

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

Thomas Griffiths



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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.

Turner,2011-11 *Paleo Diet For Beginners: Top 30 Paleo Snack Recipes Revealed!* Scott Green,2015-06-27 No Ritos
Ingredients 3 4 cup almond flour 1 4 cup coconut flour 1 4 cup flax seeds 1 4 cup of butter 1 2 tsp salt 1 1 2 tsp chilli 1 2 tsp cumin 1 2 tsp paprika powder 1 egg 1 2 tsp garlic powder Instructions 1 Melt the butter and basically mix up all the ingredients together and knead it into a ball Take 2 sheets of baking paper lay the ball on one the other sheet on top and then flatten it out with a roller 2 Cut triangles with a knife Heat the oven to about 180C 350F and bake for about 10 minutes Keep an eye on them so they don t burn Turn the oven off and let them harden for about another 15 minutes Grab the book for more paleo recipes now **Prevention** ,2008-09 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets **Prevention** ,2008-07 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

The Oxford Encyclopedia of Food and Drink in America Andrew Smith,2013-01-31 Home cooks and gourmets chefs and restaurateurs epicures and simple food lovers of all stripes will delight in this smorgasbord of the history and culture of food and drink Professor of Culinary History Andrew Smith and nearly 200 authors bring together in 770 entries the scholarship on wide ranging topics from airline and funeral food to fad diets and fast food drinks like lemonade Kool Aid and Tang foodstuffs like Jell O Twinkies and Spam and Dagwood hoagie and Sloppy Joe sandwiches **Prevention** ,2008-08 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets Backpacker ,2004-06 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Prevention* ,2008-11 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets **Eat Fat, Lose Fat** Mary Enig,Sally Fallon,2004-12-16 A diet and nutrition book from a new perspective dispelling the myth that dietary fat is bad and shows that these saturated fats like coconut oil red meat and

butter are actually essential to weight loss and health Based on over two decades of research Eat Fat Lose Fat flouts conventional wisdom by revealing that vegetable oils such as corn and soybean are in large part responsible for our national obesity and health crisis while healthy fats such as those found in coconut oil may actually be the secret to long term wellness Filled with delicious coconut oil based recipes this book features three programs that help you get started eating healthy fats to lose weight and achieve good health for a lifetime If permanently losing weight while improving your health is a real goal I highly recommend Eat Fat Lose Fat Dr Joseph Mercola bestselling author of The No Grain Diet Dr Mary Enig and Sally Fallon are two of the most important voices in the wellness revolution Eat Fat Lose Fat is a must read Jordan S Rubin New York Times bestselling author of The Maker s Diet **Food and Nutrition, Volume 8** Dayle Hayes, Rachel Laudan, **Prevention** ,2008-10 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets Bicycling ,2008-07 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels *History of Modern Soy Protein Ingredients - Isolates, Concentrates, and Textured Soy Protein Products (1911-2016)* William Shurtleff; Akiko Aoyagi,2016-01-17 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 405 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books **Women's Health** ,2008-09 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style Vegetarian Times ,2004-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both *PC Mag* ,2005-04-26 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology Best Life ,2008-09 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Women's Health** ,2008-06 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style

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