

2 Phase 2 Foods to Enjoy

Protein

Hot dogs (beef, pork, poultry, soy) can be enjoyed occasionally (once a week) if they are at least 97% fat-free (3-6 g fat per serving).

Rice cheese (look for varieties that have 6 g or less fat per ounce)

Fruit

Start with one serving daily, gradually increasing to up to three servings daily. Fresh, frozen, or canned without added sugar.

Apple— 1 small or 5 dried rings

Apricots — 4 fresh or 7 dried

Banana — 1 medium (4 oz.)

Blackberries — 3/4 cup

Blueberries — 3/4 cup or 2 Tbsp, dried

Boysenberries — 3/4 cup

Cactus pear fruit (prickly pear) — 1

Cantaloupe — 1/4 melon or 1 cup diced

Cherries — 12 or 2 Tbsp, dried

Clementines — 2

Elderberries — 1

Gooseberries — 3/4 cup

Grapefruit — 1/2

Grapes — 15

Honeydew melon — 1/8 melon or 1 cup diced

Kiwifruit — 1

Loganberries — 3/4 cup

Mandarin oranges — 2

Mango — 1/2 medium (4 oz.)

Mulberries — 3/4 cup

Nectarine — 1 small

Orange — 1 medium

Papaya, yellow or green — 1 small (4 oz.)

Peach — 1 medium

Pear — 1 medium

Plums — 2

Pomegranate seeds — from 1 medium pomegranate

Pomelo — 1/2

Prunes — 4

Raspberries — 3/4 cup

Strawberries — 3/4 cup

Tangelo — 1 small

Tangerines — 2

Dairy

2-3 cups allowed daily, including nonfat or low-fat plain yogurt.

Limit artificially sweetened low-fat or nonfat flavored yogurt to 6 oz. per day; avoid varieties that contain high-fructose corn syrup or any other added sugars.

Whole Grains and Starchy Vegetables

Start with one serving daily, gradually increasing to up to three or four servings daily. Unless otherwise stated, choose whole-grain products that have 3 g or more fiber per serving.

Whole Grains

Amaranth — 1/2 cup cooked

Bagel, small, whole-grain — 1/2 (1 oz.)

Barley — 1/2 cup cooked

Bread — 1 slice (1 oz.) — including homemade breads made with whole grains (buckwheat, whole wheat, spelt, whole oats, bran, rye). Choose 100% whole-grain products with 3 g or more

fiber per slice.

Multigrain (only if product says whole-grain)

Oat

Rye

Sprouted grain

Whole wheat

Buckwheat — 1/2 cup cooked

Cellophane noodles (mung bean threads) — 3/4 cup cooked

Cereal, cold (choose low-sugar with 5 g or more fiber per serving; serving sizes vary, so be sure to check the label to determine recommended amount)

Cereal, hot (choose whole-grain and slow-cooking varieties—not instant—with at least 3 g fiber and no more than 2 g sugar; serving sizes vary, so be sure to check the label to determine recommended amount)

Crackers, whole-grain (3 g or more fiber per 1-oz. serving and no trans fats)
— follow serving size on packaging for 1 serving

English muffin, whole-grain — 1/2 muffin (1 oz.), most contain 2.5 g fiber per half a muffin; varieties with 3 g fiber are the best choice

Faro — 1/2 cup cooked

Flour (including legume and nut flours)

Almond meal/flour

Amaranth flour

Barley flour

Black bean flour

Brown rice flour

Buckwheat flour

Coconut flour

Corn flour, corn meal

Southbeach Diet Recipe Phase Two

Richard Bailey



Southbeach Diet Recipe Phase Two:

Decoding **Southbeach Diet Recipe Phase Two**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Southbeach Diet Recipe Phase Two**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Southbeach Diet Recipe Phase Two

1. Understanding the eBook Southbeach Diet Recipe Phase Two
 - The Rise of Digital Reading Southbeach Diet Recipe Phase Two
 - Advantages of eBooks Over Traditional Books
2. Identifying Southbeach Diet Recipe Phase Two
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Southbeach Diet Recipe Phase Two
 - User-Friendly Interface
4. Exploring eBook Recommendations from Southbeach Diet Recipe Phase Two
 - Personalized Recommendations
 - Southbeach Diet Recipe Phase Two User Reviews and Ratings
 - Southbeach Diet Recipe Phase Two and Bestseller Lists

5. Accessing Southbeach Diet Recipe Phase Two Free and Paid eBooks
 - Southbeach Diet Recipe Phase Two Public Domain eBooks
 - Southbeach Diet Recipe Phase Two eBook Subscription Services
 - Southbeach Diet Recipe Phase Two Budget-Friendly Options
6. Navigating Southbeach Diet Recipe Phase Two eBook Formats
 - ePub, PDF, MOBI, and More
 - Southbeach Diet Recipe Phase Two Compatibility with Devices
 - Southbeach Diet Recipe Phase Two Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Southbeach Diet Recipe Phase Two
 - Highlighting and Note-Taking Southbeach Diet Recipe Phase Two
 - Interactive Elements Southbeach Diet Recipe Phase Two
8. Staying Engaged with Southbeach Diet Recipe Phase Two
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Southbeach Diet Recipe Phase Two
9. Balancing eBooks and Physical Books Southbeach Diet Recipe Phase Two
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Southbeach Diet Recipe Phase Two
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Southbeach Diet Recipe Phase Two
 - Setting Reading Goals Southbeach Diet Recipe Phase Two
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Southbeach Diet Recipe Phase Two
 - Fact-Checking eBook Content of Southbeach Diet Recipe Phase Two
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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