

South Beach Diet Phase 1 Meal Planning

Lean Protein Foods: Lean meats, poultry, seafood and soy foods



-You can have any amount of allowed protein foods for any meal or snack.

Vegetables (including legumes): Non-starchy, either fresh, frozen or canned (no sugar)



- You are encouraged to eat a lot of vegetables
- For breakfast & snack: (at least) 1/2 cup each
- For lunch & dinner: (at least) 2 cups each

Fats: Monounsaturated or polyunsaturated oils

- You can only have limited amount
- For breakfast: 1 teaspoon
- For lunch and dinner: 1 tablespoon each



Dairy Foods: Low-fat or fat-free cheeses

- Limit yourself to 2 servings/day



Nuts: All nuts, peanut butter, flax seed

- For snack: limit to 1 serving/day



Coffee & Tea: Sugar-free or sweeten with artificial sweetener

- You can drink all you want



1 Beach Phase Recipe South

Kimball Hopson



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Soul Food Recipes From The Dirty South Kimball Hopson, 2011-04-26 Discover the unique flavors of the South here at Soul Recipes From The Dirty South There s a little something for everyone so why not come visit and explore our kitchen A collection of some of the most world famous southern and soul food recipes in one book Complete with some of the Hottest diets around and Healthy eating tips *The South Beach Diet Cookbook* Arthur Agatston, 2004-04-13 A companion to The South Beach Diet presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste outlining the diet s basic philosophies and sharing personal success stories **1 Dreamy Deal** S Thomas, J.

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