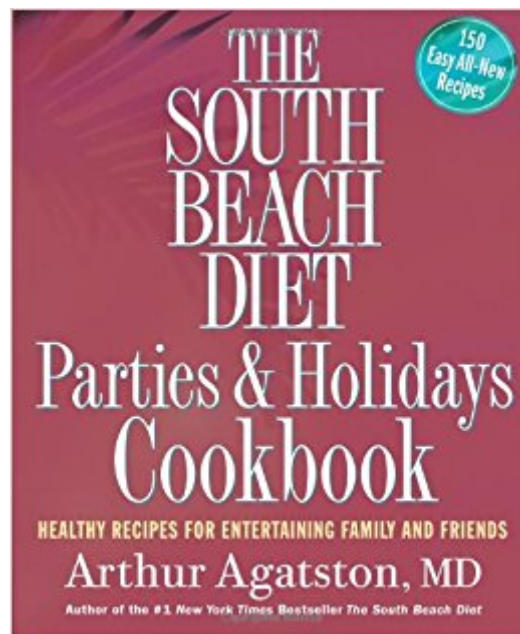




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# **The South Beach Diet Parties And Holidays Cookbook: Healthy Recipes For Entertaining Family And Friends**



## Synopsis

With more than 19 million copies in print worldwide, the best-selling phenomenon continues with 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. Readers 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 • 55 full-page color photographs that illustrate the finished dishes along with ideas for stylish table settings and centerpieces

## Book Information

Series: The South Beach Diet

Paperback: 224 pages

Publisher: Rodale Books (October 3, 2006)

Language: English

ISBN-10: 1594864446

ISBN-13: 978-1594864445

Product Dimensions: 7.5 x 13.5 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 87 customer reviews

Best Sellers Rank: #132,849 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet #58 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Holidays #162 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

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.

Great ideas in this book. I like the concept of SB diet and have great success when eating this way as a lifestyle. I do deviate from his advice slightly; not a fan of any artificial sweeteners, margarine and other highly processed foods that are sometimes suggested in the SB Diet books. I look for a healthier alternative. Phase 1 kick off party: Cucumber Sticks with Tzatziki Dip, Caprese Skewers, Creamy Broccoli Soup, Grilled Rosemary-Lemon Chicken, Warm Chickpea Salad, Spinach and Radicchio Salad, Cocoa-Nut Mousse. There's a section for almost any event or holiday. Even baby showers, Super Bowl, Brunch, Family Buffet and the Valentine's Day Dinner for 2. Can't wait to try the cheesecake.

I got this right before Thanksgiving, which I would be hosting for the first time, and the few recipes that I've tried turned out great! I served the stuffing, the green beans amandine, and the butternut squash, and they all went over quite well. My mom (who is really hard to please) enjoyed them all and commended me on serving such a healthy Thanksgiving meal. What I also like about this book are the many dessert recipes. I tried the ranger cookies today and MAN, are they good! Can't wait to try the cheesecake, and the pumpkin pie. Highly Recommended.

This is the second copy we have purchased. Don't think these recipes are limited to parties & holidays. The fish recipe in particular is the best. This book has great recipes that don't taste anything like diet food.

ALL of the South Beach Diet Cookbooks have made a great support and enhancement to my family and me to help me with meal time "curb appeal" for my husband's reluctant acceptance of similar healthy choice menus that aided me to loose 85+/- lbs. 6-8 yrs. ago(& keep them off)!!! Wow, what a find! So nice to add depth to my recipe selections that coincide with the "Rosedale Diet Food List A & B" that I have lived successfully by over the years. YEA!!! jem

You can have your cake and eat it, too! Try awesome new recipes and stay on your diet.

I went on the South Beach Diet in November 2005. In one year I went from weighing 280 lbs to weighing 215! My cholesterol went from 221 to 141, and my blood pressure went from 150/100 to 117/77 (with NO drugs). Also I lost 6 inches around my waist. It went from 42 inches to 36. As of May 2008, I currently weigh 212 (at 5' 11") and am trying to work my way to 195 now. I own all of the books and am one of the biggest advocates of the diet. I would recommend this book to anyone!

I own all of the South Beach Diet cookbooks & use them as my core resource when I want healthy meals that include whole grains, fresh vegetables & fruit, and dishes that taste fantastic. The Holiday Cookbook is an older publication date but the recipes in it are wonderful. I wanted menus specifically for events and this cookbook delivers exactly that!

found some good recipes.

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