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200 Delicious Recipes Ready In 30 Minutes Or  
Less**

**By Arthur Agatston**

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South Beach focuses on choosing good carbs and good fats in a 3-phase process. It may aid rapid weight loss, but it may be hard to follow long-term.

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<http://www.prevention.com/weight-loss/diets/south-beach-diet-weight-loss-0>

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<http://www.southbeachdiet.com/sbd/publicsite/market/Books.aspx>

Millions have lost weight and changed their lives following the South Beach Diet. Learn how to eat right, eliminate cravings and lose weight.

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<http://www.webmd.com/diet/south-beach-diet-what-it-is>

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The South Beach Diet is a popular diet developed by Arthur Agatston and promoted in a best-selling 2003 book. It emphasizes eating high-fiber, low-glycemic

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