

South Beach Diet

South Beach Diet - Meal Plans

Maintaining weight is an ongoing battle everyone faces. One of many diets is the South Beach Diet.¹ The book recommendation is in 3 phases. Following are meal plans for phase 1.²

Phase 1 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * 2 Vegetable Quiche Cups, Decaffeinated coffee

Snack: 1 part-skim mozzarella cheese stick

Lunch: Sliced grilled chicken breast on romaine, * 2 Tbsp Balsamic Vinaigrette, or Sugar-free flavored gelatin

Snack: Celery stuffed with 1 wedge Laughing Cow Light Cheese

Dinner: * Grilled Salmon with Rosemary, Steamed asparagus, Tossed Salad (mixed greens, cucumbers, green peppers, cherry tomatoes)

Dessert: * Lemon zest ricotta crème

Phase 2 Meal Plan

Breakfast: 6 oz tomato juice, ¼- ½ liquid egg substitute, 2 slices Canadian bacon, Decaffeinated coffee

Snack: * 1-2 Turkey Roll-ups, * 2 Tbsp Cilantro Mayonnaise

Lunch: * South Beach Chopped Salad with Tuna, Sugar-free gelatin dessert

Snack: Celery stuffed with 1 wedge Laughing Cow Light Cheese

Dinner: Baked Chicken breast, * Roasted Eggplant & peppers, Tossed salad (mixed greens, cucumbers, green peppers, cherry tomatoes), * 2 Tbsp balsamic Vinaigrette or low-sugar prepared dressing

Dessert: * Mocha Ricotta crème

Phase 3 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * Easy Asparagus and mushroom omelet, Decaffeinated coffee

Snack: 1 part-skim mozzarella cheese stick

Lunch: * Dilled Shrimp Salad with her-dill Dressing, Sugar-free flavored gelatin dessert

Snack: * 1-2 Ham Roll-ups, * 2 Tbsp Cilantro Mayonnaise

Dinner: Broiled sirloin steak, steamed broccoli, Broiled Tomato, * Surprise South Beach Mashed “Potatoes”

Dessert: Almond Ricotta crème

Phase 4 Meal Plan

Breakfast: 6 oz tomato juice, Eggs Florentine (1 poached egg served on ½ cup spinach sautéed in olive oil), 2 slices Canadian bacon, Decaffeinated coffee

Snack: Celery stuffed with 1 wedge laughing Cow Light Cheese

Lunch: Chefs salad (at least 1 oz each ham, turkey and low-fat cheese on mixed greens), Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

Snack: Up to 10 cherry tomatoes stuffed with ½ cup low-fat cottage cheese

Dinner: * Orange Roughy in Scallion & ginger sauce, Steamed snow peas, shredded cabbage sautéed in olive oil

Dessert: * Mocha Ricotta crème

Phase 5 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * Western Egg White Omelet, Decaffeinated coffee

Snack: * 1-2 Turkey Roll-ups, * 2 Tbsp Cilantro Mayonnaise

¹ Recipes and menus for weight control referenced in this section are directly from the book, “The South Beach Diet”, authored by Arthur Agatston, MD. ISBN # 1-57954-824-8, 2004.

² NOTE: Items with an * indicate there’s a recipe available

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Lunch: * Gazpacho, Grilled sirloin hamburger steak (no bun), Tossed salad (mixed greens, cucumbers, green peppers, cherry tomatoes, Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing)
Snack: Cucumber rounds with salmon spread
Dinner: * Balsamic Chicken, * Stewed Tomatoes and onions, Steamed spinach, Tossed Salad (mixed greens, cucumbers, green peppers, cherry tomatoes), Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing
Dessert: * Almond Ricotta crème

Phase 6 Meal Plan

Breakfast: 6 oz tomato juice, scrambled eggs with fresh herbs and mushrooms, 2 slices Canadian bacon, Decaffeinated coffee
Snack: 1 part-skim mozzarella cheese stick
Lunch: Chicken Caesar salad (no croutons), 2 Tbsp prepared Caesar dressing
Snack: ½ cup low-fat cottage cheese with ½ cup chopped tomatoes and cucumbers
Dinner: Mahi mahi, * Oven Roasted Vegetables, , Arugula salad, 2 Tbsp balsamic Vinaigrette or low-sugar prepared dressing
Dessert: * Lemon Zest Ricotta crème

Phase 7 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * Smoked Salmon Frittata, Decaffeinated coffee
Snack: Celery stuffed with 1 wedge laughing Cow Light Cheese
Lunch: * Crab Cobb salad, Sugar-free flavored gelatin dessert
Snack: 2 slices low-fat mozzarella cheese with 2 slices fresh tomato sprinkled with Balsamic vinegar, olive oil and freshly ground black pepper
Dinner: * Marinated London Broil, * Spinach-stuffed mushrooms, * Surprise South Beach Potatoes, Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing.
Dessert: * Lime Zest Ricotta crème

Phase 8 Meal Plan

Breakfast: * Light Spinach Frittata with Tomato Salsa, Decaffeinated coffee
Snack: 1 part-skim mozzarella cheese stick
Lunch: Sliced steak (leftover London Broil) on mixed greens, 2 Tbsp Balsamic Vinaigrette or 2 Tbsp low-sugar dressing, sugar-free flavored gelatin
Snack: * Hummus with raw vegetables (store bought Hummus is OK)
Dinner: * Savory Chicken, * Surprise South Beach Potatoes, Fresh steamed green beans, Boston lettuce and pecan salad, Olive oil and vinegar to taste
Dessert: * Vanilla Ricotta crème

Phase 9 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * 2 Vegetable Quiche Cups, Decaffeinated coffee
Snack: * 1-2 Turkey Roll-ups, * 2 Tbsp Cilantro Mayonnaise
Lunch: * Greek Salad Sugar-free flavored gelatin
Snack: Celery stuffed with 1 wedge Laughing Cow Light Cheese
Dinner: * Fish Cabobs, * Oven Roasted Vegetables, Sliced English cucumber with olive oil
Dessert: * Lemon zest ricotta crème

Phase 10 Meal Plan

Breakfast: 6 oz tomato juice, Egg white omlet with Chopped Canadian bacon and mushrooms, Decaffeinated coffee
Snack: 1 wedge laughing Cow Light Cheese
Lunch: * Salad Nicoise
Snack: ½ cup low-fat cottage cheese
Dinner: * Cracked Pepper Steak, * Broild Tomato with Pesto, steamed broccoli, Mixed field greens, 2 Tbsp

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balsamic Vinaigrette or low-sugar prepared dressing

Dessert: * Almond Ricotta crème

Phase 11 Meal Plan

Breakfast: 6 oz tomato juice, * Cheesy Frittata, Decaffeinated coffee

Snack: * 1-2 Turkey Roll-ups, * 2 Tbsp Cilantro Mayonnaise

Lunch: * Gazpacho, Grilled sirloin hamburger steak (no bun), Tossed salad (mixed greens, cucumbers, green peppers, cherry tomatoes, Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

Snack: Fresh Mozzarella cheese balls

Dinner: * Gingered Chicken Breast, Steamed snow peas, * Oriental Cabbage

Dessert: * Almond Ricotta crème

Phase 12 Meal Plan

Breakfast: 6 oz vegetable juice cocktail, * Broccoli and Ham Frittata, Canadian bacon, Decaffeinated coffee

Snack: 1 wedge laughing Cow Light Cheese

Lunch: * Chicken-Pistachio Salad

Snack: Fresh Mozzarella cheese balls

Dinner: * Poached Salmon w/Cucumber Dill Sauce, * Edamame Salad, * Broiled Tomatoes, steamed asparagus

Dessert: * Lemon Zest Ricotta crème

Phase 13 Meal Plan

Breakfast: Baked eggs in Canadian bacon cups, decaffeinated coffee

Snack: Celery stuffed with 1 wedge Laughing Cow Light Cheese

Lunch: * Poached Salmon Spinach Salad (leftovers), Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

Snack: * Hummus with raw vegetables (store bought Hummus is OK)

Dinner: * Grilled Steak with Tomato Relish

Dessert: * Mocha Ricotta crème

Phase 14 Meal Plan

Breakfast: * Artichokes Benedict , * Mock Hollandaise sauce, Decaffeinated coffee

Snack: * 1-2 Turkey Roll-ups, * 2 Tbsp Cilantro Mayonnaise

Lunch: Cottage cheese and chopped vegetables in red pepper cup

Snack: * Hummus with raw vegetables (store bought Hummus is OK)

Dinner: Grilled chicken breast with grilled vegetables and fennel or endive

Dessert: Sugar-free flavored gelatin dessert with a tablespoon fat-free frozen whipped topping or whipped cream with sugar substitute to taste.

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South Beach Diet - Shopping List

Week 1 shopping list:

Vegetables

- Asparagus (3 bunches)
- Avocado (2)
- Boston lettuce leaves
- Broccoli
- Cabbage (shredded)
- Cauliflower florets
- Caesar salad mix (no croutons, and low fat dressing)
- Celery
- Cilantro
- Cucumber (English 2)
- Cucumbers
- Egg plant
- Green beans (for 2 people)
- Green beans (tiny - ½ lb)
- Green peppers (4)
- lemon (fresh) (3)
- Limes (Fresh)
- minced garlic
- Mixed greens
- Mushrooms - (at least 8 large)
- Mushrooms, white / sliced
- Non fat dried milk
- Onion (1 - Bermuda)
- Onion (2 - red)
- Onions (yellow)
- Radishes
- Red bell pepper (3)
- Romaine lettuce (head)
- Romaine lettuce (package)
- Scallions (2 bunches)
- Snow peas
- Summer squash (2)
- Sun-dried tomatoes
- Tomatoes (Fresh - about 8-10)
- Tomatoes - plum (4)
- Tomatoes (Cherry - 3 boxes)
- Tomatoes - pear shaped (2)
- Yellow bell pepper (2)
- Zucchini (2)

Canned, Boxed & Baking goods

- ½ cup pitted black olives
- 6 oz cans of tomato juice
- 6 oz cans of V-8 juice
- Bacon bits

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- Balsamic vinaigrette (or ingredients to make): Extra virgin olive oil, Balsamic vinegar, Fresh thyme, Salt, Pepper, Fresh basil
- canned anchovies, drained
- Chicken Broth (fat free)
- Chicken bouillon (1/2 tsp)
- Crabmeat (1 6 oz can)
- Decaffeinated coffee
- Dijon mustard
- Espresso powder
- Evaporated milk
- Extra virgin Olive oil
- Hot pepper sauce
- Large can (for 2 ½ cupst) tomato juice
- lemon juice
- lime juice
- Mini chocolate chips (mini)
- parmesan cheese
- Reduced fat mayonnaise
- Soy sauce
- Sugar free flavored gelatin
- Sugar substitute
- Tuna (water packed) 3-4 cans
- Unsweetened coca powder
- Vanilla extract
- Vinegar
- water chestnuts (1/2 cup sliced)
- wide (red - dry)
- wine (white -Dry)
- Worcestershire sauce

Spices

- Almond extract
- Bay leaves
- fresh basil
- fresh dill
- Grated, fresh ginger (2 tsps)
- Marjoram
- minced garlic
- Mustard seeds
- Oregano (fresh)
- Parsley (Fresh)
- Pepper corns
- Pistachio nuts (1/2 cup finely ground)
- Red pepper flakes
- rosemary leaves (crushed, or dried)
- Rosemary leaves (fresh)
- Slivered, toasted almonds
- Sugar substitute

Cooler Sections

- Blue cheese (slab)
- Can't believe it's butter (spray)

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- Egg substitute
- Egg whites
- Eggs
- Fat free sour cream
- Feta cheese (1/2 cup) crumbled
- Hummus
- Land O'Lakes gourmet fat free half & half)
- Laughing Cow light cheese (several) wedges of it
- Liquid egg substitute
- Low fat cheese slices
- Low fat cottage cheese
- Monterey jack cheese (3/4 oz shredded reduced-fat)
- Mozzarella cheese sticks (1 part) skim
- Ricotta cheese (part-skim)
- Shredded reduced-fat (mozzarella) cheese
- Shredded reduced-fat (yellow) cheese
- Smart balance spread

Frozen Foods

- 5-6 boxes (10 oz) frozen spinach

Meats

- Beef tenderloins (2 4-6 oz each, about 1" thick)
- Canadian Bacon (1-2 lbs)
- Chicken Breasts (boneless, frozen)
- Fish: 1 lb fresh halibut, swordfish, salmon or tuna steak (1" thick)
- Fish: Orange Roughy
- Ham (Sliced) (low fat, sandwich slices)
- London Broil (1 - 1 ½ lbs)
- Mahi-mahi
- Salmon
- Salmon filets (2)
- Salmon spread
- Shrimp: 1 ½ lbs large shrimp, peeled and deveined
- Sirloin hamburger (for grilling)
- Sirloin steaks (4, 6 oz each)
- Turkey: Sliced turkey breast