

## South Beach Phase Two

*Continue this phase until you reach your weight goal.*

### **Once daily**

1 serving of fruit

1 serving of starch (slowly increase to 2-3 daily)

1- 1.5 cups milk

### **Breakfast**

Protein: Quantity is not limited.

Vegetables: Minimum 1/2 cup.

Fat: 1 tsp olive oil (optional)

### **Lunch**

Protein: Quantity is not limited.

Vegetables: Minimum 2 cups.

Fat: 1 Tbsp olive oil or from Fats list

### **Dinner**

Protein: Quantity is not limited.

Vegetables: Minimum 2 cups.

Fat: 1 Tbsp olive oil or from Fats list.

*No refined flours or starches, bananas, fruit juice, pineapple, raisins, watermelon, sugar, carrot, corn, potato, beetroot, corn, fatty meat or cheese.*

*Limit caffeine to 1-2 servings/day.*

*Read labels carefully for added sugar, starch and total carbohydrates.*

## **PROTEINS**

### **BEEF**

- Eye of Round
- Ground beef:
  - Extra Lean (96/4)
  - Lean (92/8)
  - Sirloin (90/10)
- Tenderloin
- Top Loin
- Top Round

### **CHEESE**

(fat-free or low-fat)

- American
- Cheddar
- Cottage cheese,  
1-2% or fat-free
- Cream cheese  
substitute, dairy-free
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- String

### **EGGS**

- Whole
- Substitute

### **LAMB**

Remove visible fat:

- Center Cut
- Chop
- Loin

### **LUNCHMEAT**

- Fat-free or low-fat

### **MEAT SUBSTITUTES**

(soy based)

- Bacon - 2 slices/day  
< 3 gms fat/3 oz:
  - Burger
  - Chicken Patties
  - Chicken Nuggets
  - Hot Dogs
- Nat'l Peanut Butter -  
2 Tbsp
- Sausage Patty 1/day
- Seitan
- Soy Crumbles
- Soy Nuts - 1/4 cup
- Tempeh
- Yuba

### **PORK**

- Boiled ham
- Canadian bacon
- Loin
- Tenderloin

### **POULTRY** (skinless)

- Cornish hen

- Turkey bacon  
2 slices/day

- Chicken breast

- Turkey breast

### **SEAFOOD**

- All fish and shellfish

### **TOFU**

- Soft, low-fat or lite

### **VEAL**

- Chop
- Cutlet, leg
- Top round

## **VEGETABLES**

- Artichokes
- Asparagus
- Barley
- Beans, Green
- Beans, Italian
- Beans, Wax
- Beans or Legumes:
  - Black Beans
  - Black-eyed Peas
  - Butter Beans
  - Chickpeas
  - Pigeon Peas
  - Pinto
  - Red lentils
  - Soy Beans
  - Split Peas
- Broccoli
- Bok Choy
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Daikon
- Eggplant
- Lettuce
- Juice (6 oz/day)
  - Tomato
  - V-8
- Mushrooms
- Mustard Greens
- Okra
- Onion - Limit 1/2 day
- Peas, green
- Peppers
- Pickles - Dill
- Radishes
- Rhubarb
- Sauerkraut
- Snow peas
- Spinach
- Sprouts, Alfalfa
- Squash, Spaghetti

- Squash, Summer
- Yellow
- Zucchini
- Tomato – 1/serving

## **FRUIT**

- Apples
- Apricots-dried, fresh
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Mangoes
- Oranges
- Peaches
- Pears
- Plums
- Strawberries

## **FATS**

- Olive Oil
- Canola Oil
- Sparingly:*
- Corn
- Enova
- Grapeseed
- Safflower
- Soybean
- Other Fat Choices:*
- Avocado - 1/3 whole
- Guacamole - 1/2 cup
- Margarine
- Mayonnaise
- Olives - 15
- Salad Dressing -  
< 3 gm sugar/serv

## **NUTS**

- (one serving per day)
- Almonds - 15
- Brazil Nuts - 4
- Cashews - 15
- Pecans - 15
- Macadamia - 8
- Peanut Butter
  - Regular - 1 tsp
  - Natural - 2 Tbs
- Peanuts, 20 small
- Pine Nuts - 1 ounce
- Pistachios - 30
- Walnuts - 15
- Flax Seed - 3 Tbs

## **SEASONINGS**

- Spices with no

- added sugar
- Broth
- Extracts (vanilla, etc)
- Horseradish sauce
- Lemon Juice
- Lime Juice
- Pepper
- Sparingly:*
- Hot Sauce
- Salsa – 2 Tbs/day
- Soy Sauce - 1/2 Tbs
- Steak Sauce - 1/2 T
- Worcestershire - 1 T

## **DAIRY**

- 1% milk or soy milk
- Plain low-fat yogurt
- Fat-free half & half

## **STARCHES**

- Bagels, whole grain
- Bread
  - multigrain
  - oat and bran
  - rye
  - whole wheat
- Cereal - high-fiber,  
oatmeal (no instant)
- Pasta, whole wheat
- Pita- whole wheat
- Popcorn
- Potato, small, sweet
- Rice-brown, wild

## **TREATS**

- (to 75 calories/day)
- Sugar free products  
made with sugar  
alcohols (isomalt,  
lactitol, mannitol,  
sorbitol or xylitol)
- Chocolate -  
bittersweet
- Pudding, fat- &  
sugar-free

## **SUGAR**

### **SUBSTITUTES**

- Acesulfame K
- Fructose,  
to 75 cal/day
- Nutrasweet (Equal)
- Saccharin
- Sucralose (Splenda)
- Stevia