



The South Beach Snacks Cookbook: On the Go South Beach Snacks Ready in Minutes

Stephanie Diaz

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The South Beach Diet targets carbohydrate consumption and is meant to cut down your sugar cravings and kick start your weight loss. But where to begin? Getting on the South Beach Diet is a step in the right direction as far as leading a healthy lifestyle is concerned. However, that is just the beginning because being able to follow the diet plan is the main part. This means that you have to stick to the foods allowed in the different phases and leave out the ones that are prohibited. One way of doing this successfully is knowing what food you can snack on.

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