

South Beach Diet Meal Plan

Phase 1 (first 2 weeks)

South Beach breakfast:

Protein: unlimited amount
Vegetables: ½ cup minimum
Fat: 1 tsp mayo or oil
Milk, Fruit, Starch: none

South Beach Lunch:

Protein: unlimited amount
Vegetables: 2 cups minimum
Fat: 1 Tbsp mayo or oil
Milk, Fruit, Starch: none

South Beach Dinner:

Protein: unlimited amount
Vegetables: 2 cups minimum
Fat: 1 Tbsp mayo or oil
Milk, Fruit, Starch: none

Snack: required. Choose from protein or vegetable list or eat nuts from fats list.

In addition to avoiding milk, fruits and starch in Phase 1, also avoid:
vegetables: beets, carrots, corn, white potato, tomato, sweet potato, yams.
alcohol of any kind allowed, including beer and wine
regular ketchup and cocktail sauce
caffeine-containing beverages (limited to 1 serving (8 ounces) per day)

Phase 2 (weeks 3 until goal weight achieved)

South Beach breakfast:

Protein: unlimited amount
Vegetables: ½ cup minimum
Fruit: 1 serving allowed daily*
Starch: 1 serving allowed daily*
Milk: 1 to 1 ½ cups allowed daily
Fat: 1 tsp mayo or oil

South Beach Lunch:

Protein: unlimited amount
Vegetables: 2 cups minimum
Fruit: 1 serving allowed daily*
Starch: 1 serving allowed daily*
Milk: 1 to 1 ½ cups allowed daily
Fat: 1 Tbsp mayo or oil

South Beach Dinner:

Protein: unlimited amount
Vegetables: 2 cups minimum
Fruit: 1 serving allowed daily*

Starch: 1 serving allowed daily*

Milk: 1 to 1 ½ cups allowed daily

Fat: 1 Tbsp mayo or oil

Snack: required. Choose from protein or vegetable list or eat nuts from fats list.

*Gradually increase Fruit and Starch to 3 servings daily.

Protein:

Beef, Poultry, Fish - lean cuts only

Beef: eye of round, top round, sirloin (including ground), tenderloin, top loin, top round.

Poultry (skinless): cornish hen, turkey bacon (2 slices/day), turkey/chicken breast.

Seafood: all types of fish and shellfish.

Pork: boiled ham, canadian bacon, tenderloin.

Veal: chop, leg, cutlet, top round.

Lamb: center cut, chop, loin.

Lunchmeat: low-fat only or fat-free.

Eggs: egg whites and egg substitute as desired. The use of whole eggs is not limited at less than seven eggs a week unless otherwise directed by your doctor.

Vegetables — fresh, frozen or canned (no sugar added):

artichokes, asparagus, beans and legumes (black beans, butter beans, Garbanzo, kidney, lentils, Lima, Pigeon peas, soy beans, split peas), broccoli, cauliflower, celery, cucumbers, eggplant, greens(collard, turnip, kale), lettuce, mushrooms, onions, parsley, peppers, pickles, radishes, scallions, sea vegetables, snow peas, spinach, sprouts, squash, tomatoes, water chestnuts, zucchini.

Fats - to be served only once a day:

almonds — 15 (dry roasted recommended)

Brazil nuts — 4

cashews — 15 (dry roasted recommended)

flax seeds — 3 tablespoons

pecans — 15 (dry roasted recommended)

macadamia — 8 (dry roasted recommended)

peanut butter, natural — 2 tablespoons

peanuts — 20 small (may use dry roasted or boiled)

pine nuts (pignolia) — 1 ounce

pistachios — 30 (dry roasted recommended)

walnuts — 15 (dry roasted recommended)

seeds: pine nuts (pignolia), pumpkin, sesame, sunflower (1 ounce)

South Beach Diet Meal Plan, Phase 3

South Beach phase 3 meals —patterns stay the same as in phase 1, the meals are mainly made up of protein. Snacks are eliminated in exchange of a little more indulgence at mealtimes. In phase 3 all food groups are allowed focusing on foods made of complex carbohydrates and unsaturated fat and limiting foods with simple carbohydrates and saturated or hydrogenated fats.