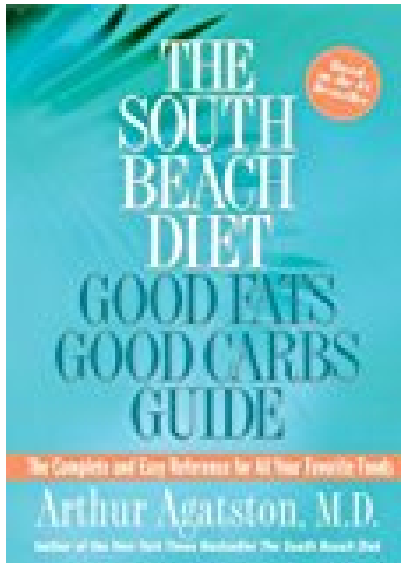


The South Beach Diet Good Fats Good Carbs Guide The Complete and Easy Reference for All Your Favorite Foods



BOOK DETAILS

- Author : Arthur Agatston
- Pages : 160 Pages
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BOOK SYNOPSIS

A quick-reference guide to food selections for those following the South Beach diet plan, with tips on handling difficult eating situations.

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