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The Official South Beach Diet Weight Loss Plan

Refried Beans, Canned, Fat Free Soybeans Split Peas White Beans Alcoholic Beverages No More Than 2 Servings Per Week Light Beer. 12 Oz Red Or White Wine, Dry, 4 Oz Bourbon, 1.5 Oz • Gin, 1.5 Oz Rum, 1.5 Oz Sake, .5 Oz Tequila. 1.50z Vodka, 1.5 Oz Free Foods Serving Size ... Apr 1th, 2024

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Beach Diet. Potato Type: The Type Of Potato You Eat Is Also A Big Factor In All Of This. Red-skinned Potatoes Are Highest In Carbs. White-skinned Are Better. New Potatoes, Better Yet-in Every Vegetable Or Fruit, The Younger When Picked, The Lower The Carb Count. If You Must Indulge, Do Apr 4th, 2024

South Beach Diet Phase 2

28-day Eating Plan That Increases Satisfaction, Decreases Appetite And Makes It Easy To Lose Weight And Keep It Off. As This New Book Reveals, You Can Boost Your Metabolism And Burn 100-500 More Calories Per Day By Putting Your Body Safely Into Fat-burning Mode With A Diet That's More FI Feb 4th, 2024

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