

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# South Beach Diet

F E W I E Q H T H T V P V P Z F Y E D Y C U Z F  
I T S S X J M Y W T R Y Z B E I P X E I W B O Z  
N K U I E Q V K U M M T Q R H E G K S B W M P B  
D X F Q C G E V B Z O X S T I J P A J Z Q I W P  
R Q J N T R A P E F Z D S G N I V A R C O N G D  
F C E A M T E T P E M B V B T Z Z V Q P S I R V  
Q O K S I B H X S E V E V A J M D G C G V J O Z  
U N G W B J T Y E E H R X J U U B L V T N V S D  
C E R M T J K K S O E I D B R J V Q Z D D W L K  
R N Y C T S Q X J K N R L N T V N I E T O R P F  
S H O T Z K N M J L X W H D O P S Q D W U U U A  
N M E T F B L O O X N D U T J T L K S D U B J S  
W T M T S S U G V H F P G Q O Q H U V W K N K T  
D K Y M A A N T E P L R B C Q Y Y U Y T X W L W  
L Y T M G F G W R R F N R S T Q B Q N H M O E E  
F T O L I C A A U X A F V O J W H R H G E D V I  
C K C Q X M Q O Z L I H I X S V J K S X R Q O G  
H K H U D S A H I B F E V F I J L R R N E Y Q H  
T P N F U C O M P L E X R E C I P I E S A Q M T  
Z I K I Q F T K E S P K P M A F R S U P S R H L  
T B B R E E A D S T U H C C S Q A H M Z B J R O  
P O F A W N Y X P F K O O M I G C V U U P B B S  
W F A O D E D H E K J M F J D B A G R Y U J B S  
H Y T F K B U W U E X P E N S I V E S K C S O J

fast weight loss

complex recipies

three stages

no cravings

no exercise

not hungry

expensive

protein

agaston

fat