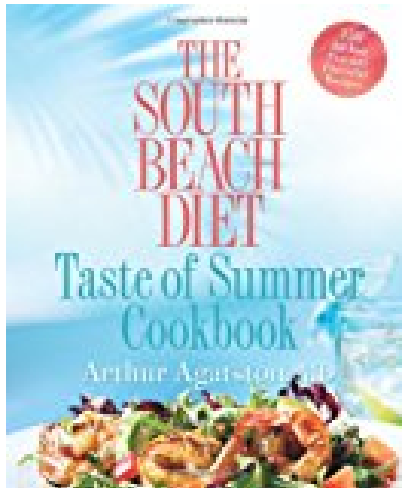


# The South Beach Diet Taste of Summer Cookbook

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## BOOK DETAILS

- Author : Arthur Agatston M.D.
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1594864454

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## BOOK 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 Floridas popular South Beach--and other warm climates around the world. Whatever phase of the diet youre on, youll 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 whats freshest in the season. Youll 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.

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