



# **The South Beach Diet Parties and Holidays Cookbook: Healthy Recipes for Entertaining Family and Friends**

*Arthur Agatston*

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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

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