

# Kraft South Beach Diet Recipe Sampler

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SOUTH BEACH RECIPES. by squirrelwolfs This recipe is from the South Beach Diet Message Boards. by flutemom02 This is a Kraft recipe,

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Even if you're not one of the millions of Americans following The South Beach Diet Find these recipes and more in the Kraft South Beach Diet Recipe Sampler in

Whether you want to lose weight or just maintain, create meals based on these healthy eating principles of the South Beach Diet: Vegetables, fruits, and legumes are

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SB Diet Message Boards. South Beach Diet Plan Beginner's Guide. Kraft South Beach Products. I bet you could search for a recipe for a bar you can take with you.