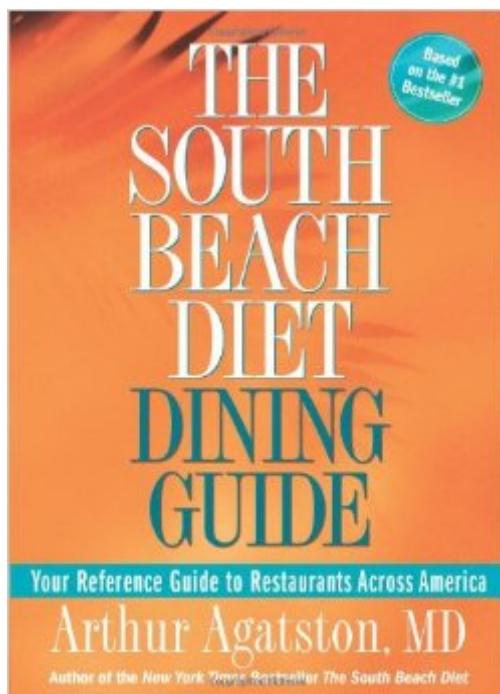


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The South Beach Diet Dining Guide: Your Reference Guide To Restaurants Across America



Synopsis

Americans spend \$440 billion eating out at restaurants each year, and as the American culture is increasingly on the go, we let diets fall by the wayside as we fuel up on fast food and convenience foods. Now, with The South Beach Diet Dining Guide, Arthur Agatston, M.D. will give dieters a trusted resource to keep them on track wherever they go. The first part of the book features listings of over 75 of the most popular chain and family restaurants in America, including mall and airport listings. For each entry, the book provides an editorial overview and specific menu recommendations and nutritional information. The South Beach Diet Dining Guide focuses on what you can eat, not what you should avoid! The second part of the book covers suggestions on what to eat from different ethnic food categories, such as French, Italian, Mexican, Spanish, Indian, and Japanese. A bonus section for the business traveler will include an editorial overview and menu suggestions from South Beach-friendly restaurants in 15 of the most well-traveled cities: New York; Los Angeles; San Francisco; Boston; Chicago; Atlanta; Dallas; Cleveland; New Orleans; Kansas City; Minneapolis; Miami; Washington, DC; St. Louis; and Las Vegas.

Book Information

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Customer Reviews

Like to eat out and on The South Beach Diet? This book will help you! It's an American tradition to enjoy the company of others as you chit-chat about life at your favorite local restaurant. Whether it's fast food, casual dining, or upscale business dining that you prefer, the social atmosphere of eating

out is an ingrained part of our society. But what do you do when you are on a low-carb program like The South Beach Diet? Is there any way to stay on the program when you go out to a restaurant? You bet there is and The South Beach Diet Dining Guide is going to help you do it! This handy little restaurant reference guide is PERFECT for people following The South Beach Diet who are wanting to know what they can eat when they are out with friends, family, or clients. Covering over 75 popular restaurant chains of all types, including some local upscale family restaurants in America's most popular cities, The South Beach Diet Dining Guide will not lead you astray from the tried and true principles that Dr. Arthur Agatston outlines for you in his popular program. I like the way each type of restaurant is featured at the beginning of the book (i.e. Italian, Mexican, Japanese, Pizza) with clear instructions about what you should select when visiting the restaurant as well as what you should avoid. Especially for people who are new to The South Beach Diet, this invaluable wisdom from Dr. Agatston will pay big dividends for you in the long run if you learn how to incorporate this way of eating into your life now. Someday it'll become automatic for you! Each restaurant is listed in alphabetical order in the book which provides specific recommendations for the various phases of The South Beach Diet depending on which one you are following.

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