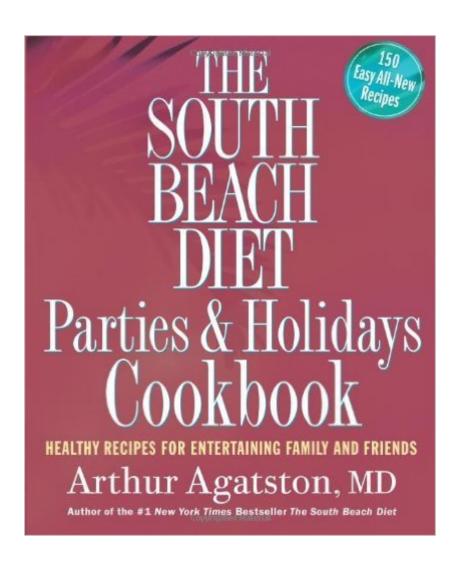
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The South Beach Diet Parties And Holidays Cookbook Healthy Recipes For Entertaining Family And Friends By Agatston, Arthur [Rodale Books, 2006] (Paperback)





# Synopsis

The South Beach Diet Parties and Holidays Cookbook Healthy Recipes for Entertaining Family and Friends by Agatston, Arthur. Published by Rodale Books, 2006, Binding: Paperback

## **Book Information**

Paperback

Publisher: Rodale, 2006; 53031st edition (1994)

ASIN: B00DWWFWC4

Product Dimensions: 9 x 7.4 x 0.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews)

Best Sellers Rank: #1,275,681 in Books (See Top 100 in Books) #85 in Books > Health, Fitness

& Dieting > Diets & Weight Loss > South Beach Diet

### Customer Reviews

Cooking healthy options for holidays is a challenge and since I've been so successful following the tenets of the South Beach Diet, I wanted to include this volume to my South Beach cookbook collection. It has great ideas and it also helps me tweek recipes from other cookbooks with healthier ingredients.

### lots of good receipes

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