friendly and delicious dishes The South Beach Diet Parties and Holidays Cookbook Arthur Agatston, 2006-10-03 The bestselling diet phenomenon continues with The 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 You 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 Plus 55 full page color photographs illustrate the finished dishes along with ideas for stylish table settings and centerpieces The Chocolate Cake Sutra Geri Larkin, 2024-04-16 Chock full of moving and enlightening stories The Chocolate Cake Sutra will help you let go of perfectionism and celebrate the sacred nature of the life you already have South Beach Cookbook Sussane Davis, 2023-08-27 Do you want to learn about South Beach recipes Do you want to know

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