



# The South Beach Diet Cookbook

*Arthur Agatston*

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## **The South Beach Diet Cookbook** Arthur Agatston

The long-awaited cookbook is here!

Great food that's good for you--that's the foundation of the South Beach Diet and the reason millions of people around the world have adopted it as their lifelong eating plan, shedding unwanted pounds in the process. Created by leading Miami cardiologist Arthur Agatston, M.D., the diet emphasizes good fats and good carbohydrates, the kind that stave off cravings for unhealthy sugary food and promote long-term weight loss. It's not "diet" food--it's satisfying, flavorful dishes that are good for your health and your waistline.

Whether you're already a South Beach Diet success story or brand-new to the program, you'll find a wealth of inspiration in *The South Beach Diet Cookbook* to keep you on track without feeling deprived. The recipes are simple enough to make every day but delicious enough to serve on any occasion: Oatmeal Pancakes, Buttermilk Salmon Chowder, Caribbean Baked Chicken with Mango, Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri, Mexican Lasagna, Sage and Rosemary Pork, Red Snapper with Avocado Salsa, Thai Vegetable Stir-Fry, and Chocolate Pie with Crispy Peanut Butter Crust. Each recipe is marked "Phase 1," "Phase 2," or "Phase 3," so you'll know immediately where it falls in the diet; there are also 25 all-new recipes from the top chefs and restaurants in Miami. Illustrated with 50 full-color photographs and packed with extras like shopping lists and a pantry guide, *The South Beach Diet Cookbook* is an essential addition to your kitchen shelf.

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