

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

Kathleen Armour



South Beach Diet Recipe New Hampshire:

The book delves into South Beach Diet Recipe New Hampshire. South Beach Diet Recipe New Hampshire is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into South Beach Diet Recipe New Hampshire, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to South Beach Diet Recipe New Hampshire
 - Chapter 2: Essential Elements of South Beach Diet Recipe New Hampshire
 - Chapter 3: South Beach Diet Recipe New Hampshire in Everyday Life
 - Chapter 4: South Beach Diet Recipe New Hampshire in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of South Beach Diet Recipe New Hampshire. This chapter will explore what South Beach Diet Recipe New Hampshire is, why South Beach Diet Recipe New Hampshire is vital, and how to effectively learn about South Beach Diet Recipe New Hampshire.
 3. In chapter 2, the author will delve into the foundational concepts of South Beach Diet Recipe New Hampshire. This chapter will elucidate the essential principles that need to be understood to grasp South Beach Diet Recipe New Hampshire in its entirety.
 4. In chapter 3, the author will examine the practical applications of South Beach Diet Recipe New Hampshire in daily life. This chapter will showcase real-world examples of how South Beach Diet Recipe New Hampshire can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of South Beach Diet Recipe New Hampshire in specific contexts. The fourth chapter will explore how South Beach Diet Recipe New Hampshire is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about South Beach Diet Recipe New Hampshire. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of South Beach Diet Recipe New Hampshire.

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Table of Contents South Beach Diet Recipe New Hampshire

1. Understanding the eBook South Beach Diet Recipe New Hampshire
 - The Rise of Digital Reading South Beach Diet Recipe New Hampshire
 - Advantages of eBooks Over Traditional Books
2. Identifying South Beach Diet Recipe New Hampshire
 - 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 South Beach Diet Recipe New Hampshire
 - User-Friendly Interface
4. Exploring eBook Recommendations from South Beach Diet Recipe New Hampshire
 - Personalized Recommendations
 - South Beach Diet Recipe New Hampshire User Reviews and Ratings
 - South Beach Diet Recipe New Hampshire and Bestseller Lists
5. Accessing South Beach Diet Recipe New Hampshire Free and Paid eBooks
 - South Beach Diet Recipe New Hampshire Public Domain eBooks
 - South Beach Diet Recipe New Hampshire eBook Subscription Services
 - South Beach Diet Recipe New Hampshire Budget-Friendly Options
6. Navigating South Beach Diet Recipe New Hampshire eBook Formats
 - ePub, PDF, MOBI, and More
 - South Beach Diet Recipe New Hampshire Compatibility with Devices
 - South Beach Diet Recipe New Hampshire Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of South Beach Diet Recipe New Hampshire
 - Highlighting and Note-Taking South Beach Diet Recipe New Hampshire
 - Interactive Elements South Beach Diet Recipe New Hampshire

8. Staying Engaged with South Beach Diet Recipe New Hampshire
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers South Beach Diet Recipe New Hampshire
9. Balancing eBooks and Physical Books South Beach Diet Recipe New Hampshire
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection South Beach Diet Recipe New Hampshire
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine South Beach Diet Recipe New Hampshire
 - Setting Reading Goals South Beach Diet Recipe New Hampshire
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of South Beach Diet Recipe New Hampshire
 - Fact-Checking eBook Content of South Beach Diet Recipe New Hampshire
 - 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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