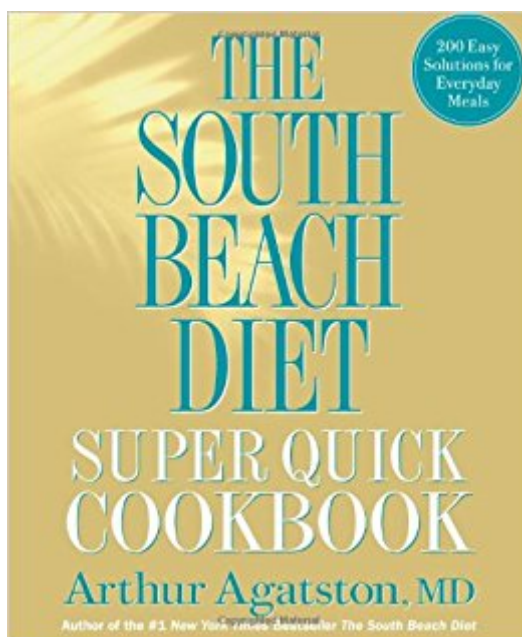


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# The South Beach Diet Super Quick Cookbook: 200 Easy Solutions For Everyday Meals



## Synopsis

A volume of 175 quick-prepare recipes for individuals following the South Beach Diet lifestyle provides for every stage the program and includes options for make-ahead meals and extra-busy days.

Title: The South Beach Diet Super Quick Cookbook  
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## Customer Reviews

**Book Description** Now fast food is superhealthy, thanks to hundreds of brand new quick-and-easy recipes from the test kitchens of the South Beach Diet. From meal planning and shopping to prepping, cooking, and serving, you'll save hours of time with this speedy cookbook that makes leading the South Beach Diet lifestyle easier and more convenient than ever. With 200 family-pleasing recipes and 60 taste-tempting color photographs, you'll be able to serve up a fast, delicious, diet-conscious meal every night of the week. The South Beach Diet Super Quick Cookbook includes:

- Grab-and-Go recipes for healthy eating on the go
- Cook Once, Eat Twice dishes that maximize your time in the kitchen
- Recipes for Two that minimize waste and leftovers
- Nearly instant recipes that are ready in 15 minutes or less
- Tips for Super-Quick, Budget-Conscious Shopping
- Ideas for getting the most out of your pantry and freezer

From The South Beach Diet Super Quick Cookbook: Inside-Out Cheeseburgers These unique cheese-stuffed burgers feature flaxmeal,

which is high in cholesterol lowering soluble fiber and heart-healthy alpha-linolenic acid (ALA). If you can only find whole flaxseed at the market, simply grind it into meal in a spice grinder or small coffee grinder. If you're skipping the bun, just sprinkle a little balsamic on top of the tomato.

Ingredients Hands-on time: 10 minutes, Total Time: 20 minutes 1 1/4 lbs lean ground turkey 1/2 cup flaxmeal (2 ounces) 1/2 small red bell pepper, finely diced 2 scallions, thinly sliced 6 tbsp reduced-fat soft goat cheese, preferably one flavored with herbs or garlic 3/4 tsp salt 4 tsp extra-virgin olive oil 4 very thin whole-wheat sandwich rolls (1.5 ounces each) splitter 8 slices multigrain bread (optional) 1 tbsp balsamic vinegar 4 thick slices tomato Bibb lettuce (optional)

Directions In a large bowl, combine the turkey, flaxmeal, bell pepper, scallions, 2 tablespoons of the goat cheese, and 1/2 teaspoon of the salt. Using your hands, blend well and form into 4 balls. Poke a hole into the center of each ball and stuff each with 1 tablespoon of the remaining goat cheese. Pinch the turkey mixture to seal in the cheese and gently form into 4 patties. Make them as flat as you can (to speed the cooking), taking care not to squeeze the cheese out. In a large nonstick skillet, heat the oil over medium-high heat. Sprinkle the pan with the remaining 1/4 teaspoon salt. Reduce the heat to medium, add the patties, and cook until browned on 1 side, about 3 minutes. Turn the patties over and cook for 2 minutes longer. Add 1/4 cup water to the pan, reduce the heat to a high simmer, and cover. Cook for 8 to 10 minutes, until the burgers are cooked all the way through. Meanwhile, lightly toast the sandwich rolls, if using. To serve, brush 1 side of each of 4 roll halves with the balsamic vinegar. Top with a burger, a tomato slice, lettuce (if using), and the other roll half. (Makes 4 Servings)

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book *The South Beach Diet* and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

Ok.. all we did was cook the recipes in this book. We did not study the diet or count calories or work out. It's been 4 months and my husband lost 50 pounds! So far I've lost 28. We are staying on this diet until I reach my target weight. Slow and steady like a pound or 2 a week, but I just bought size medium tops and I've been an xl for ever. My size 14 pants just fall off now, and my size 12 pants

don't need to be unzipped to take them off. I bought my first pair of size 10 pants. For the first time in 15 years I am no longer a size 14. WOOT

This cookbook is full of delicious, healthy, quick recipes! I get home two hours before I have to go to bed and being able to put dinner together in less than 30 minutes is HUGE! Some of my favorites are the recipes that call for you to throw some sliced up deli roast beef in with a couple additional ingredients for a yummy beef dish! The content of this cookbook gets a full 5 stars!HOWEVER, I do NOT recommend the kindle version AT ALL. I was hesitant to buy a cookbook on kindle, but I thought I'd give it a try - I live in a small apartment and didn't want to clutter it up with more cookbooks and I like to support emerging technologies. The cookbook contains many cross-references, for example, the meal plan gives page numbers (paper page numbers, not kindle locations) for the recipes it includes, but doesn't have a link to the recipes. So, if you're going through the meal plan, you have to search by recipe name, go look at that recipe, and then go to your bookmarks to get back to the meal plan. It's a lot of work - I've done more typing on my kindle since I got this cookbook than I have in the entire time I've owned a kindle (which is since they first came out). On the other hand, I can decide what I'm having for dinner on the bus ride home, but all in all, I think the paper version is far superior.

The problem with most diet cookbooks is they call for ingredients you've never heard of, nor has your local grocer. In a land of meat and potatoes, I would be a laughing stock if I asked the store clerk where they keep the "acerola." Some of the recipes in here are ok, but not for a beginner like me. The main reason I bought the book was to see the list of exchanges, and the acceptable foods used for the different "stages" of the South Beach diet. I would need a dictionary to figure out how to do all but the simplest of recipes, since I typically don't cook for myself. And that folks, is why many of us are overweight in the first place! We don't know how to cook!The other problem with diet cook books is they don't provide adequate motivation for your to change your lifestyle. I don't know if I can buy that in a book though anyway.

We love these cookbooks, this is our fourth. We used them initially to keep us on track with the South Beach diet and the three phases. We reached part of our goal the first year using these recipes and the guidance provided. We are now going to work on the next phase of our healthier living. And love the choices in this book. Our other three books are well worn but still use them each week to make menu choices.

Not sure this is the diet for me tried it for a week and lost 3lbs! also purchased the Mediterranean Diet which seems to suit my lifestyle better. I have lost pounds 3 lbs on it. Most dietitians now recommend you find the perfect diet for your body and convenience.

This is a wonderful cookbook, full of very simple yet tasty recipes. Agatston focuses on flavor using good combinations of basic and sometimes surprising ingredients. It's a wonder what a little splash of lemon juice or lime zest will do for a dish. Of course these recipes are written with the diet conscious in mind. Most recipes are either no or very low carb and lots of them are gluten-free (this book being written before the gluten-free craze). Nothing takes very long to make. Shop the outside aisles of the grocery store and you'll have everything you need to make the recipes in this book.

These are NOT quick recipes. I tried following one of the meal plans all the way through the day. I never got off my feet and out of the kitchen. Last night's dinner took 2 1/2 hours! Some good recipes, but "super quick", my ....

I bought this book because I already had the 'The South Beach Diet Cookbook' from 2004. I thought I would update myself. However my original is still the better book. For people just starting out on the south beach diet I would definitely recommend my first book for 2004. There is just a lot more information in it that is handy to know and help you along the way. And it really does have some good, easy, and tasty recipes.

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