

This diet plan is from the South Beach Diet book by Dr. Agatston. I created this so I can keep the printout handy and mix and match meals as my tastes and supplies allow. I also make substitutes as I see fit, trying to keep with the South Beach philosophy of healthy types of carbs and fats..

Page numbers refer to recipes printed in the Original South Beach Diet book (not the new recipe book).

South Beach Diet: Phase Two

Day	Breakfast	snack	Lunch	snack	Dinner	dessert
1	<ul style="list-style-type: none"> 1 cup fresh strawberries Oatmeal, old fashioned (1/2 cup mixed with 1 cup skim milk, 1 TBSP chopped walnuts and cinnamon. 	1 hard boiled egg	<ul style="list-style-type: none"> Mediterranean Chicken Salad (p 208) 	Pear w/ Neufchatel cheese	<ul style="list-style-type: none"> Spinach Stuffed Salmon (p 224) Vegetable Medley Salad 	Chocolate dipped strawberries
2	<ul style="list-style-type: none"> Berry Smoothie (Whey Smoothie with 1/2 cup berries.) 	1 hard boiled egg	<ul style="list-style-type: none"> Lemon Couscous Chicken (p 210) Tomato and Cucumber slices 	4 oz. low fat sugar free yogurt.*	<ul style="list-style-type: none"> Meatloaf (p 221) Steamed Asparagus Mushrooms sautéed with olive oil Sliced Bermuda onion and tomato 	sliced cantaloupe w/ 2 TBSP ricotta cheese
3	<ul style="list-style-type: none"> 1 cup high fiber cereal with 3/4 cup skim milk 1 cup strawberries 	Small apple w/ 1 TBSP peanut butter	<ul style="list-style-type: none"> Greek Salad (p 137) 	4 oz yogurt*	<ul style="list-style-type: none"> Herb Chicken (p 217) salad zucchini & yellow squash 	Pear w/ ricotta chz and walnuts
4	<ul style="list-style-type: none"> 1/2 fresh grapefruit 1 slice whole wheat toast topped w/ 1 ounce reduced fat cheddar cheese, broiled 	4 oz yogurt*	<ul style="list-style-type: none"> Chef's salad (at least 3 ounces meat or cheese) 	Small apple w/ Neufchatel cheese	<ul style="list-style-type: none"> Asian Chicken (p 219) cabbage salad (p 177) 	Almond Ricotta Crème

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5	<ul style="list-style-type: none"> Berry Smoothie 	1 hard boiled egg	<ul style="list-style-type: none"> Open Face Roast beef sandwich (3 oz beef, whole grain bread) 	4 ounces yogurt*	<ul style="list-style-type: none"> Stir Fry Chicken Salad 	½ cup sugar free vanilla pudding w/ ½ cup strawberries
6	<ul style="list-style-type: none"> 1 egg 1 whole wheat English muffin 	Small apple w/ 1 TBSP peanut butter	<ul style="list-style-type: none"> ¾ cup cottage cheese ¼ cantaloupe 4 whole wheat crackers sugar free jello 	Hummus w/ raw veggies	<ul style="list-style-type: none"> Chicken w/ wine (p 216) Spaghetti Squash (p 229) salad w/ walnuts 	Pistachio bark (p 241)
7	<ul style="list-style-type: none"> ¼ cantaloupe 1 slice toast w/ reduced fat cheese, broiled 	4 oz yogurt	<ul style="list-style-type: none"> Tomato stuffed tuna salad celery sticks 	Baba Ghannouj (p 239) Raw veggies	<ul style="list-style-type: none"> Marinated Steak (p 156) Green and yellow waxed beans Faux Mashed Potatoes (p 171) salad 	Cantaloupe w/ lime wedge
8	<ul style="list-style-type: none"> Sunrise Parfait (p 202) 	1 hard boiled egg	<ul style="list-style-type: none"> Apple walnut chicken salad (p 205) 	4 oz yogurt	<ul style="list-style-type: none"> Broiled Sole (p 225) Broiled tomato (p 173) salad 	Lemon Ricotta Crème
9	<ul style="list-style-type: none"> Eggs Florentine (p 192) 	Small apple with 1 TBSP peanut butter	<ul style="list-style-type: none"> Tomato Basil Couscous salad (p 209) 	4 oz yogurt	<ul style="list-style-type: none"> Salsa Chicken (p 218) salad 	Chocolate cups (p 242)

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10	<ul style="list-style-type: none"> Oatmeal pancake (p 201) 	Small apple w/ 1 TBSP peanut butter	<ul style="list-style-type: none"> Chicken & raspberry spinach salad (p 209) 	4 oz. yogurt	<ul style="list-style-type: none"> Meatloaf (p 221) Spaghetti squash 	Strawberries w/ splenda and dollop of fat free whipped cream.
11	<ul style="list-style-type: none"> 1 cup fresh strawberries 1 cup high fiber cereal w/ ¾ cup skim milk 	1 hard boiled egg	<ul style="list-style-type: none"> Turkey Tomato pita (3 oz turkey, 3 tomato slices, ½ cup lettuce, 1 tsp Dijon, whole wheat pita) 	4 oz yogurt	<ul style="list-style-type: none"> Cod en papillote (p 228) salad 	Baked apple
12	<ul style="list-style-type: none"> ½ grapefruit 1 egg 1 slice 7 grain bread low sugar jelly 	1 cheese stick (part skim mozz)	<ul style="list-style-type: none"> Tomato Soup (p 241) sirloin patty w/ tomato and onion in a whole wheat pita 	Baby Ghannouj (p 239) w/ raw veggies wrapped in lettuce leaf	<ul style="list-style-type: none"> Grilled chicken salad w/ Tzatzkiki sauce (p 231) asparagus salad 	Fresh pear w/ ricotta cheese and walnuts
13	<ul style="list-style-type: none"> 1 cup blueberries 1 egg oatmeal (old fashioned ½ cup) 	4 oz yogurt	<ul style="list-style-type: none"> Tuna salad (3 oz tuna) w/ lettuce and veggies in a whole wheat pita 	1 cheese stick, part skim mozz	<ul style="list-style-type: none"> Pan roasted steak (p 220) South beach salad (p 232) steamed broccoli 	Chocolate dipped strawberries
14	<ul style="list-style-type: none"> 6 oz V8 2 eggs 1 slice 7 grain bread 	4 oz yogurt	<ul style="list-style-type: none"> Portobello pizza (p 221) 	Small apple w/ 1 wedge laughing cow cream cheese	<ul style="list-style-type: none"> Grilled salmon couscous white asparagus salad (p 236) 	Fresh strawberries with lime zest ricotta crème

- Yogurt should be sugar free and low fat
- Bread should always be whole grain, no sugar added.
- Salad dressing should be low carb, with healthy fats like olive oil, not hydrogenated oils!
- Be creative with the salads, using different greens, use sunflower seeds or sliced almonds instead of croutons, add lots of veggies like tomatoes, cukes, peppers, etc. Carrots are not allowed, though!
- The Ricotta Crème recipes are basically reduced fat ricotta cheese blended with flavoring of your choice, like almond, lemon, coffee, chocolate, with a bit of splenda. It's a bit lumpy, but good anyway!