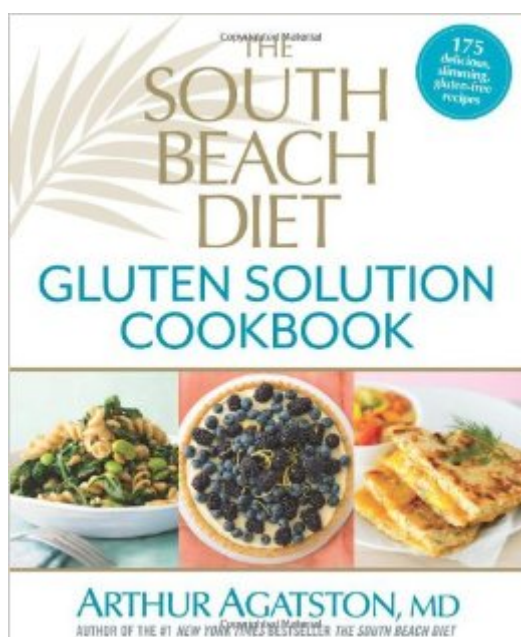


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# The South Beach Diet Gluten Solution Cookbook: 175 Delicious, Slimming, Gluten-Free Recipes



## Synopsis

With The South Beach Diet, Dr. Arthur Agatston ended the low carb versus low fat debate and educated the country about healthy carbs and fats. In The South Beach Diet Gluten Solution, he cleared up the confusion surrounding gluten and helped people find their own gluten threshold (what he calls becoming gluten aware). Now he clarifies another matter: Gluten-free eating does not mean you have to sacrifice flavor or good nutrition. The South Beach Diet Gluten Solution Cookbook makes creative use of gluten-free ingredients in 175 recipes that will please even the most discerning palates. Mouth-watering dishes like Bacon and Pecan Breakfast Biscuits, Vegetable Quiche with Spinach Crust, Johnnycake Chicken Sandwiches, Shrimp and Chicken Pad Thai, Summer Berry Tart, and Cashew-Butter Cookies will more than satisfy the heartiest (and healthiest) of appetites. And with more than half of the recipes taking 30 minutes or less from start to finish, this book is perfect for the busiest of cooks. Unlike the recipes found in many gluten-free cookbooks, those in The South Beach Diet Gluten Solution Cookbook are free of highly refined flours, sugars, and artery-clogging saturated fats but are still packed with plenty of flavorful ingredients. Even readers who aren't gluten-free 100 percent of the time will enjoy reaping the health rewards of these diet-friendly and delicious dishes.

## Book Information

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## Customer Reviews

Arthur Agatston, MD, is a preventative cardiologist and the creator of the bestselling The South Beach Diet series. He has authored numerous scientific articles and is frequently quoted in the

media on diet and health. He maintains a cardiology practice in Miami Beach, where he lives with his wife.

I bought Dr. Agatston's South Beach Diet Gluten Solution book a while ago and it taught me a lot about gluten sensitivity. In fact, I feel so much better now that I've become gluten aware--less brain fog and more energy for starters! So I've been excitedly waiting for The South Beach Diet Gluten Solution Cookbook, which I received recently and can highly recommend. If you want eat to great--and lose weight--while eliminating or cutting back on gluten, this is the cookbook for you. Not only are the 175 recipes, from breakfasts to desserts, all gluten-free and delicious, they are also designed to be diet-friendly, something a lot of other gluten-free cookbooks, which use butter and white rice flour for example, don't pay attention to. I particularly love the fact that more than half of the recipes in the book can be made in 30 minutes or less and that there's a useful glossary of gluten-free foods that includes information on some gluten-free flours, like teff flour and sorghum flour, which I wasn't familiar with. I also love that many of the recipes have "variations," which let you make easy changes to achieve different recipes. An example is the Slow-Cooker Pulled Beef recipe (page 186), which can be engineered into Beef Tostadas; Quick Beef Soup; Beefy Pasta; or Sloppy Joes. This is a great way for busy cooks like me to get lots mileage out of our cooking efforts. I also made the Tofu-Mushroom Lasagna, which actually uses extra-firm tofu to replace the usual wheat pasta. When I served this dish to guests, they had no idea they were eating tofu. So whether you are sensitive to gluten, planning a "wheatless Wednesday," or simply want another wonderful cookbook for your collection, I think this book is a great choice. It certainly will help when you invite someone over for dinner and they say, "Yes, I'd love to come to dinner, but I can't eat wheat."

My body operates so much better on lower carb fare... part of it is gluten intolerance! I've known I was gluten intolerant for about two years and it is really tough to find replacements for some of my favorite things... low carb tortillas, etc. There are some great GF substitutes out there, but they are all really high carb. I am really excited to try baking some of the breads in this book. NOTE: There is really not much for Phase 1, because Phase 1 is naturally wheat/grain free, This is more for the Phase 2/3 lifestyle.

This is by far my favorite way to lose weight. The recipes are great and the food tastes delicious. I truly believe that the South Beach Diet is more of a lifestyle vs a diet. I have started on phase 1 a couple times over the years and have a lost a ton of weight doing so. I have also had good results

from phase 2 and 3 as well. I love these cookbooks and have made many of the recipes over the years. I always recommend this diet to people who want to lose weight and don't want a crazy fad diet that has you rollercoasting your weight . I have bought almost every single South Beach cookbook and have never been disappointed. The books are a hard cover and have held up extremely well ( one cook book was literally cooked on the stove and still works ). I have not made as many recipes out of this particular cookbook as I have with some of the other cookbooks. I bought this to see if it would help with some of my GI upset although when I do the South Beach Diet it usually resolves those issues anyways, especially because phase 1 cuts out carbs for the first 10-14 days. I cannot recommend these books enough to people. My only complaint as with any cookbook is that I wish it had pictures for every recipe however, there are plenty of high quality, color pictures which I think is helpful.

So happy I found this treasure book! I've been on the diet for 3 weeks now and have lost 8 pounds. I never thought of taking a sugar break, but doing so has really been beneficial and I really don't miss it at all. I have celiac disease, so when this GF version of the South Beach Diet came out, I had to get it! So happy I did!

useful information. i just followed a 1600 calorie diet. 4 meals a day at 400 calories each meal. i am cooking for one person. i microwave all my meals

There are some really good recipes in this book. It is hard to live gluten free but not so bad if you have the right cookbooks to help you through.

I was looking for a great low carb brownie recipe - there are many wonderful recipes here but not for a brownie - currently messing around and inventing my own... love the other recipes I have tried from this book though.

All the recipes are interesting and good. I love the fact that they are gluten free so I don't have to change anything in the recipe.

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