

SOUTH BEACH DIET - PHASE 1 Food List: Vegetables (Plus Foods to Avoid!)

VEGETABLES: (non-starchy)

artichoke hearts
artichokes, ½ medium
arugula
asparagus
bamboo shoots, canned
bok choy
broccoli
broccolini
broccoli rabe
Brussels sprouts
cabbage (green, Napa, red, Savoy)
cauliflower
celeriac root,* raw ½ cup
celery
chayote
cucumbers
daikon radish
eggplant
endive
escarole
fennel
fiddlehead ferns
grape leaves
greens (mustard, beet, chicory, collard, turnip or dandelion)
green beans
hearts of palm
Italian wax beans
jicama
kale
kohlrabi
leeks*
lettuce (all varieties)
mushrooms (all varieties)
okra
onions (red, white, yellow)*
parsley, chopped
peppers (all varieties)
radicchio
radishes
rhubarb
sauerkraut, 1 cup canned

seaweed, raw (kelp)*
seaweed, dried
(nori, spirulina), 2 Tbsp
shallots, raw 2 Tbsp
snap peas
snow peas
spinach
sprouts (alfalfa, bean, broccoli, lentil, radish or sunflower)
spaghetti squash
squash, yellow
Swiss chard
tomatillos
tomatoes, fresh
tomatoes: all varieties of
canned or jarred with ≤ 3 grams
of sugar per serving and no
added sugars, ½ cup
tomato juice, ½ cup
tomatoes, sun-dried, 2 Tbsp
vegetable juice blends, ½ cup
water chestnuts, ½ cup canned
watercress
wax beans
zucchini

**Indicates vegetables that are higher in carbohydrates and should be limited to one serving per day in Phase 1 - WonkyPie.com*

FOODS TO AVOID:

BEEF

- × Brisket
- × Rib steaks
- × Other fatty cuts

POULTRY

- × Chicken wings and legs
- × Duck

PORK

- × Honey-baked ham

VEAL

- × Breast

STARCHY VEGETABLES

- × Beets
- × Carrots
- × Corn
- × Green peas
- × Potatoes: white, sweet
- × Turnips
- × Yams

FRUIT

Avoid all fruits and fruit juices in Phase 1, including:

- × Apples
- × Apricots
- × Berries
- × Cantaloupe
- × Grapefruit
- × Peaches, Pears

STARCHES AND CARBS

- × Bread, all types
- × Cereal
- × Matzo
- × Oatmeal
- × Rice
- × Pasta
- × Pastries and baked goods

BEVERAGES

Avoid juices, juice cocktails, sodas, alcohol of any kind including beer and wine



***FACT:** Spinach is 91% water and 100% not chocolate

South Beach Diet Recipe New Hampshire

J Dewey



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Runner's World ,2004 New Hampshire Profiles ,1990 The South Beach Diet Quick and Easy Cookbook Arthur Agatston,2005-10-07 200 all new health conscious mouthwatering recipes that can be prepared in thirty minute or less from the 1 New York Times bestselling author of The South Beach Diet Our time strapped culture needs an effective plan for eating healthy meals at home again so Dr Arthur Agatston the founder of the South Beach Diet lifestyle created The South Beach Diet Quick and Easy Cookbook which features 200 delicious healthy and fast recipes that use ten or fewer ingredients and require 30 minutes or less of cooking time The South Beach Diet Quick and Easy Cookbook provides practical time saving tips and advice for how to eat well while staying on the plan with recipes such as Breakfast Buttermilk Waffles with Jam Savory Egg Ham and Cheese Crisps Fish Ginger Steamed Red Snapper Warm Salmon and Asparagus Salad Poultry Turkey Sausages with Kale and Chickpeas Chicken Breasts Stuffed with Spinach and Goat Cheese Beef Pork and Lamb Peppery Steak with Horseradish Cream Grilled Stuffed Veal Chops Salads Bulgur Cucumber and Mint Salad Crispy Tempeh Salad Sides Roasted Spicy Cauliflower Quinoa Pilaf And much more Phase designations and nutritional information are listed along with each recipe so you're always in control of what you're eating And with recipes accompanied by stunning full color photography The South Beach Diet Quick and Easy Cookbook is the perfect resource for busy weeknights and weekends for believers and newcomers alike Field & Stream ,1980-07 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *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 *Field & Stream* ,1980-12 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

Great American Eating Experiences National Geographic,2016 A guide to America's diverse food heritage offers a culinary tour of all fifty states covering everything from the best diner food in New Jersey to the top fish tacos and burritos in the West Catalog Food and Nutrition Information Center (U.S.),1974 **Field & Stream** ,1980-02 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **Field & Stream** ,1980-01 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *The South Beach Diet Plan - Lose Weight with This South Beach Diet Cookbook* Martha Stone,2016-10-15 Too many people are under the misconception that dieting means giving up the foods you love for bland tasteless or even

worse disgusting diet food The South Beach Diet plan however proves that you can consume food that is both healthy and delicious while still losing weight and improving your overall health and well being And The South Beach Diet Plan Lose Weight with this South Beach Diet Cookbook South Beach Diet Recipes for Everyday Life will help you achieve your health and weight loss goals by breaking down the plan in an easy to follow South Beach diet cookbook Inside the pages of this cookbook you will find 25 of the best South Beach Diet Recipes for all three phases of the diet Each recipe has been tested multiple times to ensure not only accuracy by for tastiness as well Furthermore every recipe included in this South Beach Diet plan cookbook includes a short description total preparation and cooking time and complete ingredient list The step by step instructions are written in a manner that anyone no matter what their cooking level can successfully recreate the recipes So what are you waiting for Start reading The South Beach Diet Plan Lose Weight with this South Beach Diet Cookbook South Beach Diet Recipes for Everyday Life today [Food and Nutrition Information and Educational Materials Center catalog](#) Food and Nutrition Information Center (U.S.),1976 **Popular Mechanics** ,1978-11 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle *Popular Mechanics* ,1981-09 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Field & Stream** ,1975-12 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **Field & Stream** ,1978-07 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *The South Beach Diet* Arthur Agatston,2003-04-05 A renowned cardiologist discusses the importance of understanding the glycemic index values of foods and presents a weight loss program that includes meal plans and recipes **Field & Stream** ,1984-05 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **Backpacker** ,2000-05 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 *Field & Stream* ,1979-11 FIELD STREAM America s largest outdoor sports

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