

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

PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text.

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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 *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 **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

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