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Pound; Preferably All-natural, Low-fat (less Than 6 Grams Fat Lower-sodium, Nitrite-
• And Nitrate-free • Chicken Breast, Regular, Smoked Or Peppered • Ham, Boiled
And Natural Uncured Smoked (avoid Sugar-cured, Maple-cured, And Honey-baked)
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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. 1.5oz
Vodka, 1.5 Oz Free Foods Serving Size ... Jan 4th, 2024

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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 Mar 17th, 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 Jan 15th, 2024

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Sample Meal Plans For Phase 1 And Phase 2 Of The South Beach Diet, To Give You A Snapshot Of What A Typical Day Might Seem. Phase 1 Daa Daa MuestraPhase 2 Shows There Are Hundreds Of Recipes Available For All Three Phases Of The South Beach Diet, Including Many Wit Feb 5th, 2024

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