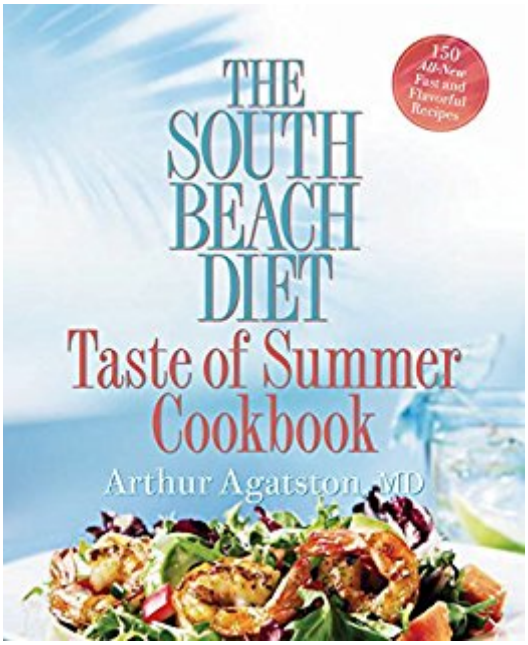
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The South Beach Diet Taste Of Summer Cookbook:Ã‚Â 150 All-New Fast And Flavorful Recipes



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Synopsis

What better way to enjoy the relaxed, healthy South Beach Diet lifestyle than with a cookbook that celebrates the best foods of summer from garden and market? The 150 all-new quick and healthy recipes in The South Beach Diet Taste of Summer Cookbook capture the casual, sunny essence of Florida’s popular South Beach--and other warm climates around the world.Whatever phase of the diet you’re on, you’ll find ideas for breezy breakfasts; crisp salads and light summer sandwiches; innovative grilling ideas for meats, poultry, fish, and shellfish; tempting vegetarian entrees; refreshing desserts; and cooling summer drinks. Imagine sitting at an outdoor table with family and friends enjoying Heirloom Tomato Gazpacho, Grilled Shrimp Caesar, South Beach Diet Tiramisu, and Iced Pom-Mojito Spritzers--just a few of the refreshing recipes to be found in this book. But this is more than just a summer cookbook. Tips throughout remind readers that grilling is a year-round pastime and that many of the recipes can be easily adapted to what’s freshest in the season. You’ll also get Sample Meal Plans for Phases 1 and 2, a glossary of key ingredients used in the book, and dozens of ideas for maximizing the bounty of the garden. The 60 beautiful color photographs show just how appealing summertime recipes can be.

Book Information

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Customer Reviews

I think I've purchased all of the south beach diet cookbooks and this one is by far my favorite. So many great sounding recipes! Every one we have made so far was excellent.

I am not the cook in my family by any means. My husband does 90% of the cooking. The South Beach diet has helped us both. I've lost 40 pounds, and my lean husband has kept his weight on and stayed steady. It's all because of the recipes. They make cooking easy and eating enjoyable. We live in New England, so we are trying to gear ourselves up for BBQ and grilling soon! In fact, we have already tried 4 of these recipes. None ever disappoint. They are easy to prepare (even I can make one here and there!) and have tons of flavor. This is our 5th SBD cook book. I will keep buying more too!

This is one of my favorite South Beach Diet books (my very favorite is The South Beach Diet Quick & Easy Cookbook).I've followed the plan for almost a year and have lost 27 lbs. It is now no longer a "diet", but a way of life. Even my non vegy eating husband likes many of the recipes in these books. If I only had two of the SB books, these two would be perfect.

My wife and I have been on the South Beach Diet for about 9 months. The recipes in the other books are great but the ones in the Taste of Summer Cookbook are fantastic. I don't really feel like I'm on a diet when I eat foods prepared from these recipes. I would recommend this book to anyone, whether they are on a diet or not. The recipes are very heart healthy as well as delicious. The Turkey cutlets with Vegetable Couscous was one of my favorites as well as the spicy chicken and black bean tacos. All of the grilled chicken recipes are wonderful too. We are anxious to try all the recipes soon.

While several of these recipes seemed a bit dull to me, there were a few really good ones. I took this recipe book like a good starting point of where to begin but felt free to add my own flair and extra seasoning. For example, the Mediterranean pita sandwich is really just fabulous as a salad and even better if you substitute the garbanzo beans for black beans. Much better. My husband also loved the curry tomato soup. But its a great way to get low fat/ low sugar ideas and that's the point, isn't it?

I ordered several of these SB cookbooks for my mother-in-law who is under cancer doctors care to lose weight. She loves them and has began dropping pounds while recovering from breast cancer. I am now ordering them for myself.

Four years ago we did the South Beach diet. I lost 30 pounds which I have been able to keep off for these four years. My wife did't do quite as well, but she has always felt better and had fewer incidents of acid stomach using these recipes. We constantly return to the diet because we feel better, but one of the problems of the early diet was the lack of nice and easy recipes. The first week of the diet is a chanllenge to the cook. These recipes are actually good and make the diet easier. We use them freqeuntly with guests and are asked to share the recipe. Basically they help us stay within the parameters of healthy eating advocated by the South Beach diet. We recommend this cook book whether or not you are on the diet.

I am an Italian Pastry Chef,(so you know I love food!) and a South Beach Success story after only 2 1/2 months (a 30 lb loss)! in part because of the easy quick recipes in this book ..I have over 500 cook books of every kind ..I use this one daily and I am able to change it up a bit too ...you are not a slave to follow the recipes exact you can change ingredients (which are already probably in your cabinet!)or meats, or the veggies ..what ever to suit your own tastes ! well worth the money (which wasn't alot)and the food is lite and delicious and very filling ! I would definately reccommend this for anyone that loves lite easy cooking especially with summer coming !! Enjoy I have !

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