

2 Phase 2 Foods to Enjoy

6/8

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

Arthur Agatston, M.D.



Southbeach Diet Recipe Phase Two:

The South Beach Diet Supercharged Arthur Agatston, 2008-04-28 A follow up companion to The South Beach Diet outlines an exercise program that complements the diet's three phase system explaining how to combine core fitness techniques with cardiovascular exercise to bolster the metabolism

The South Beach Diet Parties and Holidays Cookbook Arthur Agatston, 2006-10-03 The bestselling diet phenomenon continues with The South Beach Diet Parties and Holidays Cookbook containing fabulous all new recipes for healthy delicious South Beach Diet friendly entertaining The famed Miami Beach cardiologist who has helped millions of people worldwide to lose weight and eat healthier with his best selling South Beach Diet books now addresses the special challenge that can undermine anyone's willpower the irresistible lure of diet busting dishes at festive occasions As the more than 20 menus and 150 easy all new recipes in this cookbook prove there's no need to give up favorite holiday and party dishes to stay on the South Beach Diet Dr Agatston explains that healthy entertaining is not a matter of deprivation but of simply making as many good choices as possible His new book provides those choices putting a healthy twist on favorite entertaining meals for every occasion whether it's a family Christmas Eve dinner a Thanksgiving feast a Passover Seder a football fest in front of the TV or a backyard barbeque with the neighbors You will also find practical tips and helpful and healthful hints throughout including make ahead suggestions ideas for nonalcoholic cocktails mocktails ways to use leftovers and more Plus 55 full page color photographs illustrate the finished dishes along with ideas for stylish table settings and centerpieces

The South Beach Diet Gluten Solution Cookbook Arthur Agatston, 2013-11-19 With The South Beach Diet Dr Arthur Agatston ended the low carb versus low fat debate and educated the country about healthy carbs and fats In The South Beach Diet Gluten Solution he cleared up the confusion surrounding gluten and helped people find their own gluten threshold what he calls becoming gluten aware Now he clarifies another matter Gluten free eating does not mean you have to sacrifice flavor or good nutrition The South Beach Diet Gluten Solution Cookbook makes creative use of gluten free ingredients in 175 recipes that will please even the most discerning palates Mouth watering dishes like Bacon and Pecan Breakfast Biscuits Vegetable Quiche with Spinach Crust Johnnycake Chicken Sandwiches Shrimp and Chicken Pad Thai Summer Berry Tart and Cashew Butter Cookies will more than satisfy the heartiest and healthiest of appetites And with more than half of the recipes taking 30 minutes or less from start to finish this book is perfect for the busiest of cooks Unlike the recipes found in many gluten free cookbooks those in The South Beach Diet Gluten Solution Cookbook are free of highly refined flours sugars and artery clogging saturated fats but are still packed with plenty of flavorful ingredients Even readers who aren't gluten free 100 percent of the time will enjoy reaping the health rewards of these diet friendly and delicious dishes

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 Crispy 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

The South Beach Diet Gluten Solution Arthur Agatston, Natalie Geary, 2014-04-15
Today supermarkets have dedicated gluten free aisles restaurants highlight gluten free dishes on their menus and millions of people have cut gluten out of their diets in the hopes of boosting health and losing weight But despite all the attention gluten confusion still reigns Enter cardiologist Arthur Agatston MD author of the groundbreaking The South Beach Diet With that book Dr Agatston ended the diet debates and cleared up the high carb versus low carb confusion In The South Beach Diet Gluten Solution he does the same for gluten demystifying the effects of the difficult to digest protein in wheat and some other grains The truth is not everyone needs to give up gluten permanently nor does doing so guarantee weight loss With Dr Agatston's phased Gluten Solution Program based on proven South Beach Diet eating principles you'll be able to determine your own level of gluten sensitivity and you'll drop up to 10 pounds in just two weeks What makes Dr Agatston's approach unique is that he shows you how to become gluten aware not gluten phobic He shares his own personal journey to gluten awareness and explores the latest research to determine the real connection between gluten and health He explains that a number of factors including our vast overconsumption of highly processed grains have increased the incidence of gluten sensitivity and celiac disease These conditions contribute to a host of health issues including brain fog mood swings digestive disorders joint pain and skin problems You can find relief from these and other symptoms by following the South Beach Diet Gluten Solution Program With detailed daily meal plans tips for traveling and dining out inspiring stories and 20 delicious recipes that sacrifice neither taste nor health The South Beach Diet Gluten Solution gives you everything you need to feel great lose weight and navigate the gluten free world with ease

[The South Beach Diet Super Quick Cookbook](#) Arthur Agatston, 2010-05-11 Make fast food superhealthy with hundreds of brand new quick and easy recipes from the test kitchens of the South Beach Diet From meal planning and shopping to prepping cooking and serving you'll save hours of time with this speedy cookbook that makes leading the South Beach Diet lifestyle easier and more convenient than ever With 200 family

pleasing recipes and 60 taste tempting color photographs you ll be able to serve up a fast delicious diet conscious meal every night of the week The South Beach Diet Super Quick Cookbook by Arthur Agatston M D includes Grab and Go recipes for healthy eating on the go Cook Once Eat Twice dishes that maximize your time in the kitchen Recipes for Two that minimize waste and leftovers Nearly instant recipes that are ready in 15 minutes or less Tips for Super Quick Budget Conscious Shopping Ideas for getting the most out of your pantry and freezer **The South Beach Diet Cookbook** Arthur Agatston,2004-04-13 The long awaited cookbook is here Great food that s good for you that s the foundation of the South Beach Diet and the reason millions of people around the world have adopted it as their lifelong eating plan shedding unwanted pounds in the process Created by leading Miami cardiologist Arthur Agatston M D the diet emphasizes good fats and good carbohydrates the kind that stave off cravings for unhealthy sugary food and promote long term weight loss It s not diet food it s satisfying flavorful dishes that are good for your health and your waistline Whether you re already a South Beach Diet success story or brand new to the program you ll find a wealth of inspiration in The South Beach Diet Cookbook to keep you on track without feeling deprived The recipes are simple enough to make every day but delicious enough to serve on any occasion Oatmeal Pancakes Buttermilk Salmon Chowder Caribbean Baked Chicken with Mango Grilled Filet Mignon with Roasted Garlic Chipotle Pepper Chimichurri Mexican Lasagna Sage and Rosemary Pork Red Snapper with Avocado Salsa Thai Vegetable Stir Fry and Chocolate Pie with Crispy Peanut Butter Crust Each recipe is marked Phase 1 Phase 2 or Phase 3 so you ll know immediately where it falls in the diet there are also 25 all new recipes from the top chefs and restaurants in Miami Illustrated with 50 full color photographs and packed with extras like shopping lists and a pantry guide The South Beach Diet Cookbook is an essential addition to your kitchen shelf **The South Beach Diet Taste of Summer Cookbook** Arthur Agatston,2007-05-15 What better way to enjoy the relaxed healthy South Beach Diet lifestyle than with a cookbook that celebrates the best foods of summer from garden and market The 150 all new quick and healthy recipes in The South Beach Diet Taste of Summer Cookbook from Arthur Agatston M D capture the casual sunny essence of Florida s popular South Beach and other warm climates around the world Whatever phase of the diet you re on you ll find ideas for breezy breakfasts crisp salads and light summer sandwiches innovative grilling ideas for meats poultry fish and shellfish tempting vegetarian entre es refreshing desserts and cooling summer drinks Imagine sitting at an outdoor table with family and friends enjoying Heirloom Tomato Gazpacho Grilled Shrimp Caesar South Beach Diet Tiramisu and Iced Pom Mojito Spritzers just a few of the refreshing recipes to be found in this book But this is more than just a summer cookbook Tips throughout remind readers that grilling is a year round pastime and that many of the recipes can be easily adapted to what s freshest in the season You ll also get Sample Meal Plans for Phases 1 and 2 a glossary of key ingredients used in the book and dozens of ideas for maximizing the bounty of the garden The 60 beautiful full page color photographs show just how appealing summertime recipes can be **The South Beach Diet Mastery** Barrett Williams,ChatGPT,2025-07-15 Unlock

the secrets to a more vibrant healthier you with The South Beach Diet Mastery your essential guide to mastering the transformative Phase 2 of the South Beach Diet Dive deep into a world where carbohydrates are your friends not foes and learn to transition seamlessly from Phase 1 armed with the knowledge to fuel your journey toward long term success This comprehensive guide goes beyond simple dieting tips equipping you with tools to set realistic health goals track your progress and maintain motivation over time Discover the art of crafting a personalized meal plan that balances proteins fats and carbs while exploring new food choices that make dieting a delightful experience Decode the mysteries of the glycemic index and glycemic load and become adept at making smart carbohydrate selections choosing grains and legumes wisely and embracing the natural goodness of whole fruits and vegetables Learn to orchestrate energizing breakfasts and invent creative recipe ideas that keep your mornings delightful and nutritious Your midday and evening meals are transformed with strategies for balanced lunches and healthful versions of classic dinner dishes Master the art of eating out with confidence and make snacking a guilt free pleasure with satisfying healthy choices Stay refreshed with guidance on optimal hydration and smart beverage choices and fuel your body with delicious smoothies Overcome weight loss plateaus with strategies to adjust diet and exercise routines ensuring continuous progress and renewal Prepare to soar past emotional and mental roadblocks building a positive mindset and managing stress effectively Adapt Phase 2 to accommodate special dietary needs with ease ensuring that the journey is inclusive and welcoming for everyone Embrace lifelong healthy habits with insightful chapters on recipes cooking tips and transitioning beyond Phase 2 With The South Beach Diet Mastery step confidently into a healthier more empowered version of yourself today and every day to come

The New Keto-Friendly South Beach Diet
Arthur Agatston, M.D., 2019-12-31 Boost your metabolism and burn 100 500 more calories per day by putting your body into fat burning mode with a new science backed update to this proven diet The New Keto Friendly South Beach Diet combines the good fats and healthy carbs of the world famous heart healthy program with the advanced nutrition science of keto all in a doctor approved plan that is easier than strict keto diets The original South Beach Diet defined the cutting edge of healthy weight loss Now the creator of the classic plan combines his signature diet with the latest most cutting edge advances in healthy eating that are the basis for the ketogenic diet With a new emphasis on good carbs healthy fats and quality proteins The New Keto Friendly South Beach Diet takes the powerful fundamentals of the original South Beach Diet and adds the fat burning principles of keto Dr Arthur Agatston cuts through the confusion around keto and low carb diets and gives readers a step by step 28 day eating plan that increases satisfaction decreases appetite and makes it easy to lose weight and keep it off He also explains why strict ketosis is not necessary to achieve results the effectiveness of intermittent fasting and the relationship between yo yo dieting and sugar addiction This plan offers the benefits of keto and low carb without the pitfalls As this new book reveals you can boost your metabolism and put your body safely into fat burning mode with a diet that is more flexible and more sustainable than traditional keto And that is not all in addition to long term weight loss the South

Beach Keto Friendly plan can boost mental sharpness reduce inflammation and pain increase your energy and improve diabetes and heart health Includes around 100 recipes full color photos and an easy to follow 28 day meal plan *3 Fat Chicks on a Diet* Suzanne Barnett,Jennifer Barnett Lesman,Jennifer Barnett,Amy Barnett,Bev West,Amy Barnett Buchanan,2008-04-15 From the founders of 3fatchicks.com comes this collection of sassy attitude and sage advice for everyone who has ever wanted to lose a few pounds **Vegetarian Times**,2004-01 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **The Fat Resistance Diet** Leo Galland, M.D.,2006-12-26 No more counting carbs calories or fat grams This revolutionary diet plan works with your hormones to curb your appetite boost your metabolism and take the pounds off for good Cutting edge research shows that losing weight is not about carbs calories or even willpower it s about a hormone called leptin and how it functions in your body Leptin is your body s natural weight loss mechanism it curbs your appetite jump starts your metabolism and when working properly makes you literally fat resistant you will lose weight effortlessly and efficiently and never gain those pounds back If you re struggling to lose weight chances are you are leptin resistant your body no longer responds to leptin making it impossible for you to slim down The Fat Resistance Diet is the first and only eating plan designed specifically to combat leptin resistance and reprogram your body to start melting away the pounds Using a breakthrough combination of anti inflammatory and hormone balancing foods the three phase regimen delivers A loss of six to ten pounds in the first two weeks A loss of at least two pounds a week thereafter Fun flavorful meals that make sticking with the plan a breeze An easy maintenance program that keeps you fat resistant for life With over 100 delicious recipes designed for maximum satisfaction and eating pleasure the Fat Resistance Diet is the only diet you ll ever need a brand new way to eat that will transform your body into a lean fat fighting machine [Soul Food Recipes From the Dirty South](#) Kimball Hopson,2008-07-29 Discover the unique flavors of the South here at Soul Recipes From The Dirty South There s a little something for everyone so why not come visit and explore our kitchen A collection of some of the most world famous southern and soul food recipes in one book Complete with some of the Hottest diets around and Healthy eating tips *Your South Beach Toolkit* Barrett Williams,ChatGPT,2025-02-03 Dive into Your South Beach Toolkit the ultimate guide to unlocking the secrets of the South Beach Diet and reinventing your lifestyle for lasting health This comprehensive eBook is expertly crafted to provide step by step guidance on navigating the transformative journey of sustainable weight loss and balanced living Begin with a solid foundation as we demystify the principles of the South Beach Diet unraveling the science behind its success and helping you set achievable personalized goals Embrace the power of commitment with proven techniques for building motivation mindfulness and a supportive environment that sets the stage for your success story

Throughout your journey you'll explore the intricacies of the diet's core principles from understanding the glycemic index to mastering the art of healthy fats and proteins. Our expertly designed phases take you through detoxing your body, adapting recipes and reintroducing carbohydrates smoothly into your meals while ensuring your progress is monitored and adjusted for optimal results. As you advance, discover how to maintain balance and navigate life's social challenges with strategies for lifelong health. Chapter by chapter, learn to tailor the diet to fit your unique lifestyle and nutritional needs, whether you're a vegetarian dealing with allergies or managing specific health conditions. Your South Beach Toolkit stands out with its rich array of resources including practical meal planning suggestions, exercise routines and mindful eating practices. Empower yourself with insights from nutritionists, success stories from real-life alumni and tried-and-true tips that ensure your journey is as rewarding as it is enriching. Celebrate every milestone with customizable tracking tools and techniques while continuously expanding your toolkit with additional resources to sustain your health journey. Whether you're a South Beach newcomer or looking to reinforce your knowledge, this guide is your key to a healthier, more vibrant you. Start your transformation today.

PC Mag, 2005-04-26. PCMag.com is a leading authority on technology, delivering Labs-based independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

Vegetarian Times, 2004-01. To do what no other magazine does. Deliver simple, delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Carbophobia. Michael Greger, 2005. The author draws together decades of research to decisively debunk the purported science behind the low-carb claims. Carbophobia lists the known hazards inherent to the Atkins diet and other low-carb regimens.

Horizons, 2007. [Fitness Around the Clock with South Beach Diet](#). Jean Brown, 2014-01-12. The South Beach Diet is a healthy way of eating; it is a fast weight loss diet and part a calorie-restricted, portion-controlled, long-term diet. The diet is a balance of good carbs, lean protein and healthy fats, making it a nutrient-dense, fiber-rich diet that you can follow for a lifetime of healthy eating. The South Beach Diet emphasizes on the benefits of fiber and whole grains and encourages you to include lots of fruits and vegetables in your eating plan. It also recommends regular exercise, which will boost your metabolism and help prevent weight loss plateaus. The South Beach Diet has three phases. All phases of the diet allow for three meals, two snacks and a dessert. There's no calorie counting; just eating until satisfaction but by avoiding overeating. The benefit of the diet is its initial rapid and significant weight loss of 8 to 13 pounds in the two-week period; most of the weight will be shed from midsection. In the next phase, it will be up to 1 to 2 pounds a week.

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