

**The South Beach Diet Dining Guide: Your Reference
Guide To Restaurants Across America By Arthur
Agatston**

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Eating out often can be a recipe for weight gain if you re not careful. Creator of the South Beach Diet, Dr. Arthur Agatston, feels that the more meals you eat

South beach diet dining guide | livestrong.com

Aug 15, 2013 The South Beach Diet is a low-carbohydrate eating plan with flexible food choices that permit dining out within certain easy-to-follow guidelines.

Dining out on healthy mediterranean food - the

Mediterranean restaurants, such as those offering Greek, Turkish, Israeli, or Lebanese cuisine, are great choices for those on the South Beach Diet.

Arthur agatston (author of the south beach diet)

Arthur Agatston, M.D., is a Dr. Agatston developed the South Beach Diet to help his cardiac and Your Reference Guide to Restaurants Across America 3.45 of 5

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Phase 1 of the South Beach Diet: Learn how to start on the South Beach The fresh seafood options and unbeatable views make dining on the coast yet another

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Restaurants and the south beach diet | prevention

Because the South Beach Diet is designed to be practical and user-friendly, it's easy to stick to the rules even if you often eat at restaurants.

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Fast food restaurants that are south beach diet

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Dining out on south beach diet - cbs news

Agatston joined The Early Show Friday to discuss his book, "The South Beach Diet Dining Guide," and to offer tips on how to dine out the right way.

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