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# **The South Beach Diet: Good Fats Good Carbs Guide By None**

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If a food is on the plan s "Foods to Avoid" list you should not eat it, even if it is foods that rank low on the Glycemic Index and are prepared in a healthy way.

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### **The south beach diet: good fats, good carbs guide,**

The South Beach Diet: Good Fats, Good Carbs Guide. Author(s): Arthur Agatston. List Price: \$7.99  
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South Beach focuses on choosing good carbs and good fats in Their findings suggested that none of the four diet plans "The South Beach Diet Supercharged

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Atkins who? Hello, South Beach! I have tried dozens of various protein/meal replacement/snack bars, and after a while they all tend to taste about the same.

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