

**SOUTH  
BEACH**  
diet®



# THE HANDBOOK

**Your South Beach Success Starts Here!**

Instructions, food lists,  
recipes and exercises to  
lose weight and get into  
your best shape ever

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# HOW TO USE THIS HANDBOOK

You've already taken the biggest step: committing to losing weight and learning to live a life of strength, energy and optimal health. The South Beach Diet will get you there, and this handbook will show you the way.

The goal of the South Beach Diet® program is to help you lose weight, build a strong and fit body, and learn to live a life of optimal health without hunger or deprivation. Consider this handbook your personal instruction manual. It's divided into the three phases of the South Beach Diet® program, color-coded so it'll be easy to locate your current phase:

PHASE 1

PHASE 2

PHASE 3

## What you'll find inside:

- Each section provides instructions on how to eat for that specific phase so you'll always feel confident that you're following the program properly.
- Phases 1 and 2 detail which foods to avoid and provide suggestions for healthy snacks between meals.
- Phase 2 lists those foods you may add back into your diet and includes delicious recipes you can try on your own that follow the healthy-eating principles of the South Beach Diet.
- Each phase includes beginner- to intermediate-level exercise plans. Choose more challenging workouts as your fitness improves.
- Throughout the handbook, you'll discover tips, advice, and sidebars that'll improve your nutrition knowledge and help you transition into the South Beach Diet® lifestyle. Have a question? Reach out to our counselors by visiting [My Account at southbeachdiet.com/myaccount](https://southbeachdiet.com/myaccount) or call 1-888-841-2620.



# THE 14-DAY BODY REBOOT

**FOLLOWING THE SOUTH BEACH DIET** has never been easier because the right foods in the right amounts are in your freezer or pantry ready to go right now! The delicious fresh-frozen meals you received in your package are designed to reset your body, reduce cravings for sugar and starches, and prepare you for a period of steady weight loss.

The South Beach Diet® meals are lower in carbohydrates than you are likely used to. Why? Because research has shown that reducing carbs is one of the most effective strategies for resetting your body, curbing hunger and losing weight quickly and safely. But “lower carbs” doesn’t mean you’ll go hungry. Not at all. In fact, you will be well fed. You’ll see. Here’s the plan at a glance:

## Each day you will...

**EAT** up to six times—a South Beach Diet® breakfast, lunch, and dinner, plus three homemade snacks from our list of approved lean proteins, healthy fats and non-starchy vegetables starting on page 10. The South Beach Diet® entrées are delicious and filling; you won’t go hungry!

**ADD** some of your own fresh grocery foods. These will be used as side dishes to the South Beach Diet® entrées and for your three homemade snacks.

**Women** may add three lean proteins, two healthy fats, and five non-starchy vegetables per day.

**Men** may add four lean proteins, three healthy fats, and five non-starchy vegetables per day.

You may also add in condiments and other “Extras” of less than 35 calories and 3 grams of carbohydrates per serving for added flavor and as much as you wish of “Free Foods,” which are under 10 calories and 1 gram of carbohydrates per serving. Find the lists of “Extras” and “Free Foods” starting on page 8. Don’t worry. We’ll guide you every step of the way.

**DRINK** at least 64 ounces (8 cups) of water. Drinking water fills you up and (believe it or not) helps reduce water retention.

**MOVE** your body for at least 30 minutes. You can walk, ride a bike, take a step or yoga class, swim, lift weights or do body weight exercises like jumping jacks. It doesn’t matter. In this handbook, you’ll find various interval-training plans for any fitness level designed for use at home.

**TRACK** your progress in the South Beach Diet® Planner in your kit. Using your planner will help you lose weight quicker and become a more mindful eater.



*Changing your walking pace can cause your body to burn up to 20 percent more calories than if you just maintained a steady speed, according to researchers at a leading university. Try our interval-style walking workout on page 19.*

## PHASE 1

# DIET DETAILS

The South Beach Diet is so effective for weight loss because it trains you to live a high-quality, heart-healthy life without hunger or deprivation. You lose weight without sacrificing great eating. The diet's goal is to teach you to become a more "mindful eater" so that making healthy food choices becomes natural and enjoyable. It's the secret to a lifestyle you can live easily and happily.

## How to Eat in Phase 1

In Phase 1, you will **avoid all refined carbohydrates, grains, fruits, beans/legumes and sugary drinks, including alcohol, and limit diet sodas and other artificially sweetened beverages.** You'll also limit dairy foods. Clearly, this is the strictest part of the diet, but take heart—it lasts only 14 days, which is just long enough to remedy your insulin-resistance issues that were brought on by eating too many sugary (mostly processed) carbs for so long. The South Beach Diet entrées and lower carb meal plan already planned out for you will make it easy to reset your body and reduce your unhealthy cravings. All you have to do is eat those three pre-planned meals each day and add a few side dishes and snacks from the list of approved fresh grocery items beginning on page 10 to round out the day. Simple. Select from lean proteins, healthy fats, and non-starchy vegetables using these guidelines.

### SIDES AND SNACKS LEAN PROTEIN

Choose three (four, if you're a man) lean protein servings per day from the list beginning on page 10.

### DELICIOUS WAYS TO EAT MORE LEAN PROTEIN

Fill celery sticks with canned-in-water tuna.	Make a delicious vegetable dip using plain Greek yogurt with herbs and spices.	Make an omelet with a variety of colorful vegetables.	Stir fry shrimp with your favorite approved vegetables and wrap in lettuce.	Add grilled chicken to a lettuce salad.
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Proteins are the building blocks of bone, muscle, and other tissues. Protein is also an important tool for weight loss because it fuels your body and digests slowly, keeping you feeling full longer. Select lean cuts of beef, pork, and other meats at the grocery store and trim all skin from poultry and visible fat from your meats.

### HEALTHY FATS

Choose two (three, if you're a man) servings of healthy fats each day. Fats keep you satisfied so you will be less prone to hunger. Healthy fats include monounsaturated fats like olive oil, almonds and pumpkin seeds, and polyunsaturated fats like walnuts, flaxseeds and corn oil. See page 11 for a full list. Note that nuts are high in calories, so you will try to minimize those healthy fats to no more than 1 serving per day.

### DELICIOUS WAYS TO GET YOUR HEALTHY FATS

Top salads with extra-virgin olive oil and a squeeze of lemon juice.	Sprinkle crushed nuts over your South Beach Diet® entrée.	Dip vegetables into your favorite salad dressing (as long as it has less than 3 grams of sugar per 2 tablespoons).	Slather almond or other nut butters over celery sticks.	Sauté vegetables like kale in olive oil and minced garlic.
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(If you've already used your healthy-fat servings for the day, try using cooking spray as a Free Food alternative.)

## NON-STARCHY VEGETABLES

Phase 1 limits carbs to non-starchy vegetables like asparagus, cucumbers, lettuce, broccoli and cauliflower. Choose five non-starchy vegetable servings per day to add to meals or eat as snacks whenever you feel hungry. Find the list of allowable vegetables under “Vegetables” on page 12. You’ll avoid all starchy vegetables in Phase 1.

### DELICIOUS WAYS TO EAT MORE VEGETABLES

<b>Sauté zucchini in olive oil or cooking spray as a side dish.</b>	<b>Toss baked spaghetti squash with garlic and olive oil.</b>	<b>Cook zucchini, mushrooms, kale, and other vegetables in chicken or vegetable broth.</b>	<b>Serve mashed cauliflower instead of mashed potatoes.</b>	<b>Use cucumber slices in place of crackers to carry your slice of cheese.</b>
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**Remember:** Fruits, beans, legumes, grains, alcohol, sugary beverages and refined, processed carbs are not allowed during Phase 1 and you will limit nuts and dairy products.

## EXTRAS

We know some of you like half-and-half in your morning coffee. And a small topping for your vegetables is always nice. So the South Beach Diet builds a little something extra into every day for flexibility. In fact, we call them “Extras.” Each day you may eat up to three Extras. What are they? Just about anything containing up to 35 calories and less than 3 grams of carbohydrate per serving, like these examples:

- balsamic vinegar, 1 Tbsp
- ketchup, reduced-sugar, 1 Tbsp
- cream, whole milk, or half-and-half, 1 Tbsp
- gelatin, sugar-free, 1 cup
- salsa, 2 Tbsp
- seeds, 1 tsp
- sour cream, 1 Tbsp

## FREE FOODS

Healthy foods don’t have to taste bland. You need bold flavor to wake up your taste buds and enjoy eating. So feel free to add “Free Foods” for snacking and seasoning—as much as you like. A Free Food is anything with 10 or fewer calories per serving and no more than 1 gram of carbohydrates:

- beef, chicken or vegetable broth
- capers
- herbs, fresh or dried
- lemon or lime juice
- mustard (but not honey mustard)
- low-sodium soy sauce
- spices and seasoning blends, low-sodium
- vinegar, all types except balsamic

## BEVERAGES

Remember to check off all eight boxes in your planner each day, indicating that you’ve hit your quota of 64 ounces of water per day. Also, enjoy:

- coffee, black
- herbal, green, or black tea (unsweetened)
- iced tea (unsweetened)
- seltzer, plain or flavored and calorie-free

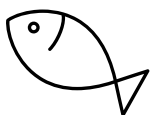
**IMPORTANT:** Limit diet soda and other zero-calorie beverages made with artificial sweeteners.

## PHASE 1

# Foods To Enjoy

### As Sides and Snacks

**Note:** all of the foods listed here are acceptable for Phase 2, as well. Visit [sbd.southbeachdiet.com](http://sbd.southbeachdiet.com) for a more extensive list of foods.



## Lean Proteins

One serving is 3 ounces unless otherwise noted.

### BEEF

- flank steak
- ground beef, 93% lean
- ground sirloin
- London broil
- pastrami, 98% lean
- sirloin steak
- T-bone

### CHICKEN

- skinless chicken breast
- ground chicken breast
- ground turkey breast
- turkey bacon (4 slices)
- turkey pastrami, lean (2 slices)
- turkey sausage, low-fat (less than 6 grams fat per 2 oz serving)

### SEAFOOD

- fish, all types
- sashimi
- shellfish, all types
- canned fish, such as tuna or salmon packed in water

### PORK

- boiled ham
- Canadian bacon
- loin, chop or roast
- smoked ham, natural uncured
- tenderloin

### LAMB

Limit to no more than once per week; remove all visible fat.

- center cut
- chop
- loin, chop or roast

### DELI MEATS

- 2 oz or ½ pound; preferably all-natural, lower-sodium, nitrite- and nitrate-free
- chicken breast, regular, smoked or peppered
  - ham, boiled and natural uncured smoked (avoid sugar-cured, maple-cured, and honey-baked)
  - roast beef, lean
  - turkey breast, regular, smoked or peppered

### CHEESE

1 oz or about ¼ cup, unless otherwise noted

- blue cheese
- Cheddar
- cottage cheese, 4% fat, ½ cup
- farmer cheese
- feta
- goat cheese (chèvre)
- mozzarella
- Parmesan
- provolone
- queso fresco
- ricotta, full-fat, ½ cup
- soy cheese
- spreadable cheese (avoid canned cheeses)
- string cheese, 1 piece
- Swiss cheese

### EGGS

- egg whites, 3 large
- whole egg, 1 large

### DAIRY

1 cup, unless otherwise noted; limit to 2 servings per day as part of daily protein.

- buttermilk
- Greek yogurt, full-fat, plain, 5.3 oz
- kefir, plain
- milk, whole
- soy milk, unsweetened



## Healthy Fats

### NUTS AND SEEDS

1 oz or about ¼ cup for nuts; 1 oz or about 3 Tbsp for seeds, unless otherwise noted; limit nuts, seeds and nut butters to 1 serving per day of as part of daily healthy fats.

- almonds, 23
- Brazil nuts, 6
- cashews, 16-18
- chia seeds, 2 Tbsp
- coconut, unsweetened, ¼ cup
- coconut milk, unsweetened, ¼ cup
- flaxseeds, ground or whole
- hazelnuts or filberts, 20
- macadamia nuts, 10-12
- peanuts, dry-roasted or boiled, 28
- pecans, 19 halves
- pine nuts
- pistachios, 49
- pumpkin seeds
- sesame seeds
- soy nuts, dry-roasted
- sunflower seeds
- walnuts, 14 halves

### NUT BUTTERS

2 Tbsp

- almond butter
- cashew butter
- peanut butter, natural



## SALAD DRESSINGS

Choose full-fat, oil-based over creamy; all dressings should contain no more than 3 grams of sugar per 2 Tbsp.

- Italian, regular
- vinaigrette (balsamic), regular

## OILS AND FATS

1 Tbsp

- avocado
- canola
- coconut, extra-virgin
- corn
- flaxseed
- grapeseed
- olive, extra-virgin
- peanut
- safflower
- sesame
- soybean
- sunflower
- walnut

## OTHER

- avocado, ½ fruit
- Benecol spread or other plant sterol/stanol-based margarines, 2 Tbsp
- guacamole, ¼ cup
- mayonnaise, olive oil-based, 1 Tbsp
- olives, black or green, 15–19

**TIP:** It can be challenging to eyeball a serving of olive oil or peanut butter. Misjudge and you can gain a lot of calories you didn't intend to eat. So, when you can, use measuring spoons and cups for more accurate serving sizes.



## Vegetables

### NON-STARCHY VEGETABLES

1 cup raw, ½ cup cooked; fresh, frozen or canned without added sugar or salt

- 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,\* ½ cup raw
- 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

## HOW TO SPOT A SERVING

Do you have a food scale on your kitchen counter?

We figured as much. Few people own food scales. Measuring out a serving of chicken (3 ounces) or deli meat (2 ounces) isn't as convenient as measuring healthy fats with a handy measuring spoon or cup, so we put together a cheat sheet for you. Here's a simple way to eyeball a standard serving of...

### LEAN PROTEINS

Cooked beef, pork or poultry (3 oz)  
= the size of a deck of cards



Ground meat (3 oz)  
= a little smaller than a fist or ¾ cup



Fish (3 oz)  
= the size of a checkbook



Sausage or rolled up deli meat (2 oz)  
= two lipstick containers



Cheese (1 oz) cubed  
= 4 dice



### HEALTHY FATS

Olive oil  
(canola,  
peanut oil,  
etc.)  
= 1 Tbsp

Nuts  
(1 oz)  
= ¼ cup

Nut butters  
= 2 Tbsp

Seeds  
(1 oz)  
= 3 Tbsp

Salad dressing  
= 2 Tbsp

### NON-STARCHY VEGETABLES

Raw vegetables (1 cup)  
= baseball



Cooked vegetables (½ cup)  
= tennis ball



- leeks\*
- lettuce (all varieties)
- mushrooms (all varieties)
- okra
- onions (red, white, yellow)\*
- parsley, chopped
- peppers (all varieties)
- radicchio
- radishes
- rhubarb
- sauerkraut, 1 cup canned
- sea vegetables, raw (kelp)\*
- sea vegetables, dried (nori, spirulina), 2 Tbsp
- shallots, 2 Tbsp raw
- 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 or less 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.



## FOODS TO AVOID IN PHASE 1

### 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 and sweet

- ✗ Turnips
- ✗ Yams

### FRUIT

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

- ✗ Apples
- ✗ Apricots
- ✗ Berries
- ✗ Cantaloupe
- ✗ Grapefruit
- ✗ Peaches
- ✗ Pears

### STARCHES AND CARBS

Avoid all starchy food in Phase 1, including:

- ✗ Bread, all types
- ✗ Cereal
- ✗ Matzo
- ✗ Oatmeal
- ✗ Rice
- ✗ Pasta
- ✗ Pastry and baked goods

### BEVERAGES

Juices, juice cocktails, sodas, alcohol of any kind, including beer and wine.



## BE MINDFUL WHEN EATING

Being aware of your body's hunger signals, the foods you choose, and how those foods make you feel is the secret to developing confidence to make healthy food choices in any

situation. Start strengthening your mindful-eating muscles now.

When you eat, slow down your world. Relax and enjoy each bite, contemplating the texture

and flavor of your food. Put your fork down between bites, if it helps. Studies have shown that people who eat more slowly end up feeling full on fewer calories than people who scarf down

their meals as if in a speed-eating contest.

After your meal, if you still feel hungry, wait 15 to 20 minutes to see if those hunger pangs diminish. Typically, it takes 20 minutes for hormones in your belly to signal your brain that you are full, so taking a

short break may be just enough to make you realize you're no longer hungry. If you still feel the need to eat after 20 minutes, ask yourself, "Am I really hungry or am I bored? Am I stressed or trying to satisfy some other emotional hunger?" Try munching on sliced cucumbers or

other raw veggies from the allowable foods list on page 12 to help curb the hunger until your next snack or meal. Another effective technique is distraction: take your mind off food by going for a brisk walk, reading a magazine, calling up a friend or watching TV.





# BEGINNER SHAPE-UP: The Walking Workouts

The secret to getting back in shape and staying in shape is making exercise seem less like an intervention and more like part of your routine.

“You don’t really need a Marine Corps-level exercise program to have a healthy heart and a lean body,” says cardiologist Arthur Agatston, MD, who designed the

Dozens of studies suggest that exercise that makes you huff and puff is the best kind for cardiovascular health and cardio burn.

South Beach Diet. “Better to find a 30-minute workout that you’ll do daily. You won’t burn a lot of calories each session, but the cumulative effect will be beneficial in every way.”

Find an aerobic activity that you enjoy and look forward to so exercise won’t feel like a chore you’ll want to skip. That can mean walking, running, swimming, biking, tennis, rowing, dancing, whatever you like, as long as you break a sweat—the mark of a good workout that will increase your metabolism and make any diet more efficient. Each day, you will do at least 30 minutes of brisk physical activity. If you can’t find a full half hour in your day, then break it up into three 10-minute sessions.

**A Safety Note:** Before starting any new exercise routine, please be sure to visit your doctor for a check-up. Make him or her aware of your fitness plans, and get a clean bill of health before you begin. Always start a workout slowly after a warm-up. If you feel light-headed or experience any pain, stop exercising immediately. We recommend exercising with a friend for safety and camaraderie.

For Phase 1 of this program, we encourage walking, because almost everyone can do it. And it provides tremendous benefits for people of all fitness levels, but especially for those who have not exercised in a long time or may be significantly overweight. Even if you are a beginner, this workout is probably ideal for you, and you’ll quickly build up the stamina to tackle more challenging exercise routines.

When we say “walk,” we don’t mean a leisurely stroll in the garden. Nothing against taking time to smell the roses, but we want you to exercise with purpose, that is, with enough intensity that you raise your heart rate. Dozens of studies suggest that exercise that makes you huff and puff is the best kind for both cardiovascular health and calorie burn. In one study, for example, researchers put two groups of people with type 2 diabetes on a walking program. One group walked at a steady pace while the other group exercised more vigorously, by varying their walking speed at set intervals. After 4 months, the speed-up-slow-down walkers lost 8 pounds more than the slow-and-steady walkers. Also, the varied-pace walking group lost more belly fat and improved their blood sugar control in comparison to the steady-pace walkers.

“Interval training” has become a popular exercise style at gyms and health clubs and with amateur and pro athletes. All the workouts in this handbook contain an element of interval training workout because it is so effective at boosting metabolism and heart health. Choose one that fits your fitness level and interest. We recommend Walking Interval I for starters. And be sure to have fun!

# Walking Interval Workout I

After a warm-up of slow-paced walking, walk as fast as you comfortably can for 1 minute. Slow down if you are too winded to carry on a conversation of short sentences. Speed up if you are not breathing hard enough. Bend your arms and swing them to bring your upper body into play. Doing so will also move your legs faster. After a minute, slow to a moderate “recovery” pace for 3 minutes. Continue alternating Fast pace/ Moderate pace for a 30-minute high-intensity interval-training walk.

## IT LOOKS LIKE THIS:

Warm-up: → 3 minutes of slow walking  
**FAST:** → 60 seconds  
MODERATE: → 3 minutes  
**FAST:** → 60 seconds  
MODERATE: → 3 minutes  
**FAST:** → 60 seconds  
MODERATE: → 3 minutes  
**FAST:** → 60 seconds  
MODERATE: → 3 minutes  
**FAST:** → 60 seconds  
MODERATE: → 3 minutes  
**FAST:** → 60 seconds  
Cool Down: → 2 minutes of slow walking  
**TOTAL:** → 30 minutes

**PROGRESS:** Cut recovery-pace time to 60 seconds. Alternate 1 minute fast, 1 minute slow for 15 minutes. Do a second interval walk later in the day.

You also can use these interval routines on a stationary cycle, treadmill or elliptical machine.

# Walking Interval Workout II

## IT LOOKS LIKE THIS:

Warm-up: → 3 minutes of slow walking  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
SLOW WALK: → 2 minutes  
**FAST WALK:** → 30 seconds  
**JOG:** → 60 seconds  
Cool Down: → 1 minute of slow walking  
**TOTAL:** → 30 minutes

# 10-Minute Stair-Climbing Interval

Another way to increase the metabolic intensity of a walking workout and shorten workout time is to make walking more challenging. Do that with a stair-climbing workout. Use the stadium bleachers of a local athletic field, your workplace stairs or even stairs at home. You don't have to go very fast; climbing stairs will quickly elevate your heart rate. Staircases have roughly a 65-percent grade, which will force you to exert much more leg strength to lift your body weight.

## WARM-UP:

→ Walk on flat ground at a slow pace for 2 minutes.

## INTERVAL:

→ Walk up the stairs (at least 10 stairs) quickly but in control.

→ Walk down at a moderate pace and repeat.  
Continue walking up and down the stairs for 8 minutes.

## TO PROGRESS:

- Try taking every other stair step going up. It's an explosive movement that generates a lot of leg power.
- Do one 10-minute stair-climbing session in the morning, one in the afternoon, and one in the evening.



# 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 counter-productive 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

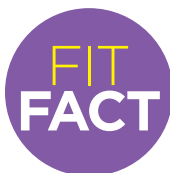
- ✗ Currants
- ✗ Canned fruit, juice packed
- ✗ Dates
- ✗ Figs
- ✗ Raisins
- ✗ Prunes
- ✗ Watermelon

### 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.

## HEALTHFUL BREAKFASTS

# Smoked Salmon and Cream Cheese “Breakwiches”

PREP TIME: 10 minutes > COOK TIME: 10 minutes > SERVINGS: 4

1 SERVING = 2 Good Carbohydrates + ½ Lean Protein + ½ Healthy Fat + 1 Extra

They might be called sandwiches at any other time of day, but our warm and creamy toasted smoked salmon breakwiches are especially nice in the morning.

### What you’ll need:

- 8 slices thin-sliced whole-grain bread
- 2 oz reduced-fat cream cheese (¼ cup)
- 6 oz thinly sliced smoked salmon
- 2 Tbsp chopped chives
- Freshly ground black pepper
- 4 tsp trans-fat-free margarine

### What you’ll do:

- Lay the bread on a work surface; spread each slice with 1 Tbsp of the cream cheese. Divide the smoked salmon among 4 of the slices. Sprinkle the salmon evenly with chives and pepper. Top with the remaining bread slices to make 4 sandwiches.
- In a large nonstick skillet, heat 2 tsp of the margarine over medium heat. Add 2 sandwiches, weigh down with a heavy pan, and cook until golden brown, about 2 minutes per side. Repeat with the remaining margarine and sandwiches. Cut the sandwiches in half and serve warm.

### Nutrition At A Glance:

PER SERVING: 240 calories \* 11 g fat \* 4.5 g saturated fat \* 19 g protein  
18 g carbohydrate \* 5 g fiber \* 810 mg sodium



# Blackberry-Banana Breakfast Smoothies

PREP TIME: 10 minutes > SERVINGS: 2 (1-cup) servings

1 SERVING = 1 Fruit + ½ Lean Protein

If you don't like eating breakfast in the morning, try drinking breakfast. It's tasty, filling, and full of nutrition. Wheat germ adds protein, fiber, thiamine, and vitamin E to this fruit-packed shake. If your berries are very tart, add the sugar substitute.

## What you'll need:

- 1 small banana, quartered ( $\frac{3}{4}$  cup)
- $\frac{1}{2}$  cup blackberries, plus extra for garnish (optional)
- $\frac{3}{4}$  cup fat-free or low-fat plain yogurt
- $1\frac{1}{2}$  tsp granular sugar substitute (optional)
- $1\frac{1}{2}$  tsp wheat germ
- 2 ice cubes

## What you'll do:

- In a blender, combine the bananas and blackberries; puree until smooth. Add the yogurt, sugar substitute (if using), wheat germ, and ice cubes; blend until smooth, about 1 minute. Pour into 2 (10-ounce) glasses, garnish with whole blackberries (if using), and serve.

## Nutrition At A Glance:

PER SERVING: 100 calories \* 0.5 g fat \* 0 g saturated fat \* 5 g protein  
21 g carbohydrate \* 3 g fiber \* 50 mg sodium





# Greet-the-Sun Breakfast Pizzas

PREP TIME: 10 minutes › COOK TIME: 20 minutes › SERVINGS: 4

1 serving = ½ Healthy Fat + 1½ Lean Proteins + ½ Good Carbohydrate  
+ 1 Vegetable

Do you love pizza? How about for breakfast? Made our way, topping a halved pita with a sunny-side-up egg and vegetables for a serving, pizza is a terrific, protein-rich morning meal that will stick with you until lunchtime. Quarter or halve the recipe for just one or two pizzas and try shredded part-skim mozzarella instead of feta, if you like.

## What you'll need:

- 5 tsp extra-virgin olive oil, divided
- 4 oz packed spinach (4 cups)
- 2 (6-inch) whole-grain pitas, halved horizontally
- 2 large plum tomatoes, thinly sliced
- 4 large eggs
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 2 ounces reduced-fat feta cheese, crumbled (⅓ cup)

## What you'll do:

- Heat the oven to 450°F.
- In a large nonstick skillet, heat 1 tsp of the oil over medium heat. Add the spinach, in batches if necessary, and cook until wilted, 2 to 3 minutes.
- Brush the inside of each pita round with 1 tsp oil. Place the pita rounds, oiled side up, on a large baking sheet and bake until starting to brown, about 5 minutes. Remove from the oven.
- Divide the tomatoes and spinach evenly among the pita halves, leaving an empty space in the center of each for an egg. Crack 1 egg into the center of each pita. Sprinkle with salt and pepper, return to the oven,

and bake until the yolks are lightly set, 8 to 10 minutes. Sprinkle with the cheese and continue baking until the cheese has softened, about 2 minutes more. Serve warm.

## Nutrition At A Glance:

PER SERVING: 250 calories \* 13 g fat \* 3.5 g saturated fat \* 13 g protein  
21 g carbohydrate \* 3 g fiber \* 500 mg sodium



# Pear Bran Muffins

PREP TIME: 15 minutes > COOK TIME: 20 minutes > SERVINGS: 12

1 muffin = 1 Good Carbohydrate + ½ Lean Protein

**These wholesome, satisfying muffins are filled with tender pieces of pear and spiced with cinnamon. They freeze well; just heat in the toaster or microwave before serving.**

## What you'll need:

- 1½ cups whole-grain pastry flour
- 1 cup wheat bran
- 2 Tbsp granular sugar substitute
- 1¼ tsp ground cinnamon
- 1¼ tsp baking soda
- ¼ tsp salt
- 1¼ cups 1% or fat-free buttermilk
- 2 large eggs, lightly beaten
- 3 Tbsp canola oil
- 1 Bosc pear, cored and cut into ¼-inch dice
- 1½ tsp vanilla extract

## What you'll do:

- Heat the oven to 350°F. Line a muffin tin with paper liners or lightly coat with cooking spray.
- Combine the flour, bran, sugar substitute, cinnamon, baking soda and salt in a large mixing bowl. Combine the buttermilk, eggs, oil, pear and vanilla in another mixing bowl.
- Make a well in the center of the dry ingredients. Add the wet ingredients to the dry ingredients and mix just to combine; do not overmix. Divide the batter evenly into the muffin cups. Bake for 20 minutes. Cool and serve.

## Nutrition At A Glance:

PER SERVING: 130 calories \* 5 g fat \* 0.5 g saturated fat \* 5 g protein  
20 g carbohydrate \* 5 g fiber \* 200 mg sodium





# Almond French Toast with Warm Blueberry Syrup

PREP TIME: 15 minutes > COOK TIME: 20 minutes > SERVINGS: 4

1 serving = 1 Good Carbohydrate + 1 Lean Protein + ½ Fruit

If you have a large enough skillet to hold all the bread in one layer, make the French toast in just one batch. You can make extra syrup to have on hand for breakfasts later on; it will keep in the fridge for up to a week.

## What you'll need:

### BLUEBERRY SYRUP

- 2 cups frozen, unsweetened blueberries
- 2 tsp fresh lime juice
- 2 tsp granular sugar substitute, or to taste

### FRENCH TOAST

- 2 large eggs
- ½ cup fat-free or 1% milk
- 1 Tbsp granular sugar substitute
- ½ tsp pure almond extract
- ¼ tsp salt
- Pinch grated nutmeg
- 4 slices whole-grain bread
- 4 tsp light olive oil

## What you'll do:

- For the syrup: In a non-aluminum saucepan, bring the blueberries to a simmer over medium heat and cook until the berries burst and the sauce thickens, about 12 minutes. Remove the pan from the heat and stir in the lime juice. Stir in the sugar substitute; taste for sweetness and add more sugar substitute, if desired. Keep warm.
- While the berries are cooking, make the French toast: In a shallow bowl, whisk together the eggs, milk,

sugar substitute, almond extract salt, and nutmeg. Add 2 slices of the bread and soak for 30 seconds per side. Repeat with the remaining slices.

- In a nonstick skillet, heat 2 tsp of the oil over medium heat, swirling to coat the bottom of the pan. Add 2 bread slices and cook until golden brown, about 1½ minutes per side. Transfer to a plate and keep warm. Repeat with the remaining 2 tsp oil and bread.
- Serve the French toast with ¼ cup warm blueberry syrup per serving.

## Nutrition At A Glance:

PER SERVING WITH ¼ CUP SYRUP: 173 calories \* 8 g fat \* 4.5 g saturated fat  
6 g protein \* 21 g carbohydrate \* 6 g fiber \* 277 mg sodium



# Ham and Cheese Frico Breakfastwiches

PREP TIME: 10 minutes > COOK TIME: 5 minutes > SERVINGS: 4 sandwiches

1 sandwich = 1 Lean Protein + ½ Vegetable

This unusual, quick-to-make breakfast sandwich uses homemade frico, or cheese crisps, instead of bread. If you prefer, you can fill the sandwiches with smoked turkey or Canadian bacon instead of ham and use shredded Parmesan instead of sharp Cheddar to make the cheese crisps.

## What you'll need:

- 1 cup shredded reduced-fat sharp Cheddar cheese (4 oz)
- 4 tsp coarse-grain mustard
- 2 oz sliced smoked ham, cut into 8 pieces
- 4 roasted red pepper halves (from a jar)
- ¼ cup thinly sliced red onion

## What you'll do:

- Heat the oven to 375°F. Line a baking sheet with parchment paper.
- Using 2 Tbsp for each, sprinkle the cheese into 8 mounds on the baking sheet. Spread each mound out into a 3-inch round. Bake for 3 minutes, or until the cheese has melted, and spread slightly. Remove from the oven and let stand on the baking sheet until the cheese sets, about 2 minutes.
- Using a thin-bladed metal spatula, lift the rounds off the baking sheet. Brush the smooth side of each round with mustard. Top each of 4 rounds with 1 piece of ham, a red pepper, another piece of ham, and one-fourth of the onion. Top with the remaining cheese rounds, mustard side down, and serve warm.

## Nutrition At A Glance:

PER SANDWICH: 123 calories \* 6 g fat \* 4 g saturated fat \* 10 g protein  
6 g carbohydrate \* 1 g fiber \* 495 mg sodium





## HEALTHFUL LUNCHES

# Multigrain Watercress and Cucumber Tea Sandwiches

PREP TIME: 10 minutes > SERVINGS: 4 lunch servings (3 tea sandwiches each)  
or 6 snack servings (2 tea sandwiches each)

1 lunch serving = 2 Good Carbohydrates + ½ Vegetable + 2 Extras

Tea sandwiches may sound like dainty little bites, but this version, which replaces butter with reduced-fat cream cheese and white bread with whole grain, makes a healthy and very tasty snack or lunch.

### What you'll need:

- 8 thin slices multigrain bread
- 4 oz reduced-fat cream cheese, at room temperature
- ½ bunch watercress, tough stems removed
- 1 medium cucumber, thinly sliced

### What you'll do:

- Spread each slice of bread with cream cheese; make sandwiches with watercress and cucumber. Top with the remaining bread. Remove crusts, if desired, and cut each sandwich into 3 rectangular slices for 12 total.

### Nutrition At A Glance:

PER LUNCH SERVING: 170 calories \* 6 g fat \* 3.5 g saturated fat \* 8 g protein  
25 g carbohydrate \* 6 g fiber \* 330 mg sodium



# Greens, Chicken and Citrus Salad

PREP TIME: 15 minutes > COOK TIME: 15 minutes > SERVINGS: 4 (2-cup) servings

1 serving = 1½ Lean Proteins + 1 Healthy Fat + ½ Fruit + 2 Vegetables

Grapefruit brings a refreshing taste, a pretty look, and a healthy dose of vitamin C and fiber to this salad. To easily section the grapefruit, use a paring knife to cut the peel from the flesh and trim excess pith. Placing the knife blade between fruit section and membrane, carefully cut each section out one by one. Using leftover cooked chicken breasts cuts the total time for this recipe in half.

## What you'll need:

- 2 Tbsp minced red onion
- 2 Tbsp sherry vinegar
- 5 Tbsp extra-virgin olive oil, divided
- 1½ pounds boneless, skinless chicken breasts
- 1 head green leaf lettuce, torn into bite-size pieces (8 cups)
- 1 pink grapefruit, sectioned
- Salt and freshly ground black pepper

## What you'll do:

- Combine the onion, vinegar, 4 Tbsp of the oil, ¼ tsp salt, and ⅛ tsp pepper in a jar with a lid. Close tightly and shake vigorously to combine.
- Season the chicken with salt and pepper. Heat the remaining oil in a large skillet over medium-high heat; cook the chicken until browned, 5 to 7 minutes per side. Remove from the heat, cut into ½-inch slices, and toss with 3 Tbsp of the dressing.
- Gently toss together the lettuce, grapefruit, and remaining dressing in a large bowl. Season to taste with salt and pepper. Serve the salad topped with chicken slices.

## Nutrition At A Glance:

PER SERVING: 380 calories \* 20 g fat \* 3 g saturated fat \* 41 g protein  
8 g carbohydrate \* 2 g fiber \* 190 mg sodium





# Inside-Out Cheeseburgers

PREP TIME: 10 minutes > COOK TIME: 10 minutes > SERVINGS: 4

1 CHEESEBURGER = 1½ Lean Proteins + 1 Healthy Fat + 1 Good Carbohydrate

These unique cheese-stuffed burgers feature flaxmeal, which is high in cholesterol-lowering soluble fiber and heart-healthy alpha-linolenic acid (ALA). If you can only find whole flaxseed at the market, simply grind it into meal in a spice grinder or small coffee grinder. If you're skipping the bun, just sprinkle a little balsamic on top of the tomato.

## What you'll need:

- 1¼ pounds lean ground turkey
- ½ cup flaxmeal (2 oz)
- ½ small red bell pepper, finely diced
- 2 scallions, thinly sliced
- 6 Tbsp reduced-fat soft goat cheese, divided, preferably one flavored with herbs or garlic
- ¾ tsp salt, divided
- 4 tsp extra-virgin olive oil
- 4 very thin whole-wheat sandwich rolls (1.5 oz each), split or 8 slices multigrain bread (optional)
- 1 Tbsp balsamic vinegar
- 4 thick slices tomato
- Bibb lettuce (optional)

## What you'll do:

- In a large bowl, combine the turkey, flaxmeal, bell pepper, scallions, 2 Tbsp of the goat cheese, and ½ tsp of the salt. Using your hands, blend well and form into 4 balls. Poke a hole into the center of each ball and stuff each with 1 Tbsp of the remaining goat cheese. Pinch the turkey mixture to seal in the cheese and gently form into 4 patties. Make them as flat as you can (to speed the cooking), taking care not to squeeze the cheese out.



- In a large nonstick skillet, heat the oil over medium-high heat. Sprinkle the pan with the remaining ¼ tsp salt. Reduce the heat to medium, add the patties, and cook until browned on one side, about 3 minutes. Turn the patties over and cook for 2 minutes longer. Add ¼ cup water to the pan, reduce the heat to a high simmer, and cover. Cook for 8 to 10 minutes, until the burgers are cooked all the way through.
- Meanwhile, lightly toast the sandwich rolls, if using.
- To serve, brush one side of each of 4 roll halves with the balsamic vinegar. Top with a burger, a tomato slice, lettuce (if using), and the other roll half.

## Nutrition At A Glance:

PER SERVING (WITH ROLL): 371 calories \* 11 g fat \* 1 g saturated fat  
46 g protein \* 28 g carbohydrate \* 9 g fiber \* 832 mg sodium

# Turkey Salad with Pistachios and Grapes

PREP TIME: 10 minutes > SERVINGS: 6 (1-cup) servings

1 SERVING = 1 Lean Protein + 1 Healthy Fat + 1 Extra

Celery and nuts add crunch to this delectable warm-weather salad, and grapes add a hint of sweetness. Eat it with your favorite greens or stuff it into a whole-grain pita pocket for a tasty sandwich.

## What you'll need:

- 1½ pounds roast turkey or chicken, cut into ½-inch cubes
- 4 celery stalks, chopped
- ¾ cup grapes, sliced in half
- ⅓ cup shelled salted pistachios, roughly chopped
- ⅓ cup mayonnaise
- ¼ tsp salt
- ¼ tsp freshly ground black pepper

## What you'll do:

- Combine all of the ingredients in a large mixing bowl. Stir well to coat and refrigerate until ready to serve.

## Nutrition At A Glance:

PER SERVING: 290 calories \* 16 g fat \* 2.5 g saturated fat \* 30 g protein  
6 g carbohydrate \* 0 g fiber \* 250 mg sodium





## HEALTHFUL DINNERS

# Shrimp Scampi with Whole-Wheat Pasta

PREP TIME: 15 minutes > COOK TIME: 10 minutes > SERVINGS: 4

1 serving = 2 Good Carbohydrates + 1 Healthy Fat + ½ Vegetable  
+ 1½ Lean Protein (if using white wine add 1 Extra)

We've improved this quick classic by replacing the usual butter with monounsaturated extra virgin olive oil. And we've switched out highly-processed white pasta for high-fiber whole wheat. Using peeled and deveined shrimp makes preparing the dish a breeze.

### What you'll need:

- 8 oz whole-wheat spaghetti or cappellini
- 3 Tbsp extra virgin olive oil
- 1 medium red bell pepper, thinly sliced
- 5 large garlic cloves, minced
- ½ cup white wine or lower-sodium chicken broth
- ⅛ tsp red pepper flakes, or to taste
- 1½ pounds peeled and deveined large shrimp
- 2 Tbsp fresh lemon juice
- ⅓ cup chopped fresh parsley
- Salt and freshly ground black pepper

### What you'll do:

- Bring a large pot of lightly salted water to a boil. Add the pasta and cook according to package directions. Drain.
- While the pasta is cooking, in a large nonstick skillet, heat the oil over medium-high heat. Add the bell pepper and cook, stirring, for 2 minutes. Add the garlic and cook, stirring, for 1 minute. Add the wine and pepper flakes. Bring to a simmer and cook until the liquid is slightly reduced, about 1 minute longer.



- Add the shrimp and cook, stirring, until they turn pink and are just opaque in the center, about 3 minutes. Remove the pan from the heat and stir in the lemon juice.
- In a large serving bowl, combine the drained pasta, shrimp mixture, and parsley. Season with salt and pepper to taste. Toss well and serve.

### Nutrition At A Glance:

PER SERVING: 490 calories \* 14 g fat \* 2 g saturated fat \* 44 g protein  
48 g carbohydrate \* 8 g fiber \* 261 mg sodium

# South Beach Chicken Paella

PREP TIME: 10 minutes > COOK TIME: 35 minutes > SERVINGS: 4

1 serving = ½ Lean Proteins + 1 Good Carbohydrate + ½ Vegetable + 1 Extra

**Saffron makes this simple one-pan classic a real treat, lending brilliant color and pungent flavor. It's a great dish to serve for company because it makes a lot, but be aware that it takes nearly an hour to make from start to finish.**

## What you'll need:

- 1½ pounds boneless, skinless chicken breasts, cut into ½-inch pieces
- 1 Tbsp extra virgin olive oil
- 1 medium onion, chopped
- ½ cup whole-grain, quick-cooking brown rice
- ¾ cup roasted red bell peppers (from a jar), drained and thinly sliced
- 2 cups lower-sodium chicken broth
- ¼ tsp powdered saffron
- 3 Tbsp chopped fresh parsley
- Salt and freshly ground black pepper

## What you'll do:

- Season the chicken with salt and pepper. Heat the oil in a large, straight-sided skillet over medium-high heat. Add the chicken and onion; cook, stirring often, until the onion is softened, about 5 minutes.
- Stir in the rice. Add the red peppers, broth, and saffron; bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, until most of the liquid is absorbed, about 30 minutes. If the paella has excess moisture, cook uncovered for 3 to 5 minutes. Stir in the parsley, season to taste with salt and pepper, and serve.

## Nutrition At A Glance:

PER SERVING: 360 calories \* 7 g fat \* 1.5 g saturated fat \* 45 g protein  
26 g carbohydrate \* 1 g fiber \* 440 mg sodium



# Warm Salmon and Asparagus Salad

PREP TIME: 10 minutes > COOK TIME: 20 minutes > SERVINGS: 4

1 serving = 3 Vegetables + 1 Healthy Fat + 2 Lean Proteins

Roasting asparagus imparts a deep, complex flavor that gives the ordinary steamed version a run for its money. This elegant dish is great for guests, but it's also quick enough for a simple weeknight meal.

## What you'll need:

- 2 pounds asparagus, ends trimmed
- 2 Tbsp plus 2 tsp extra-virgin olive oil, divided, plus extra for baking dish
- 4 (6-oz) salmon fillets
- 2 Tbsp coarse-grain Dijon mustard
- 1 Tbsp white wine vinegar
- 5 oz mesclun greens (6 cups)
- Salt and freshly ground black pepper

## What you'll do:

- Heat the oven to 450°F.
- Place the asparagus in a single layer in a baking pan; drizzle with 2 tsp of the oil, season with salt and pepper, and turn to coat. Bake until lightly browned, about 20 minutes.
- While the asparagus is roasting, season the salmon with salt and pepper. Lightly brush a baking dish with oil, add the salmon, and bake until the fish flakes easily with a fork, 10 to 12 minutes.
- Place the mustard, vinegar, remaining oil, ¼ tsp salt, and ⅛ tsp pepper in a glass jar with a lid. Close tightly and shake vigorously to combine; adjust seasoning if necessary.
- Combine the greens and 2 Tbsp of the dressing in a mixing bowl; toss to coat. Drizzle the remaining dressing over the fish and serve with asparagus and greens.



## Nutrition At A Glance:

PER SERVING: 500 calories \* 33 g fat \* 6 g saturated fat \* 40 g protein  
11 g carbohydrate \* 5 g fiber \* 360 mg sodium



# Whole-Wheat Penne with Eggplant and Ricotta

PREP TIME: 15 minutes > COOK TIME: 25 minutes > SERVINGS: 4 (2-cup) servings

1 serving = ½ Healthy Fat + ½ Lean Protein + 2 Good Carbohydrates  
+ 3 Vegetables

Tossing hot pasta with ricotta cheese creates a quick, creamy sauce that's rich in taste and low in fat. Top this dish with fresh parsley or basil, if you have some on hand.

## What you'll need:

- 2 Tbsp extra-virgin olive oil, plus more for pan
- 1½ lbs eggplant, cut into 1-inch cubes
- 8 oz whole-wheat or spelt penne
- 1 small onion, thinly sliced
- 3 garlic cloves, minced
- 1 (14.5-oz) can chopped tomatoes
- 2 tsp balsamic vinegar
- 1 cup part-skim ricotta cheese
- Salt and freshly ground black pepper

## What you'll do:

- Heat the oven to 450°F.
- Lightly coat a baking pan with oil. Place the eggplant in the pan, drizzle with 1 Tbsp of the oil, season with salt and pepper, toss to coat, and spread in an even layer. Bake, stirring once, until the eggplant is lightly browned, about 25 minutes.
- While the eggplant is roasting, cook the pasta according to the package directions.
- Meanwhile, heat the remaining oil in a large skillet over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic and cook 1 minute more. Add the

tomatoes with juice and bring to a boil. Reduce the heat to medium-low, cover, and simmer for 3 minutes. Stir in the vinegar and season to taste with salt and pepper.

- Drain the pasta, place in a large bowl, and add the tomato mixture, eggplant, and cheese. Toss to combine, season with salt and pepper, and serve.

## Nutrition At A Glance:

PER SERVING: 420 calories \* 14 g fat \* 4 g saturated fat \* 18 g protein  
62 g carbohydrate \* 12 g fiber \* 320 mg sodium



## PHASE 2

# EXERCISE

Are you starting to feel pretty good with your fast-paced interval walking workouts? After 14 days of this, the soreness in your legs should be just about gone and you should feel more energetic and notice greater aerobic endurance.

For the next two or three weeks, feel free to continue using the walking intervals for your exercise if you wish. But you're probably ready to push yourself a little harder. For Phase 2 of the South Beach Diet® program, we've added two excellent strength-building workouts—one very easy, the other more challenging—that require no special equipment. You can do them anywhere—in your living room, in your backyard, even in a hotel room while traveling.

The beginner workout consists of five simple exercises that use your body weight for resistance to strengthen your muscles. (As a side benefit, weight-bearing exercise also builds bone density, protecting you from osteoporosis as you age.) You will do these exercises circuit-style, a basic technique in which you do one exercise after another in order, resting just 20 seconds in between exercises. The quick pace elevates your heart rate, revs your metabolism, and burns more calories.

Strength training, also called resistance training, typically requires a day of rest to allow your muscles to recover and repair in between workouts. For that reason, plan on alternating between one of these strength workouts and one of the interval walking workouts from Phase 1 every other day. In other words, avoid doing strength workouts on consecutive days.

# Beginner Body-Weight Strength Circuit

Do the warm-up first. Then perform each exercise in order for the repetitions indicated, resting 20 seconds before moving on to the second exercise in the circuit and so on. Start with one circuit every other day during week one of Phase 2. During week two, add a second circuit; rest for 1 minute in between circuits. In week three, try to complete three circuits, resting for 1 minute between rounds.

## WARM-UP **High knee march in place with arm circle** ➤ 30 reps

- Stand with feet hip-width apart and your arms outstretched at your sides, parallel with the floor and palms facing up. Start marching in place, lifting each knee high so your thigh aligns parallel with the floor on each step. Two steps equal one rep. Simultaneously, rotate your arms in tight circles counterclockwise. After 15 high knees, turn your palms down and circle your arms clockwise for 15 reps.



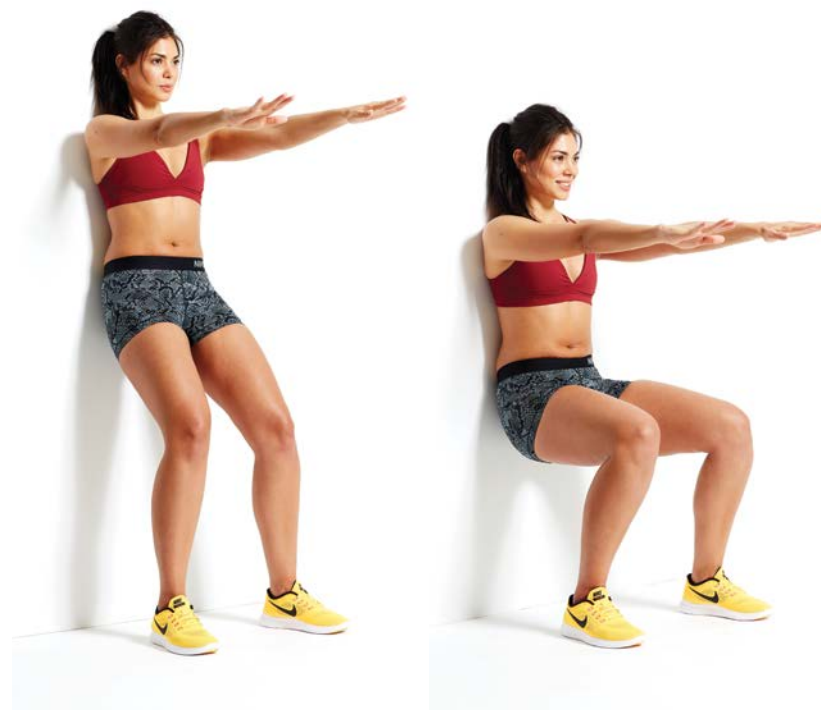
**1 of 5** Wall pushup > 8 to 10 reps

- A.** This is an easy way to start toning your arms and building upper-body strength. Stand and place your hands against a wall at shoulder height, arms straight and parallel with the floor. Your feet should be spaced hip-width apart and arms' length from the wall. You will be in a pushup position, but standing.
- B.** Brace your core and slowly bend your arms until your forehead grazes the wall. Pause, and then straighten your arms to return to the starting position. That's one repetition (rep).



**2 of 5** Wall sit > 20 seconds

- A.** Stand with your back against a wall and your feet spread shoulder-width apart, toes pointed slightly outward. Now, walk your feet about 18 inches from the wall. Raise your arms in front of you. This is the starting position.
- B.** Pressing your back into the wall, slowly bend your legs to lower your body toward the floor. Stop when your thighs are parallel with the floor. Sit tall in this position with head back and hips touching the wall. Hold this position with tension in your legs for 10 to 20 seconds and then stand, using your hands against the wall to help you if needed. If you would like, do another 20-second hold or two. Over time, try to work up to holding the wall squat for 60 seconds.



**GET  
STRONGER**

Once you master the wall pushup, try a plank. Start in a floor pushup position and bend your elbows to place your forearms on the floor facing forward. Your body should form a straight line from your heels to your head. Brace your core and don't allow your hips to sag. Hold this position for 10 seconds. You're done! Gradually increase the duration of your plank hold.



**3 of 5 Flutter kick** > 8–10 reps

- A.** Lie on your back on the floor with your hands under your hips and your toes pointed.
- B.** Engage your abs to lift your feet (not your head) about a foot off the floor. Keeping your legs rigid, begin quickly kicking your straight legs back and forth as you would while swimming. Every four kicks equals one rep.



**OPTIONAL Superman** > 8 reps

If you find the flutter kick too difficult, try the Superman instead. It's another good exercise to strengthen your core, especially your lower back.

- A.** Lie face down on the floor with your arms outstretched in front of you and your legs behind, toes pointing.
- B.** Raise your arms and legs a few inches off the ground while you squeeze your glutes and feel the stretch in your lower back. Hold for 3 seconds, lower, and repeat.



**4 of 5 Hip raise** > 8–10 reps

- A.** Lie on your back on the floor with your knees bent and feet flat. Your feet should be about 6 to 8 inches apart, and your heels should be 12 to 14 inches from your hips. Open your arms out to the sides with palms down.
- B.** Brace your core and press into your heels to lift your hips upward until your body forms a straight line from your shoulders to your knees. Hold this top position for 3 seconds, squeezing your butt muscles. Slowly lower your hips to the floor. That's one rep. Repeat.



**5 of 5** **Stability lunge** > 8 reps

- A.** Stand with your feet shoulder-width apart and your arms at your sides. Lift your left knee until your thigh is parallel with the floor as you raise your arms straight overhead, palms together.
- B.** Balance for 3 seconds, then slowly drop your left foot into a front lunge so your front leg forms a right angle and your back knee hovers an inch above the floor. Keep your arms above your head. Press your front foot into the floor and bring your right leg forward to stand. Then repeat with the sequence with your right leg. That's one rep. If this exercise is too difficult, try it with your hands on your hips.



# Intermediate Body-Weight Strength Circuit

Do the warm-up first. Then perform each exercise in order, resting 20 seconds before moving on to the second exercise in the circuit and so on. Start with one circuit every other day. After building strength and endurance, add a second five-exercise circuit. Rest for at least a minute between circuits. Add a third circuit when you feel ready.

**WARM-UP** **High knee march in place with arm circle**  
> 30 reps

- Stand with feet hip-width apart and your arms outstretched at your sides, parallel with the floor, and palms facing down. Start marching in place, lifting each knee high so your thigh aligns parallel with the floor on each step. Two steps equal one rep. Simultaneously, rotate your arms in tight circles counterclockwise. After 15 high knees, turn your palms up and circle your arms clockwise for 15 reps.



**1 of 5** **Elevated pushup** > 10 reps

- A.** Find a stable bench about 12 to 18 inches high. You can also use the side of a tub in your bathroom or the stairs in your home. Get into a pushup position with your hands spread shoulder-width apart on the elevated structure and your feet together. (Elevating your hands makes pushups easier; the higher your hands, the easier the exercise because you will be pressing less of your body weight.) Your body should form a straight line from head to heels. Brace your core.
- B.** Slowly bend your arms to lower your body until your chest nearly touches the bench or tub. Be sure your hips don't sag. Pause and press up to straight arms. That's one rep. Do a total of 10.

**NOTE:** If elevated pushups are too difficult, do modified pushups with your knees on the floor.



**2 of 5** **Hip raise with march** > 10 reps

- A.** Lie on your back with your knees bent and feet flat. Your feet should be about 6 to 8 inches apart, and your heels should be 12 to 14 inches from your hips. Open your arms out to the sides with palms down. Brace your core and press into your heels to lift your hips upward until your body forms a straight line from your shoulders to your knees. Squeeze your glutes.
- B.** Keeping your knees bent, raise your left leg toward your chest, then lower. Next raise your right leg. That's one rep. Continue alternating legs in marching fashion. Don't allow your hips to sag or twist. Squeezing your butt and bracing your core will help.



**3 of 5** **Body-weight squat** > 10–12 reps

- A.** Stand with your feet shoulder-width apart. Place your fingers lightly on the back of your head. Bend your knees and press your butt back as if sitting in a chair. Lower until your thighs are parallel with the floor.
- B.** Press your feet into the floor and straighten your legs to return to the starting position. That's one rep.



**4 of 5** **Bird dog** > 8–10 reps

- A.** Get on all fours, with your hands on the floor directly under your shoulders and your knees under your hips. Brace your core.
- B.** Simultaneously raise your left arm and right leg until they are parallel with the floor. Pause for 2 seconds and slowly lower. Repeat with the right arm and left leg. That's one rep.



**5 of 5 SEAL jack** > 30 reps

- These jumping jacks made popular by Navy SEALs are actually easier to do for people who have shoulder pain. Start by standing with feet together and your outstretched arms parallel with the floor and palms together. As you jump to spread your legs outward, simultaneously swing your arms out to the sides so they are parallel with the floor. Jump your feet back while swinging your arms back together. That's one rep. Do these as quickly as you can with good form.



# 15 TIPS FOR RESTAURANT DINING

The genius of the South Beach Diet is that it builds your skill and confidence in spotting healthy options from among the calorie bombs that appear on every restaurant menu. By being a mindful eater, you can enjoy the social aspects and the new tastes of dining out without worrying about piling the pounds back on. You don't have to be perfect—you just need to rely on what you've learned along the South Beach Diet® journey. And having some tips for restaurant eating will help, too.

## 1. Choose the right restaurant.

More and more restaurants are posting their menus online. Take a quick peek at what they have to offer before you decide which restaurant is right for tonight's meal, and then pre-plan your meal to avoid temptation.

## 2. Make reservations.

If you have to wait a long time for your table, those tummy grumbles may influence your menu decisions. Get to your table quickly and stick with your plan.

## 3. Order salad first.

Load up on healthy fiber early. A study at a major research university found that volunteers who ate a large vegetable salad before their main dish ate fewer calories than those who didn't. Just keep it simple by forgoing creamy dressings for simple oil and vinegar.



#### 4. Choose a broth-based soup.

A cup of anything made with vegetable, chicken, or beef stock is another good way to fill up your stomach before the main meal. Better yet: order soup and salad for your main meal and you'll have a filling meal that fits your South Beach Diet® lifestyle.

#### 5. Triple the non-starchy vegetables.

Ask your server to add extra portions of vegetables—in place of less-healthy sides. You might get a small upcharge, but many times they'll be happy to swap it out without it costing more.

#### 6. Request butter and sauces on the side.

Restaurants don't always indicate when they add extra butter or sauces to vegetables and meats. Avoid those unexpected extra calories by requesting that the chef cook without butter and dressings. You can opt for it on the side if you want. Or ask for a few lemon wedges to squeeze on your vegetables and small bowl of olive oil rather than butter.

#### 7. Avoid empty-calorie drinks.

Get in the habit of drinking unsweetened iced tea or water with lemon at restaurants. If you want an alcoholic beverage, follow your South Beach Diet® instincts and stay away from sugary margaritas and piña coladas, because they'll just add hundreds—or even thousands—of extra calories. Instead, get a glass of red wine or vodka with a splash of club soda and a lime, or a light beer. Remember, keep alcoholic beverages to no more than two per week.

#### 8. Do a word search.

What do the words grilled, broiled, and baked have in common? They're all words that indicate that the food was cooked in the healthiest way possible.

#### 9. Go fish.

Seafood is almost always among the healthiest restaurant choices, as long as it's not fried or sautéed.

#### 10. Use the fork dip method.

If you want to indulge in a creamy dressing, ask for it on the side and then dip your fork in it before you load it up with lettuce and crunchy veggies. That way you get a little taste of the creamy stuff you crave without going overboard.

#### 11. Eat the lowest-calorie food first.

Why? To help fill your stomach without overdoing the calories. What are they? You know: broth-based soups, salads, and non-starchy vegetables.

#### 12. Put your fork down between bites.

Eating quickly is a surefire way to overeat. Counteract that tendency by putting down your silverware between each bite to rest for a minute or so. This gives you the perfect amount of time to add to the dinner conversation and gives you the chance to gauge your hunger level before taking another bite.

#### 13. Drink water throughout the meal.

Many times we think we're hungry when we're actually just thirsty. Alternate bites with big gulps of water. It will force you to slow down as you eat, and you'll be better able to judge your level of hunger to keep you from overeating.

## 14. Ask for a to-go box to arrive with your entrée.

A study from a leading non-profit scientific organization found that many restaurants serve portions that are triple (or even quadruple!) that of a recommended portion size. Avoid overeating by immediately putting half—or even 75 percent—of your entrée into a to-go box to eat at home. It's like getting at least two meals for the price of one.

## 15. Put an end to it.

Your meal, that is. Declare that you're done eating by popping in a mint after the last bite. It'll help you clear your palate, because you won't want to combine the taste of the mint with another bite of food. And it's a psychological reminder that you've finished your meal, so you're not tempted to keep nibbling.

PHASE 3

SOUTH  
BEACH  
diet®



# YOU'VE GOT THIS!

**ONCE YOU'VE REACHED YOUR GOAL WEIGHT,** you'll hear a trumpet fanfare and a chorus of well-wishers yelling, **Bravo!** [insert your name] **Bravo!**

Just kidding. Only you will know when you're satisfied with your weight loss and you feel great about your accomplishment. And that's all that matters.

Now, it's time to transition into the South Beach Diet® lifestyle without the help of those five days of pre-made South Beach Diet® meals. With each passing day, you will become more confident in your ability to eat mindfully. And your body will look and feel amazing as a result of your new lifestyle.

In Phase 3—aka the rest of your life—you will enjoy ALL FOODS in moderation, anywhere—at home, while traveling, at restaurants, and at events and celebrations. The healthy-eating strategies of the South Beach Diet are now routine and will guide you through periods of temptation. And, of course, fitness has become an important part of your life. You love the way exercise makes you feel and you just hate to miss a workout.

How to move forward: continue to eat six times a day to keep yourself from becoming ravenously hungry, which can trigger overeating. While all foods are allowed, the majority of your foods should come from those featured on the Foods to Enjoy lists—high quality carbohydrates, lean proteins, healthy fats and vegetables. Review the lists of Foods to Enjoy in Phase 1 and Phase 2 anytime you feel you need a refresher. And keep up with at least 30 minutes of daily exercise. Here are two new workouts designed to tone and tighten your body and boost your metabolism.

## EXERCISE

With the addition of the two strength programs that follow, you now have seven simple workouts at your disposal to build into your weekly fitness plan. During the first two weeks of Phase 3, try the resistance-band workout to build strength and then progress to the workout using lightweight dumbbells. Be sure to avoid doing two strength workouts on consecutive days. Mix in the walking workouts or other types of non-resistance exercises on in-between days.

# Resistance-Band Strength Circuit

You will need an exercise band for this workout. These rubberized resistance bands are available at most national sporting-goods retailers and online. Choose a band with light to intermediate resistance or purchase bands of varying resistances for use as you become stronger.

Do the warm-up first. Then perform each exercise in order, resting 20 seconds before moving on to the next exercise in the circuit.

Complete one circuit every other day during the first week of Phase 3. Add a second and third circuit during weeks two and three, respectively.

### WARM-UP Walking knee hug > 20 reps

- Stand with your feet shoulder-width apart and your arms at your sides. Step forward with your right foot and lean slightly forward at the hips. Lift your right knee, grasp it with your hands, and pull it toward your chest while standing tall. Let go of the knee and step forward with your right foot. Next, raise your left knee and pull it to your chest. That's one rep. Continue alternating legs.



**WARM-UP****Reverse lunge with reach and twist****> 20 reps**

- Stand with arms at your sides. Step back with your left leg and lower your body until your right and left knees form right angles. Simultaneously twist your torso to the right and raise your right arm behind you. Place the back of your left hand on the outside of your right knee to help you deepen the rotation of your upper body. Then, return to a standing starting position. That's one rep. Repeat the move on the same side. After 10 reps to the right, lunge with your right foot back and rotate to the left for 10.

**1 of 5****Exercise band fly > 10–12 reps**

- A. Attach the middle of an exercise band securely to a door handle or other stationary object. (Follow the directions that came with the exercise band.) Face away from the door and grasp the handles of the band; bend your elbows. Walk away from the door until the tension pulls your bent arms out to the sides at about shoulder level. Assume a staggered stance, with one foot in front of the other.
- B. Without changing the angle of your elbows, pull your hands together in front of your body until your knuckles meet. Slowly return to the starting position. That's one rep.





**2 of 5 Exercise band seated row** > 10-12 reps

- A.** Sit on the floor with your legs extended straight and loop the middle of the exercise band securely around the arches of your feet. Grab the handles (if the band is too long, wrap it around your feet as shown) so that there's tension in the band when your arms are extended in front of you. Your back should be straight.
- B.** Keeping your elbows close to your sides, pull the band back to each side of your body, squeezing your shoulder blades together. Pause for a second, then slowly return to the starting position. That's one rep.



**3 of 5 Exercise band squat with side kick**

> 10-12 reps

- A.** Hold the handles of an exercise band and step on the middle of the band with feet hip-width apart. Raise your hands to shoulder height, palms facing forward.
- B.** Bend your knees and push your hips back as if sitting in a chair until your thighs are parallel with the floor.
- C.** Press your feet into the floor to stand and immediately lift your right leg out to the side. Return to the starting position and repeat on the opposite side. That's one rep.



**4 of 5 Exercise band biceps curl** > 10-12 reps

- A.** Stand on the middle of an exercise band with feet hip-width apart. With arms straight at your sides, grasp the handles of the band (or the band itself) so that there is slight tension in the resistance band.
- B.** Keeping your upper arms pressed against your sides and stationary, bend your arms to raise your hands to your shoulders. Pause, then slowly release back to the starting position. That's one rep.



**5 of 5 Wood chopper** > 20 reps

- A.** Step securely on the band with your left foot and step your right foot out so your feet are a little wider than shoulder-width apart. Grasp the handle of the band with both hands by your left thigh. Your left hand should hold the handle with your left palm up, and your right hand should grasp with your right palm down. Keep your arms straight. Be sure that there's a little tension in the band but not so much that you won't be able to pull it across your body.
- B.** Keeping your arms straight, pull the handle across your body and over your right shoulder as you twist your torso slightly to the right so the band ends up forming a diagonal line from your left foot to above your right shoulder. Pause, then release. Complete 10 reps to the right, then stand on the band with your right foot and do 10 "chops" to the left.



# Dumbbell Strength Circuit

You will need a pair of lightweight dumbbells (5 to 8 pounds) for this workout. Depending on your level of fitness and familiarity with weight lifting, you might want to use heavier dumbbells.

Do the warm-up first. Then perform each exercise in order, resting 30 seconds before moving on to the next exercise in the circuit. For starters, do one circuit every other day for the first week. Gradually increase circuits as you become more fit.

## WARM-UP **SEAL jack** > 20 reps

- These jumping jacks made popular by Navy SEALs are actually easier to do for people who have shoulder pain. Start by standing with feet together and placing your palms and arms together in front of you and parallel with the floor. As you jump to spread your legs outward, simultaneously swing your arms out to the sides so they end up parallel with the floor. Jump your feet back while swinging your arms back together. That's one rep. Do these as quickly as you can using good form.



**WARM-UP** Skater hop > 20 reps

- A.** Stand with feet hip-width apart; bend at the knees and waist slightly. Explosively push off your left leg, swinging your arms and moving right. Land on your right foot and swing your left leg behind you.
- B.** Without dropping your left foot to the floor, explosively push off your right foot and hop to the left, swinging your arms to the left for momentum. Land on your left foot and trail your right foot behind you. That's one rep. Continue hopping back and forth quickly, swinging your arms as if speed skating.



**1 of 5** Elevated pushup > 10 reps

- A.** Find a stable bench about 12 to 18 inches high. You can also use the side of a tub in your bathroom. Get into a pushup position with your hands spread shoulder-width apart on the bench or tub and your feet together. Your body should form a straight line from head to heels. Brace your core.
- B.** Slowly bend your arms to lower your body until your chest nearly touches the bench or tub. Be sure your hips don't sag. Pause and press up to straight arms. That's one rep. Do 10.

**NOTE:** if elevated pushups are too difficult, do modified pushups with your knees and hands on the floor. If elevated pushups are too easy, do regular pushups with hands and feet on the floor.





**2 of 5 Dumbbell bent-over row** > 20 reps

- A.** Grab a dumbbell in your right hand. Stand with feet hip-width apart, with your left foot a step or two in front of your right and knees slightly bent. Bend at the waist so your upper body forms a 45-degree angle to the floor. Place your left hand on your left knee for support. Allow the weight to hang from your straight right arm, palm facing inward.
- B.** Row the dumbbell to the side of your chest. Avoid twisting your torso. Then slowly lower the weight to the starting position. That's one rep. After completing 10 reps, move the weight to your left hand, switch foot positions, and place your right hand on your right knee. Row the dumbbell to the side of your chest. Complete 10 reps.



**3 of 5 Dumbbell goblet squat** > 10 reps

- A.** Stand with feet shoulder-width apart and hold a dumbbell vertically at chest level with both hands. The heels of your palms should support underneath one end of the dumbbell and your fingers should wrap around the top of the weight.
- B.** Brace your abs and push your hips back as if sitting into a chair. Lower your body until your thighs are parallel with the floor. Press your feet into the floor to rise back to the starting position. That's one rep.



**4 of 5 Dumbbell curl** > 10 reps

- A.** Stand with feet hip-width apart and hold a dumbbell in each hand at your sides, palms facing in.
- B.** Simultaneously bend both arms to raise the dumbbells to your shoulders. As you raise the weights, rotate your wrists so your thumbs point away from you and your palms face up by halfway through the movement. When the weights reach your shoulders, begin lowering them, rotating your wrists inward so your palms face your thighs when your arms are straight. That's one rep.



**5 of 5 Dumbbell forward lunge** > 10-12 reps

- A.** Stand with your feet hip-width apart and hold a dumbbell in each hand at your sides, palms facing in.
- B.** Take a large step forward with your left leg and lower your body toward the floor. Your front leg should bend at the knee, forming a right angle. Your back leg should be bent slightly. Lower yourself until your back knee hovers an inch above the ground and your front thigh is parallel with the floor. Pause in this position for a second. Press your left foot into the floor to push yourself back to the starting position. Next, step forward with your right foot and repeat. That's one rep.



## NOTES

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## NOTES

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## NOTES

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