



# STEADY WEIGHT LOSS

**WELCOME TO DAY 15.** You've completed Phase 1, the strictest period of the South Beach Diet. Good job! And after two weeks of eating a diet with limited added sugars and starchy carbohydrates, you'll feel lighter when you step on the scale. Have you noticed the difference in your clothes?

You should also notice a difference in the way you feel inside. By eating the three South Beach Diet entrees every day, and following a meal plan designed to be lower

in carbohydrates and high in lean proteins and healthy fats, your internal chemistry has changed. You've turned off the switch that used to crave foods that caused your body to store excessive fat. Now that carb-heavy foods are not your must-have source of fuel, you will continue to lose weight steadily. **(Note: Phase 2 lasts until you reach your goal weight.)**

As a result of that change in you, it's safe to reintroduce some of the foods you eliminated in Phase 1, such as bread, pasta and starchy vegetables. Wine with dinner? Say "cheers!" in moderation (see page 29 for guidelines). In Phase 2 you will add in fruits, whole grains and legumes each day as part of your fresh grocery foods and snacks. But remember, you're still losing weight and learning healthy eating patterns, so you won't be able to indulge in everything you used to eat in unlimited amounts, whenever you want. That would be counterproductive and kind of silly. You're still learning to enjoy your favorite foods but differently than before and more sensibly.

Here's the Phase 2 plan at a glance:

## Each day you will...

**EAT** five days of fully prepared South Beach Diet® meals for breakfast, lunch and dinner each week. Remember: all meals are Phase 2-approved. You'll also get to add three between-meal snacks. They should include 1 lean protein (3 for men), 2 healthy fats, 1 fruit (2 for men), 1 good carb, and 5 vegetables.

The other two days are considered "Practice Days" where you can prepare your own breakfasts, lunches, dinners and between-meal snacks. These days are also a great opportunity to dine out with friends or family. Whichever way you go, always remember to follow the food guidelines and portion sizes that are part of the core principles of South Beach living.

**ADD** your own fresh grocery foods for side dishes and snacks. During Phase 2, the meal plan increases the variety of foods you'll eat while adding different quantities of healthy fats, lean proteins, vegetables, fruits and good carbs. This increase in foods will also make meal preparation or dining out that much easier.

**DRINK** at least 64 ounces (8 cups) of water. Continue to avoid sugary beverages. Enjoy unsweetened iced tea, hot tea, coffee and flavored seltzers.

**MOVE** your body. Be sure to exercise with enough intensity for the greatest heart-health and weight-loss benefits. In Phase 2, progress to new body-weight workouts starting on page 61, or if you feel you are ready, the workouts found in Phase 3.

**TRACK** your progress in the South Beach Diet® Planner as you have been doing. Re-weigh yourself and check your waist circumference with a tape measure and compare results to your starting measurements.

## PHASE 2

# DIET DETAILS

For practical purposes, you now have five days' worth of South Beach Diet® food left in your supply. You can eat those meals five days in a row or break up the week with Practice Days. However, you may find it useful to save Practice Days for the weekends, when you might have more time to cook or want to go to dinner with friends. It's up to you. But remember: These are not "cheat days."

The length of Phase 2 is up to you, as well. Stay on it as long as it takes for you to reach your goal weight and feel comfortable moving on to Phase 3.

# How to Eat in Phase 2

During the days when you enjoy your South Beach Diet® entrées, you will add fresh grocery foods for side dishes and snacks to round out the day: lean proteins, healthy fats, fruits, vegetables and good carbohydrates like whole grains and beans/legumes.

## Add These Amounts On the Days You're Eating South Beach Diet® Meals:

- 1 lean protein serving (3 for men)
- 2 healthy fat servings
- 5 vegetable servings
- 1 fruit serving (2 for men)
- 1 good carbohydrate serving

Lists of these approved foods are found starting on page 26.

Note: If you've purchased South Beach Diet® snacks, check the package to determine if your snack counts as a lean protein (LP) or healthy fat (HF).

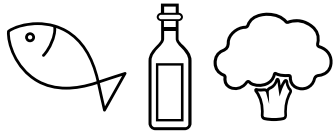
## On Your Two Practice Days be Sure to Eat These Foods and Amounts for Three Meals and Three Snacks:

- 3 lean protein servings (5 for men)
- 3 healthy-fat servings
- 5 vegetable servings (6 for men)
- 2 fruit servings
- 2 good-carbohydrate servings

## Every Day of the Week, Remember to Enjoy Free Foods and up to 3 Servings of Extras, just as in Phase 1.

# Foods To Enjoy

You can eat all the foods found on the Phase 1 list on page 14, plus starchy vegetables, beans and legumes, fruits (but not fruit juices), and whole grains listed on page 28-29. Slowly reintroduce higher-in-carbs veggies to your diet. As you progress, add in more. You may be surprised to see fruits on the Phase 2 list because they are sweet. That's true, but fruits provide quality carbohydrates because they are high in fiber as well as key vitamins and minerals that are important for optimal health. Here are the specific foods you can add back to your daily diet during Phase 2:



## Lean Proteins, Healthy Fats and Non-Starchy Vegetables

(all from Phase 1 are allowed)



## Starchy Vegetables

Introduce these vegetables slowly, one per day, at first, then limit to **two servings per day** as part of your vegetable servings. Note that portion sizes of starchy vegetables are smaller than those of non-starchy vegetables.

- carrots, raw or cooked, ½ cup
- green peas, raw or cooked, ½ cup
- pumpkin,\* cooked, ½ cup
- rutabaga,\* cooked, ½ cup
- sweet potato, cooked, ½ cup
- turnip, cooked, ½ cup
- winter squash, cooked, ½ cup
- yams, cooked, ½ cup

\*Limit to 1 serving per week.



## Fruits

Choose fresh, whole fruits when you can; frozen or dried is an option, but only if they do not contain added sugars. Women may have one fruit serving daily. On Practice Days women may have an additional fruit serving. Men may have two fruit servings daily, one serving of fresh or frozen fruit is 1 cup; one serving of dried fruit is 2 Tbsp.

- apple, 1 small
- applesauce, unsweetened, ½ cup\*
- apricots
- banana, small
- blackberries
- blueberries
- boysenberries
- cantaloupe
- cherries
- clementines, 2 small
- cranberries
- elderberries
- grapefruit
- grapes, green or red
- guava
- honeydew melon
- kiwi
- lemon, 1 medium
- lime, 1 medium
- loganberries
- mandarin orange, 1 medium
- mangoes
- mulberries
- nectarine, 1 small
- orange, 1 medium
- peach, 1 medium
- pear, 1 medium
- pineapple\*
- plums, 2 medium
- pomegranate, ½ cup seeds
- pomelo, ½ fruit
- raspberries
- strawberries
- tangelo, 1 small

\*Limit to 1 serving per week.

## DELICIOUS WAYS TO ENJOY FRUIT

**Blend fresh berries with your South Beach Diet® breakfast shake.**

**Enjoy fresh fruit, like apples and bananas, for an on-the-go snack.**

**Mix unsweetened dried cherries with air-popped popcorn and nuts for a trail mix.**

**Serve a side of fresh fruit salad for an after-dinner treat.**

**Top steel-cut oatmeal or plain Greek yogurt with blueberries for a Practice Day breakfast.**



## Good Carbohydrates

1 serving is ½ cup cooked, 1 slice bread, unless otherwise noted

- amaranth
- bagel, ½ small or 1 mini
- barley
- bread, whole-grain
- buckwheat
- cellophane noodles, cooked, ¼ cup
- cereal, cold, low-sugar and at least 5 g fiber per serving, 1 cup
- cereal, hot, not instant, no more than 2 g sugar per serving
- couscous
- crackers, whole-grain, about 6
- English muffin, at least 2.5 g fiber per half, ½ muffin
- farro, cooked
- matzo, ½ sheet
- muffins, bran, no dried fruit, 1 small

- pasta (made from wheat, rice, quinoa, soy, or spelt), cooked al dente
- phyllo dough and shells, 2 sheets or 4 mini shells
- pita bread, at least 3.5 g fiber per half, ½ pita
- popcorn, air-popped, 3 cups
- quinoa
- rice (brown, basmati, converted, parboiled, wild)
- rice noodles, cooked
- shirataki noodles, cooked, 1 cup
- soba noodles, cooked
- tortilla (3 g fiber or more per 1 ounce), 1 small
- wheat germ, 3 Tbsp

### BEANS AND LEGUMES

½ cup cooked, unless otherwise noted. Choose fresh, dried, frozen or canned (no added sugar or salt).

- adzuki beans
- black beans
- broad beans
- butter beans

- cannellini beans
- chickpeas/garbanzo beans
- cranberry beans
- edamame
- fava beans
- great northern beans
- hummus, ¼ cup
- kidney beans
- lentils
- lima beans
- mung beans
- navy beans
- pigeon peas
- pinto beans
- refried beans, canned, fat-free
- soybeans
- split peas
- white beans

### ALCOHOL

You may have up to 2 servings of alcoholic beverages per week on Phase 2.

**Tips:** Choose lower-carb options and avoid sugary mixers and juices.

Enjoy alcohol with meals or snacks (never alone).

Be mindful of serving sizes. We often pour ourselves oversized drinks.

- light beer, 12 oz
- dry red or white wine, 4 oz
- 1½ oz liquor (bourbon, gin, rum, sake, tequila, vodka)



## FOODS TO AVOID IN PHASE 2

### STARCHES AND BREADS

- ✗ Bagel, refined wheat
- ✗ Bread, refined wheat or white
- ✗ Cookies
- ✗ Cornflakes
- ✗ Matzo
- ✗ Pasta, white flour
- ✗ Potatoes, baked, white or instant
- ✗ Rice cakes
- ✗ Rice, white
- ✗ Rolls, dinner

### VEGETABLES

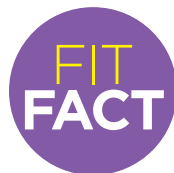
- ✗ Beets
- ✗ Corn, sweet
- ✗ Potatoes, white

### FRUITS

- ✗ Currants
- ✗ Canned fruit, juice packed
- ✗ Dates
- ✗ Figs
- ✗ Raisins
- ✗ Prunes
- ✗ Watermelon

### MISCELLANEOUS

- ✗ Honey
- ✗ Ice cream
- ✗ Jam



### YES, QUINOA FOR BREAKFAST!

*Quinoa is a grain, but it contains the same type of muscle-repairing and hunger-satisfying protein found in eggs and beef. It makes a great side dish, but try it for breakfast, too, with a sprinkle of cinnamon and some cut-up fruit or nuts.*

## A KEY FOR COUNTING

Check your South Beach Diet® snacks for the following icons to determine how they count toward your daily servings of:



Lean  
Proteins



Healthy  
Fats



Good  
Carbohydrates

## HANDS ON, POUNDS OFF

It may sound silly, but the Silly Putty or Rubik's Cube you played with as a kid could help curb your hunger. Researchers from the United Kingdom studying chocoholics found that when subjects kept their fingers busy sculpting modeling clay for 10 minutes, they lost their cravings for chocolate. Pick up one of those coloring books made for adults, which are all the rage, or build a jigsaw puzzle. All hands-on activities can distract you from snacking because they engage your visuospatial memory, competing for attention in the same part of the brain that powers cravings.

# SOUTH BEACH DIET® RECIPES

Cook the South Beach Diet® way during your two Practice Days when you're not relying on the South Beach Diet® prepared entrées. Cooking at home or going out to eat helps develop your mindful-eating skills and gives you the freedom to enjoy a less-structured style of eating.

We've made cooking easy for you by providing sample recipes for breakfasts, lunches, and dinners that have been vetted by our dietitians to meet the parameters of South Beach Diet® meals, including several critical requirements—they are easy to follow, fast to make, good for the whole family and taste delicious. Enjoy!

\* Recipes contained in this handbook are taken from the South Beach Diet Cookbook, South Beach Diet Quick and Easy Cookbook, South Beach Diet Super Quick Cookbook, and South Beach Diet Taste of Summer Cookbook. Courtesy of Rodale Inc.