



# **SOUTH BEACH DIET**

**BEGINNER'S GUIDE AND COOKBOOK**

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THE FOOLPROOF DIET PLAN TO  
FINALLY LOSE WEIGHT THAT  
CAN'T AND WON'T FAIL

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# **South Beach Diet Beginner's Guide and Cookbook**

*The Foolproof Diet Plan to Finally Lose  
Weight Fast that Can't and Won't Fail*

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# Introduction

Congratulations on downloading your personal copy of *South Beach Diet Beginner's Guide and Cookbook: The Foolproof Diet Plan to Finally Lose Weight that Can't and Won't Fail*, and thank you for doing so.

The following chapters will discuss some of the many benefits that exist when you decide to change your eating habits and adopt ones that the South Beach diet promotes. As you're probably already aware, tens of thousands of people throughout the years have decided to try the South Beach Diet. It's safe to say that if the diet didn't work and help people to create healthier lives for themselves, no one would still be talking about it! This book is going to provide you with all of the details regarding what exactly the South Beach diet is, how it works, and what some of the benefits of this diet plan are. Without knowing all of the facts about the diet, how do you expect to make good decisions for yourself regarding your health and what you're eating? This book will clarify the technicalities of the South Beach Diet for you so that you have no questions as you move towards adhering to this diet.

You will discover how important it is to follow a diet that is based on facts rather than the fad of the moment. This book will also guide you through the reasons why the South Beach diet should not be considered a fad diet. Instead, you are going to find that the South Beach diet bases its logic on facts about the body, and these facts are ones that are vitally important to your overall health. Everyone wants to live as healthily as they can, and when you're on the South Beach diet, you'll learn to do exactly that.

The final chapters of this book are going to explore the various recipes that you can follow when you're on the South Beach diet. These chapters will go through literally all aspects of meal planning. This includes breakfast, lunch, dinner, dessert and even snack time. By recognizing all of the different types of recipes that are available to you when you're on the South Beach diet, you'll be able to see that this diet is one that you can live on for years into the future. Additionally, the recipes that you'll find in this book are going to

prove to you that the South Beach diet is fun, enjoyable, and totally doable. With this book by your side, there's no way that you're going to fail while on the South Beat diet!

There are plenty of books on this subject on the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible. Please enjoy!





# Chapter 1: What is the South Beach Diet?

Before we get into the recipes that you can make while on the South Beach Diet and the benefits of this particular diet plan, it would help if you completely understand how the South Beach diet works in its entirety. This chapter is going to look at what you need to do in order to get started on the South Beach Diet, the philosophy behind the program, and the different steps that are involved when you decide to engage in the South Beach Diet process. After reading this chapter, you will know exactly what you're getting into.

## **The Basics of the South Beach Diet**

The basic notion surrounding the South Beach diet is that there are good fats and carbohydrates, and there are also bad fats and carbohydrates. When you're on the South Beach diet, the idea is that you know which types of fats and carbohydrates are good, and which fats and carbohydrates are bad. You'll be eating only the good ones (obviously). The South Beach Diet prides itself in advocating for a diet that is lower in carbohydrates than other types of diets that are on the market, while also advocating for higher levels of protein consumption.

Another important aspect of the South Beach Diet is the idea that it uses the glycemic index in order to determine which foods should be consumed and which shouldn't. In case you're unaware, the glycemic index is an index of how many carbohydrates are found in certain types of food. The lower on the scale the food in question is, the less filled the particular food is with carbohydrates. This scale is important because it can tell you how much a particular food is influencing your blood glucose levels, which are linked to monitoring diabetes and other types of sugar-related diseases. Lastly, a final key aspect of the glycemic index is the idea that the lower on the scale the food can be found, the slower it is digested by the body. When a food that is low in carbohydrates is digested slowly, this means that the blood glucose levels in the body are also going to be lower and that a person's insulin levels will be lower, too. When food takes more time to be digested, the result is going to be that you feel



fuller for a longer period of time, which will cause you to eat less on a daily basis. This is essentially how you lose weight while on the South Beach Diet.

In addition to thinking about carbohydrates, the South Beach Diet also cares about the types of fats that you're consuming. This diet calls for the mass elimination of trans fats and most saturated fats. In replacement of these types of bad fats, good fats like the fat that can be found in avocados, olive oil, and other types of mono-saturated fats replace the saturated and trans fats. Obviously, elimination of fat is one fast way to lose weight and keep it off. The South Beach Diet teaches you to understand the difference between good and bad fats so that you can discern for yourself which fats should be eaten and which should be avoided.

### **The Breakdown of the South Beach Diet**

The South Beach diet is broken down into three distinct phases. During each phase, the restrictions on the diet are going to become increasingly lenient. If you have less than ten pounds to lose, then it's advised that you skip to phase two of the diet, but this book is going to assume that you have more than ten pounds to lose so that all aspects of the South Beach Diet are covered. When you're on the South Beach Diet, you're not going to be counting calories, but you are going to be counting how many meals you're eating per day. Here is a breakdown of the meals that you're going to be eating each day, regardless of the specific phase that you're on while on the diet:

**Meal 1:** Breakfast

**Meal 2:** Lunch

**Meal 3:** Dinner

**Snacks:** 2 snacks per day

**Dessert:** 1 dessert that is packed with a lot of protein

When you're on the South Beach Diet, you're able to adhere to this way of eating for as long as you'd like. You should be doing the South Beach Diet for as long as you need to reach your weight-loss goals, but if you feel good on the diet then you can do it for even longer than that!

### **Phase One of the South Beach Diet**

Phase one of the South Beach Diet, as has already been stated, is going to be the most restrictive aspect of the diet for you. While it

is the most restrictive, it is also the shortest (which is good news for you). The goal of phase one is to get rid of the cravings for food that you're bound to have, as well as to stabilize your blood and glucose levels. What this means is that during these first two weeks of the diet, you're going to be eating a lot of eggs, low-fat dairy products, legumes, vegetables, and lettuce. You're also going to be allotted two tablespoons of healthy fats per day, and this will most likely be used for dressing on salads or however you see fit. While you're going to be focusing on these types of foods, this means that you're going to be prohibited from eating foods such as rice, bread, and pasta. You also won't be allowed to touch sugary foods or alcohol. I know, this sounds like torture, but remember that it is only for two weeks. After the two weeks, the diet becomes easier. Additionally, it's important to note here that you should not try to adhere to phase one of the South Beach Diet for more than two weeks. Phase one is much too restrictive for you to be on it for more than the allotted amount of time.

### **Phase Two of the South Beach Diet**

After the first two weeks of the South Beach Diet, you'll be allowed to eat approved carbohydrates again. This means that you'll be able to eat foods such as brown rice, whole-grain bread, whole-wheat pasta, and fruit! Specifically, phase two will allow you to eat three servings of fruit and three servings of approved starches per day. The two snacks that were allotted for this phase of the diet are optional, but highly encouraged. You are also allowed to have a glass of wine, either red or white, with your dinner. You'll keep phase two up until you reach your weight goal, whatever it may be. So the length of phase two depends entirely on the individual, and how much they want to lose before they begin the maintenance phase.

### **Phase Three of the South Beach Diet**

Phase three of the South Beach Diet is also commonly known as the "maintenance" phase because you are going to be trying to keep the lifestyle changes that you've learned through the South Beach Diet for the rest of your life. For phase three, all foods are allowed; however, it's still advised that you limit your starches and fruits to only three servings (not meals) per day. When you reach phase

three of the South Beach Diet, the goal is that you have developed the discipline that you have learned from the first two phases of the diet to be able to eat in an overall healthier manner. Phase three makes it obvious that the goal of the South Beach Diet is to help you to achieve long-term success with your weight-loss goals. This diet is not a “crash” diet or a fad diet. It is a weight loss mechanism that promotes an entire overhaul of your current eating habits in order to promote a healthier way of life. If you can cope with the fact that phase one of the diet is probably going to be the worst of it and you’re willing to make positive changes for yourself, then it’s likely that you ultimately see weight loss success through the South Beach Diet, for both the short and the long-term.

### **How Much Does the South Beach Diet Cost?**

The South Beach Diet, similar to other types of diets that you may have already heard about, is not entirely free of charge. One of the first pieces of material that you’re going to have to purchase upon making the decision to enter into the South Beach Diet is the manual that comes with the diet. This manual can come in either paperback or hardcover form and is entitled, “The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life”. These days, you can also purchase this book in audio form or even in e-book form, but this was not always the case. You can find this book used for as little as \$2.99 for purchase on the internet. The manual guide is very cheap, and is recommended to making your weight loss journey on the South Beach Diet as seamless as possible. The South Beach Diet Supercharged is simply on such level of detail and specifics that this book cannot go into. It is written by the creator of the diet himself, Arthur Agatston, and has exactly everything you need to know on it. View it as your personal coach that will help you through every step of the way. Don’t get me wrong, you can still have success with just the information that is provided in this book, so don’t feel pressured into investing in it. But other things in which you may want to consider investing is the online membership tool that the South Beach Diet provides for five dollars. This online tool will help you to keep track of what you’re eating and the progress that you’re making by providing you with the following:

- A custom weight-loss tracker designed just for you
- A grocery shopping list generator
- Newsletters on a daily basis
- Access to thousands of South-Beach Diet approved recipes
- Access to the online South Beach Diet community message forum

Now that we've discussed the less expensive aspects of the South Beach Diet, it's time to talk about the pricier aspects of it. It's safe to say that you are not looking to purchase food directly from the South Beach Diet source since you've decided to purchase this book, but it's important to note that the South Beach Diet also offers meals that you can purchase directly from them. Of course, this service is not cheap. For one week of meals that are pre-made and ready to eat as soon as they arrive at your home, it's going to cost you \$74.75 per week. You can save some money by purchasing a four-week meal plan at \$399.99, and this will also include one week of free meals. For the four-week meal plan, you will be provided with meals that are for the three phases of the South Beach Diet. When you order the meals on a weekly basis, you are going to choose your meal plan based on the phase of the South Beach Diet that you're currently on. It's always going to cost less if you cook recipes that adhere to the South Beach Diet on your own, which is why this book will provide you with dozens of recipes. Plus, if you get into the habit of cooking healthy meals for yourself, you'll more than likely be able to sustain this type of diet over the long-term.



## **Chapter 2: The Many Benefits of Adhering to the South Beach Diet**

Now that you have a comprehensive understanding of what the South Beach Diet is all about, this chapter is going to discuss why this diet is important and what the benefits are when you follow this diet. As you are going to see after reading this chapter, many of the advantages that the South Beach Diet can provide your health and your life are ones that other types of diets cannot offer. The advantages of the South Beach Diet are again reasons why the South Beach Diet is sustainable as a long-term form of dieting. After reading this chapter, it's likely that you'll be even more convinced than you already are that the South Beach Diet is the right diet to fit your health needs.

### **Benefit 1 of the South Beach Diet: It's Balanced**

One of the biggest benefits that the South Beach Diet can offer you is that it's a truly balanced diet. Unlike other diets such as Atkins where the diet is asking you to concentrate on one specific type of nutrition, the South Beach Diet is extremely balanced. Obviously, this balance refers to the diet techniques that occur after phase one of the diet plan. Phase one itself is a bit unbalanced, but that is why it's only supposed to be followed for a period of two weeks. The creators of the South Beach Diet want you to eventually be able to walk away from the strict terms of the "diet" itself so that you can live a life where you feel as if you're not constantly dieting. Instead, you get to feel as free as you did when you were not dieting. The only difference is that you're more educated because of the knowledge that the South Beach Diet has provided you and therefore you can make better nutritional decisions for yourself.

### **Benefit 2 of the South Beach Diet: There is Absolutely No Calorie Counting**

Unlike Weight Watchers and other types of diets that require you to count calories to some extent, the South Beach Diet does not ask this of you at all. In a way, you can interpret the South Beach Diet to

have already counted the calories of your food intake for you, based on what you're allowed to eat and what you're not allowed to eat. The fact that you don't have to count calories while on the South Beach Diet seems to speak to the bigger message that the South Beach Diet is trying to convey in the sense that counting calories is not something that should be done when you're not "dieting". It simply isn't realistic to think that you're going to count calories for the rest of your life, so in the eyes of the South Beach Diet, if you start to develop calorie-counting habits, it's not going to do anything for you over the long-term. You can relax on the South Beach Diet, knowing that the mathematical work of counting calories has already been done for you.

### **Benefit 3 of the South Beach Diet: You're Always Eating**

There are some types of diets out there that insist that you can *only* eat a certain number of meals per day, while also limiting what it is that you're consuming. For example, the Cabbage Soup Diet encourages you to only eat certain meals per day, while offering that you can eat as much cabbage soup that you want throughout the course of the day. Of course, the cabbage soup that they want you to make at the beginning of the week is almost entirely made of water, so this does not do much to sustain your body properly. The South Beach Diet is different in the sense that it is a diet that actually encourages you to eat small snacks and meals throughout the day. If you've ever been interested in weightlifting or bodybuilding, then you probably already know that it is better to eat smaller meals throughout the day, rather than larger ones that take longer for your body to process. This is the exact idea behind the logic of the South Beach Diet, and it's one that is incredibly important for your body's overall balance and stability.

### **Benefit 4 of the South Beach Diet: You'll Have fewer Cravings**

If you're someone who tends to sit on the couch after work and constantly eat because you're bored, there's a chance that you are developing cravings that are unhealthy in nature. Both sugar and salt are two of the biggest types of additives that are used in the production of processed foods. On the South Beach Diet, you're going to be forced to cut out carbohydrates and sugars for a full two



weeks. Afterward, you may be surprised to find that the carbohydrates that you do eat will taste a bit different to you. You'll be able to taste any added sugar that is found in processed foods because your body will have regulated over the two-week period to a lower salt and sugar threshold.

### **Benefit 5 of the South Beach Diet: Making Your Own Recipes is Simple!**

We have already discussed the money that you can spend to receive South Beach Diet approved meals directly to your home, but you definitely do not need to invest this type of money into the South Beach Diet if you don't see the point or are looking to save some money. The book that you're reading right now is loaded with recipes that will save you a ton of money while you're still able to lose weight. If you're someone who is not great at cooking, starting the South Beach Diet is the perfect way to learn how to cook quickly. When your health is on the line, there's no reason why you should delay learning how to cook in a healthier and more informative manner.

### **Benefit 6 of the South Beach Diet: You'll See Results Fast**

If you've ever tried to remove gluten from your diet in the past, then you know that your belly is going to flatten very quickly if you don't have much fat to lose and you're truly dedicating yourself to a gluten-free diet. The first two weeks of the South Beach Diet work similarly to a gluten-free diet, although it can be argued that the South Beach Diet is even stricter than simply a gluten-free diet because sugar is also regulated while on the South Beach Diet. Additionally, the Diet promotes the elimination of saturated fats from your diet, and this also contributes to the loss of weight much faster than what is typically seen in other diet programs that are on the market.

For those who are unaware, saturated fats are those types of fats that bond certain types of foods together. For example, butter is a type of saturated fat, as is cheese and other dairy products that are made with two-percent milk. One of the biggest proponents of the South Beach Diet is that it asks you to engage in a healthier lifestyle

of eating. One of the ways that you can do this successfully is to look at the nutritional labels on your food. If you see information that says that there are hydrogenated oils in the item in question, this is a key sign that the food should not be consumed while on the South Beach Diet. It may be surprising to you, but coffee creamer is one example of a drink additive that is loaded with hydrogenated oil. While you may be thinking that you're simply drinking milk when you open the little packet of creamer from your local diner or convenient store, this is far from the truth. As you become more aware of what is actually in the food that you're eating, you'll be able to make better decisions for yourself and your health. This is the ultimate goal of the South Beach Diet, so that one day you can step back from the strict guidelines of the South Beach Diet, yet still maintain a healthy lifestyle.



## **Chapter 3: Some of the Cons of the South Beach Diet that No One Will Tell You**

It would be unrealistic if this book were to tell you that there were absolutely no cons or setbacks that are involved when you take on the South Beach Diet. Now that the last chapter went over the advantages of the South Beach Diet, this chapter will look at some of the disadvantages that you should be aware of before adhering to this diet plan. Of course, this information is not meant to deter you from engaging with the diet in its entirety; rather, this information should provide you with information that can inform and prepare you for the diet so that maximum results are possible. After reading this chapter, you will have a complete understanding of what you're getting into when you decide to take on the South Beach Diet.

### **Disadvantage 1 of the South Beach Diet: Exclusion of Many Carbohydrates**

If you're someone who is currently living on a diet that is heavy in carbohydrates, then the South Beach Diet may be a bit difficult for you to sustain over the short-term. Your body is going to really have to wean itself off of the carbohydrates that you're intaking on a daily basis in order to truly see results while on this diet. Carbohydrates are what fuel the body and keep it energized. If you take away carbohydrates from the body too quickly and you are someone who is constantly eating them, then the result that you're going to feel is fatigue, dehydration, and a general sense of weakness. To compensate for this potential feeling of lethargy, it might be a good idea to gently wean yourself off of carbohydrates prior to starting the South Beach Diet. This way, you are shocking your body less and you're able to start the South Beach Diet on a more positive foot.

### **Disadvantage 2 of the South Beach Diet: The Exclusion of Fruits**

There are not many diets out there that are going to ask that you exclude fruits from your diet. Of course, the complete elimination of fruits is only for the first two weeks while on the South Beach Diet, but this is still something that is a bit obscure as diets go. While you are not allowed to eat fruits in the first phase of the South Beach Diet, the second and third phases will allow you to do so. Below is a list of the approved fruits that you can eat later while on the South Beach Diet:

- Apples
- Applesauce, only once a week
- Apricots
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Pomegranate
- Raspberries
- Strawberries
- Boysenberries

As you can see from this list, this is not a complete list of *all* fruits that exist in the world. When you're on the South Beach Diet, you're prohibited from eating fruits such as watermelon, bananas, figs, dates, raisins, prunes, or even canned fruit. There are both good

fruits and bad fruits that are listed on the South Beach Diet, and it's important to follow these restrictions to the fullest extent possible. Otherwise, it's likely that you will not see the results which you're hoping. On the other hand, who wants to go around avoiding fruit while they're dieting? This is why the prohibition of fruits while on the South Beach Diet is seen as a disadvantage to the Diet itself; although, when you eliminate fruits you are going to see weight loss because all fruits are loaded with carbohydrates and sugar.

### **Disadvantage 3 of the South Beach Diet: You Can't Go Back to Your "Normal" Eating Habits**

Again, this particular disadvantage is only a negative if you're someone who is not looking to truly change your diet and eating habits over the long-term. The South Beach Diet is prepping you to completely overhaul your current eating habits. If you're overweight, it's obvious that you're not eating in the healthiest way possible for yourself. There is simply no way that you'll be able to lose weight and keep it off unless you completely change what you're eating on a daily basis. This includes removing a lot of the saturated fats that we have already discussed in the previous chapter. If you think that the South Beach Diet is a "temporary" solution that will somehow provide you with long-term results, this logic is simply false and not true.

### **Disadvantage 4 of the South Beach Diet: It Does Not Necessarily Promote an Active Lifestyle**

If you don't supplement the South Beach Diet with a lot of protein, then it is going to be difficult for you to work out regularly. Of course, the idea that carbohydrates largely make up your ability to work out and feel strong during the workout is not entirely true; protein is also important. However, you will need to be consuming carbohydrates if you're going to be supplementing the South Beach Diet with a hardcore workout regimen. How do you go about reconciling the need to work out and the need for carbohydrates at the same time? It is advised that you do not work out during the first two weeks of the South Beach Diet during phase one. The simple fact of the

matter is that you're going to be feeling too "out of it", and working out while you're not consuming any carbohydrates is not healthy. After the first two weeks of the diet, you should start working out if you want to, but you need to make sure that you're eating the allotted amount of daily fruits and carbohydrates for which the Diet recommends.

Another way to think about working out while you're on the South Beach Diet is the idea that food should be used as a fuel rather than for pleasure. This is essentially what the South Beach Diet is promoting. You need to be careful to not over-do your workout routine while you're on the South Beach Diet, because you do need to sustain a certain number of calories per day in order to live a healthy and strong life; however, you can certainly get away with eating the specified amount of carbohydrates and fruit throughout the day if you are being moderately active instead of intensely active.

### **Disadvantage 5 of the South Beach Diet: Pricier than Other Types of Diets**

If you're someone who is used to eating mostly pasta or other types of grains, then you know that these foods are pretty inexpensive. The South Beach Diet relies on protein that can be found in meats and dairy products. Meat, in particular, is more expensive than pasta, rice, and bread, so if you're already on a tight budget, you may find that the diet is not going to be effective for you from a cost perspective. If you are thinking that you are going to skimp on your meat intake during the South Beach Diet to save some money, this is not a good idea. The South Beach Diet relies heavily on meat, and if you're already eliminating starch then what do you plan on eating? If you don't have the budget to buy a lot of meat on a regular basis, then it's safe to say that the South Beach Diet should not be attempted by you.

Along these same lines, if you're vegetarian then it is not recommended that you attempt the South Beach Diet. As was already mentioned, the South Beach Diet is one that heavily relies on meat. If you're trying to cut out carbohydrates while not eating



meat, then what do you plan on eating besides vegetables? Beans are certainly high in protein, but they are not going to provide you with the energy that you need in order to feel satisfied and full throughout the day. If you're a vegetarian, then the South Beach Diet is one that probably will not find you much success. It's as simple as that.

### **Disadvantage 6 of the South Beach Diet: It's a Commitment**

It's rather illogical to think that the South Beach Diet is going to be a piece of cake or a walk in the park. The primary reason why the South Beach Diet requires constant dedication is because you're likely going to be engaging in a diet that is foreign to your body. When you eliminate many types of foods from the diet that you're regularly used to, the result may be that you start to think about food nonstop. Instead of being able to go about your day with relative ease, you're going to be noticing your cravings, your level of irritation over feeling hungry, and the desire for more food in your body. If you're not prepared for these types of feelings and frustrations from the onset of the South Beach Diet, then it's likely that you will quit when the going gets tough. Prepare yourself mentally for the South Beach Diet, and you'll be more likely to see the results that you seek.



# Chapter 4: How to Integrate the South Beach Diet into Your Life

Now that you're aware of the advantages and disadvantages that exist while on the South Beach Diet, you should be able to concretely know whether or not the South Beach Diet is something that you're going to want to try. Moving forward, the next step in your evolution to a better you through the South Beach Diet is to have a general strategy throughout each phase of the diet plan. This chapter will provide you with specific information regarding techniques that you can use that will better your chances of success throughout each phase of the South Beach Diet. This will also include lists of foods that you can eat while on the diet.

## **Portion Control**

It's important to note that each phase of the South Beach Diet has specific portions that should be eaten throughout the day. Let's take a look at some of the portions that the diet requires, as well as the specific types of food that should be eaten during each phase of the South Beach Diet.

**Protein:** 3 ounces per meal, three times a day. Protein that is approved include the following:

- Ground beef, only 93% lean and up
- London broil
- Pastrami
- Sirloin steak
- Ham, boiled
- Canadian bacon
- Pork tenderloin
- Chicken breast
- Turkey bacon
- Turkey sausage
- Ground turkey
- Ground chicken
- Sashimi (raw fish from a sushi restaurant)
- Canned fish, like tuna or salmon

- Any type of fish
- Lamb, only to be consumed once per week during the two-week period
- Deli meat, all natural and low in sodium
- 3 large egg whites are allowed per day
- 1 whole egg is allowed per day

**Dairy:** 1 ounce per day (or ¼ cup). Dairy that is approved include the following:

- Cottage cheese
- Blue cheese
- Feta
- Mozzarella
- Provolone
- Parmesan
- Queso fresco
- Ricotta, a ½ cup of ricotta is acceptable
- String cheese
- Swiss cheese

**Seeds and Nuts:** 1 ounce per day (or ¼ cup) for nuts. For seeds, you can eat 1 ounce per day or three tablespoons. Seeds and nuts that are approved include the following:

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Macadamia nuts
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

- Almond butter
- Cashew butter
- Peanut butter

**Vegetables:** 1 cup per day, or ½ cup when cooked. No added sugar or salt is allowed. Vegetables that are approved include the following:

- Arugula
- Artichokes
- Asparagus
- Bok choy
- Bamboo shoots
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Endive
- Fennel
- Grape leaves
- Green beans
- Wax beans
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Parley
- Peppers
- Radishes
- Rhubarb
- Sauerkraut

- Shallots
- Snap peas
- Snow peas
- Spinach
- Squash
- Swiss chard
- Tomatoes
- Water chestnuts
- Zucchini

**Oils and Fats:** One tablespoon of fats and oils are allowed per day, so make sure that you're choosing which fats and oils you're going to consume per day carefully. Oils and fats that are approved include the following:

- Avocado oil
- Canola oil
- Coconut oil
- Corn oil
- Flaxseed oil
- Grapeseed oil
- Peanut oil
- Olive oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Walnut oil

It's extremely important to note that while the foods that were listed above can be eaten throughout the entire duration of the South Beach Diet, these are the *only* foods that can be eaten during phase one of the diet plan. From this point forward in the chapter, you can eat these other foods, but only during phases two and three of the diet.

**Fruits:** After the two-week period of phase one of the diet, you can then add fruits to your diet. Women can have one serving of fruit per day, and men can enjoy two servings of fruit per day. Please

refer back to the list of fruits that we have already gone over in this book to understand what fruits are allowed and which are not allowed while on the South Beach Diet.

**Legumes and Beans:** You are prohibited from eating legumes and beans during the first two weeks of the South Beach Diet. After the two-week period is over, you are then allowed to eat ½ cup of cooked legumes and beans. Legumes and beans that are approved include the following:

- Adzuki beans
- Black beans
- Butter beans
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
- Hummus, ¼ cup
- Kidney beans
- Lentils
- Lima beans
- Pinto beans
- Refried beans
- Soybeans
- Split peas
- White beans

**Alcohol:** After the two-week period, you are allowed two alcoholic beverages per week. Your options for alcoholic beverages are somewhat limited, but they include the following items:

- 1 and ½ ounces of hard liquor, no juice or soda added
- 4 ounces of red or white wine
- 12 ounce of light beer

As you can hopefully see from after reading this chapter, you have extensive options for eating while on the South Beach Diet. Unlike other types of diets that are out there, you're not going to be limited to eating the same types of foods over and over again. There



is a wide variety of foods that you can eat while on the South Beach Diet, which should make dieting in this manner all the easier. Let's take a look at some other tips that go beyond the specific foods that you can eat while on the diet.

### **Strategy 1: Consider Quinoa for Breakfast**

You may have never eaten quinoa for breakfast before, but this is a strategy that can help you to feel both full and fit while on the South Beach Diet. Quinoa is a superfood in the sense that it has the same type of protein that can be found in red meat and eggs. It's also known to be quite filling. If you eat quinoa first thing in the morning, it's sure to keep you feeling satisfied throughout the day. It's important to understand that because of the fact that quinoa is a grain, you are not going to be able to eat it during the first phase of the diet. Lastly, quinoa is known to repair torn muscles after a workout, which is yet another reason why so many athletes consume it to achieve a fit lifestyle and body.

### **Strategy 2: Take Up a Hobby for your Hands**

This may sound a bit strange, but researchers from the United Kingdom have found that when people who are experiencing food cravings played with an object such as a Rubik's Cube, Silly Putty, or Play-Dough for ten minutes at a time, their food cravings diminished in intensity. Perhaps this could be a good strategy to implement once you start the South Beach Diet. The adult coloring books that have become popular recently may be something in which you should be considering investing, as well as a puzzle, Sudoku, or crossword book. Whichever activity you end up choosing, remember that it's important for your hands to be doing something during this time. Distracting yourself by watching a movie or a television show is not going to do much in terms of curbing your cravings. Remember this is likely only something that you will want to try during phase one, the one that is not so fun. But 2 weeks is achievable for anyone.

### **Strategy 3: Slow Down, Be Mindful**

The last technique that is important to keep in mind while you're on the South Beach Diet is to be mindful *while* you're eating your food. Instead of reading a book while you eat or being distracted in some other way, it's a better idea to simply take in each bite and

savor the flavor. Additionally, it's important to think about how your body is feeling after each bite. If you're someone who typically gobbles your food down as fast as you can without much thought involved, perhaps take the time to notice yourself becoming full. Try to enjoy each bite that is going into your mouth. Studies have shown that people who eat more slowly end up consuming fewer calories than those people who shovel food into their mouths as quickly as possible. Since you're going to be limiting your caloric intake, it might be a good idea to try this tactic out for yourself to see if you are able to feel fuller with less food.

## **Sample Day of Eating While on the South Beach Diet**

You can pay to have full days' worth of meals planned and prepared for you, but if you aren't looking to invest in things like that, which really is just a luxury of the wealthy, then you will need to prepare your own sort of meal plan. The thing with the South Beach Diet is that it is so flexible, and can really adapt to anybody's preferences, but here is just an example of what a full day of eating looks like on the South Beach Diet. Note, this is an example of a full day of eating for someone on phase 2 or 3 only.

### **Breakfast:**

- 2 scrambled eggs with 2 slices of turkey bacon, and sliced tomatoes
- 6 oz. vegetable juice smoothie (surprisingly good actually, especially if you add some artificial sweetener like stevia)
- Coffee or tea with skim milk

### **Morning Snack:**

- Carrots sticks (or dippable vegetable of your choice) dipped in guacamole or dressing of your choice

### **Lunch:**

- Sirloin beef burger (93% fat free) on a whole-grain bun with reduced-fat 2oz Swiss cheese, tomato slices, bed of lettuce, and condiments of your choice
- Three-bean salad: Combine equal amounts of black beans, kidney beans, and chickpeas with chopped red onion to taste. Toss with 2 Tbsp balsamic vinaigrette dressing (1 serving equals 1/2 cup)

### **Late Afternoon Snack:**

- Celery sticks stuffed with 1 wedge French onion and garlic reduced-fat spreadable cheese

### **Dinner:**

- 6 oz. filet of salmon
- One large fried egg (use olive oil over butter to cook)
- An assortment of grilled potatoes and mixed vegetables of your choice

### **Dessert:**

- Vanilla Ricotta Cream: In dessert bowl, whisk 1/2 c part-skim ricotta cheese, 1/4 tsp vanilla extract, and 1 packet granular sugar substitute.

This is a good example of how eating healthy and losing weight can still be enjoyable. Take advantage of all the different recipes and meals in the following chapters to mix and match your days while on the diet.



# Chapter 5: Breakfast Recipes for the South Beach Diet

At this point in the book, you have all of the information that you need regarding the South Beach Diet itself. You know about the three phases of the diet, the food that you're allowed to eat, the advantages and disadvantages of the diet, and some strategy tips that you may want to implement while you're on this particular diet plan. This chapter is going to now walk you through some breakfast recipes that you can create and consume while you're on the South Beach Diet. If you're someone who typically orders out instead of making meals on your own, this is going to be a great opportunity for you to change this habit and begin to set yourself in a better direction nutritionally.

## **South Beach Diet Breakfast Recipe 1: The American Breakfast**

- 2 eggs
- 2 pieces of Canadian bacon
- 2 tomatoes, sliced thinly
- 6 ounces of vegetable juice cocktail
- A glass of coffee or tea, either with fat-free milk or some sort of sugar substitute

### **Nutritional Information Per 1 Breakfast**

<b>Calories</b>	383
<b>Total Fat</b>	14 grams
<b>Protein</b>	26 grams
<b>Carbohydrates</b>	2.5 grams

### **Directions for the American Breakfast:**

Begin by scrambling the eggs the way that you normally would when you aren't dieting. You certainly have the option of adding cheese

into your eggs, but remember that you're only allowed a ¼ cup of dairy per day. This meal should fill you up plenty without any cheese, so it might be a good idea to save the cheese for another meal throughout the day. While the eggs are scrambling, add the Canadian bacon to another pan on the stovetop and prepare until it's fully cooked through. Next, slice your tomatoes. Once the eggs and Canadian bacon are finished cooking, remove from heat and place the tomatoes on top. Remember, you're not going to want to cook the tomatoes because this will take some of the nutrients away from them. Keep the tomatoes raw. Prepare your coffee or tea, and pour your vegetable juice cocktail. Make sure that you're making good choices about what you're putting into your coffee as you prepare it. Savor this meal, and pay attention while you're eating it.

### **South Beach Diet Breakfast Recipe 2: Mini Egg Muffins**

- Between 12-15 eggs. This recipe makes twelve muffins
- 1 teaspoon of cumin
- ¼ cup of cheese, parmesan or cheddar work well for this recipe
- 3 green onions, diced
- ¼ cup of Broccoli or onion, chopped into small pieces. Make sure they're small enough to fit into muffins
- 1 slice of Canadian bacon or turkey bacon

#### **Directions for the Mini Egg Muffins:**

Begin by preheating your oven to 375 degrees. Next, you are going to need to spray cooking oil onto the muffin tins. You should not use muffin liners because the egg will stick to them if you do this. Once your muffin tins are lined with oil, put the meat that you've chosen to use in the bottom of the muffin tins. Next, the broccoli or the onion goes in, and then finally the cheese if you're using it and the green onions. You want each muffin to receive the same amount of meat, vegetable and cheese trimmings if you can manage it. At this point, the muffin cups should be about two-thirds of the way full. this is just enough room for the eggs. Next, find a large bowl and begin to break the eggs into it. Perhaps throw a dash of pepper into the eggs if you enjoy a peppery taste. Beat this mixture until the yokes of the eggs have all blended together nicely, and then pour

over each muffin tin. The muffin tin should be about three-fourths of the way full by this point. Finally, stir each muffin tin mixture so that the egg is coating everything inside of it. Bake for between twenty-five to thirty-five minutes. The muffins should slightly brown when they're ready to serve. These muffins will stay fresh for about a week, as long as they're kept in the refrigerator.

#### **Nutritional Information Per Muffin**

<b>Calories</b>	74
<b>Total Fat</b>	3.7 grams
<b>Protein</b>	7.6 grams
<b>Carbohydrates</b>	2.3 grams

### **South Beach Diet Breakfast Recipe 3: Breakfast Casserole with Bell Peppers, Roasted Tomatoes, Feta and Oregano**

- 10 eggs
- 1 cup of cherry tomatoes, sliced in half
- $\frac{3}{4}$  cup of feta cheese
- $\frac{1}{2}$  teaspoon of oregano
- 1 green bell pepper with the seeds removed, cut into thin strips
- Olive oil for prepping the pan

#### **Directions for the Breakfast Casserole with Bell Peppers, Roasted Tomatoes, Feta and Oregano**

Preheat your oven to 375 degrees. Next, brush your 9 by 9-inch baking pan with olive oil, and make sure that you're brushing the sides of the pan when you do this. Next, prep your vegetables by following the specifications that were listed in the ingredient section. Place your peppers into the dish and then sprinkle your  $\frac{1}{2}$  teaspoon oregano over it. Put this concoction in the oven for ten minutes. As the green peppers and oregano cook, find a bowl that will fit all of the eggs into it and crack them into the bowl. Beat the eggs together until the yolks are blended well. Season the eggs with pepper if you would like. Next, take the peppers out of the oven and add the cherry tomatoes into the baking dish. Stick the dish back into the



oven again, and roast this concoction for fifteen minutes. You are going to want to check on the tomatoes during this step. If they begin to look shriveled, they're done and you can take them out of the oven early. Once the baking dish is out of the oven once again, sprinkle your feta over the peppers and tomatoes. Pour the eggs over the vegetables, making sure that the eggs are covering everything evenly. Cook for between 25 to 28 minutes, or until the top of the casserole has browned nicely. Once cooled, cut the casserole into thirds, so that you have 9 slices of casserole total.

### **Nutritional Information Per Slice of Casserole**

<b>Calories</b>	74
<b>Total Fat</b>	3.7 grams
<b>Protein</b>	7.6 grams
<b>Carbohydrates</b>	2.3 grams

### **South Beach Diet Breakfast Recipe 4: Cream Cheese and Salmon Breakfast Sandwiches**

- 2 ounces of reduced fat cream cheese
- 6 ounces of smoked salmon, sliced thin
- 8 slices of whole-grain bread, also sliced thin
- 2 tablespoons of chives, chopped
- 4 tablespoons of margarine, trans-fat-free
- Freshly ground black pepper, to garnish

### **Directions for Cream Cheese and Salmon Breakfast Sandwiches**

This dish will serve up to four people. Begin by laying out your thin slices of bread on a clean countertop or other type of clean surface. Spread each slice of bread with one tablespoon of cream cheese, and then choose four slices of bread that will receive the salmon slices. Once the salmon is on the bread, sprinkle each salmon piece with chives and pepper. Place the remaining four pieces of bread that do not have salmon on them on top of the salmon slices with the cream cheese side facing down. Next, prepare a non-stick skillet with two of the four tablespoons of margarine. Put two of the sandwiches into the skillet once it's heated up a bit, and push on the top of the sandwich so that they flatten out a bit. Next, cook these for about two minutes on each side, until each side is golden brown. Remove the first two sandwiches from heat, before continuing onto the next sandwiches. When you cook the following two sandwiches, make sure that you put your last two teaspoons of margarine into the pan, so that the remaining two sandwiches do not burn.

### **Nutritional Information Per Salmon Sandwich**

<b>Calories</b>	240
<b>Total Fat</b>	11 grams
<b>Protein</b>	19 grams
<b>Carbohydrates</b>	18 grams

### **South Beach Diet Breakfast Recipe 5: Banana-Blackberry Wakeup Smoothie**

- ½ cup blackberries, and a few more for garnish
- 1 banana, cut into quarters. This should be about a half cup
- ¾ cup low-fat yogurt of your choice
- 1 and ½ teaspoons sugar substitute, optional
- 1 and ½ teaspoons wheat germ
- 3 ice cubes

### **Directions for Banana-Blackberry Wakeup Smoothie**

You will need a blender for this recipe. Place the bananas and the blackberries into the blender first, and blend these two ingredients until they're smooth. Next, add the yogurt and the sugar substitute if you're using it, along with the ice cubes and wheat germ. Blend everything together, and then place this entire mixture into two ten-ounce glasses. If you left some blackberries for the garnish, place these on top before serving.

#### **Nutritional Information Per 10 Ounces of Smoothie**

<b>Calories</b>	100
<b>Total Fat</b>	.5 grams
<b>Protein</b>	5 grams
<b>Carbohydrates</b>	21 grams

### **South Beach Diet Breakfast Recipe 6: Breakfast Pizza**

- 4 eggs, large
- 2 plum tomatoes, sliced thin
- 4 ounces of packed spinach, about 4 cups
- 5 teaspoons of olive oil
- 2 whole-grain pitas, cut in half horizontally

- ¼ teaspoon of salt
- ¼ teaspoon of pepper
- 2 ounces of feta cheese, about ½ of a cup, crumbled

## **Directions for the Breakfast Pizza**

Who doesn't love pizza? When you're on the South Beach Diet, you get to eat pizza for breakfast! Well, sort of. This variation of the traditional pizza is much healthier. Begin by preheating your oven to 450 degrees. Next, grab your largest skillet and heat one tablespoon of your olive oil in the pan on medium heat. Next, put your spinach into the pan and cook until it is properly wilted. This will probably take between two to three minutes, possibly longer. As the spinach is cooking, take your rounds of pita and brush the inside of each one with another teaspoon of oil each. Once you've brushed all of the pitas with the olive oil, put all of the rounds onto a baking sheet and bake in the oven for about five minutes. You want the pita to become brown and slightly crisp. Once they're browned, remove from oven. Be careful not to over-cook the pita. Divide the tomato that you have among the various slices of pita that you have, and do the same with the spinach. Make sure that you're leaving enough room in the center of your pita for an egg. Finally, crack an egg over each slice of pita, and adorn this egg with your salt and pepper. Place the pita rounds back into the oven on the same baking sheet that you were using before, and bake for between eight to ten minutes. You want the egg yolk to look like it does when you're making a sunny-side up egg. The egg should be a bit runny but stabilized. Remove the baking sheet from the oven and sprinkle the pita rounds with your cheese. Lastly, place the baking sheet back in the oven with the cheese on top of the pita, and cook for around two more minutes. Serve these pizza renditions warm.

### **Nutritional Information Pita Round of Pizza**

<b>Calories</b>	250
<b>Total Fat</b>	13 grams
<b>Protein</b>	13 grams
<b>Carbohydrates</b>	21 grams



# **Chapter 6: Recipes for a Quick and Easy Lunch**

Hopefully, the breakfast chapter has made you realize that the South Beach Diet recipes do not have to be difficult to create. Now that you have enough breakfast recipes to last you almost a week, we are going to move onto lunch recipes that you can follow while on the South Beach Diet. These recipes are going to be similar to the breakfast options in the sense that they will be relatively simple to create. Let's take a look at the lunch recipe options now.

## **South Beach Diet Lunch Recipe 1: Cucumber and Tea English Sandwiches**

- 1 cucumber, cut into thin slices
- ½ bunches of watercress
- 8 slices of multigrain bread, sliced thinly
- 4 ounces of cream cheese, reduced-fat and left at room temperature

### **Directions for the Cucumber and Tea English Sandwiches**

Take each slice of your multigrain bread and spread your cream cheese onto it. Next, add the watercress and the cucumber to four of the slices of bread, and finish each sandwich off by taking four of the slices that do not have the watercress and the cucumber on them and placing them on top of the ones that do have the watercress and cucumber. If you'd like to take this recipe one step further and you have a bit of time on your hands, you might want to toast these sandwiches on the stove. If you decide to do this, it might be a good idea to toast the bread prior to adding the cream cheese, the cucumber, and the watercress so that your vegetables are cold and fresh when you consume them. The serving size for this recipe is three sandwiches, but you can also eat two sandwiches as a snack while you're on the diet if you wish.

### **Nutritional Information Per 3 English Sandwiches**

<b>Calories</b>	170
<b>Total Fat</b>	6 grams
<b>Protein</b>	8 grams
<b>Carbohydrates</b>	25 grams

## **South Beach Diet Lunch Recipe 2: Fresh and Zesty Chicken Salad**

- 1 grapefruit, broken into sections
- 1 head of lettuce, broken into eatable pieces, about 8 cups
- 1 and ½ pounds of chicken breast, boneless and skinless
- 2 tablespoons of red onion, minced
- 2 tablespoons of sherry vinegar
- 5 tablespoons of olive oil
- ¼ teaspoon of salt, and more as needed
- ½ teaspoon of pepper, and more as needed

### **Directions for the Fresh and Zesty Chicken Salad**

For the dressing, you are going to want to start by combining four of the teaspoons of olive oil with the vinegar, the onion, the ¼ teaspoon of salt and the ½ teaspoon of pepper. Once all of these ingredients have been combined, you'll want to find a jar that has a lid so that the ingredients can be shaken together nicely and stored in the refrigerator. Next, use more salt and pepper to season the chicken as needed. Once the chicken is seasoned nicely, add the last one tablespoon of olive oil to a skillet and place onto medium-high heat. Cook the chicken until it's cooked all the way through. This will probably take around five to seven minutes per side of chicken, but it could also take a bit longer. Once the chicken is cooked, remove it from the heat source and then cut the chicken into half-inch chunks, so that the chicken can be easily eaten. Next, add three tablespoons of your dressing to the chicken and coat it liberally. Find a large bowl and place your lettuce, grapefruit and the rest of the dressing into it. Finally, add the chicken on top, and flavor the rest of the salad with more salt and pepper. You also have the option of eating the chicken separate from the rest of the salad.

## **Nutritional Information Per 1 and ½ Pounds of Chicken and 2 cups of the Salad Mixture**

**Calories** 170

**Total Fat** 6 grams

**Protein** 8 grams

**Carbohydrates** 25 grams

### **South Beach Diet Lunch Recipe 3: Cheeseburger with a Twist**

- 1 and ¼ pounds of ground turkey, lean
- ½ cup of flax meal, or two ounces
- 4 slices of tomato, cut thick
- 1 tablespoon of balsamic vinegar
- 4 thin whole-wheat bread rolls, or instead 8 slices of multigrain bread
- 4 teaspoons of olive oil
- ¾ teaspoons of salt
- 6 tablespoons of soft goat cheese, maybe one with herbs or garlic flavored into it
- 2 scallions, sliced thin
- ½ of a red bell pepper, diced into small pieces

### **Directions for Cheeseburger with a Twist**

For this particular lunch recipe, you're going to want to start by creating your burger patty. To do this, in a large mixing bowl combine the ground turkey, the scallions, the flax meal, your chopped bell pepper, two tablespoons of the goat cheese and a ½ teaspoon of your salt. Next, you're going to get your hands dirty. Roll the turkey mixture into four balls, making sure to poke a hole into the center of each ball of meat as you do so. Stuff each ball with a tablespoon each of the four remaining tablespoons of the goat cheese. Next, pinch each hole that you've created shut so that the turkey covers the hole up. Finally, flatten the turkey balls, but only to a point that will ensure that the cheese isn't leaking out of the patty. You should try to flatten the patties as much as you possibly can so that they cook as quickly as possible. Next, heat a skillet over



medium-high heat and add a ¼ teaspoon of salt to the pan. Next, add your 4 tablespoons of oil. Once the oil has heated up a bit, you're going to want to reduce the heat of the pan so that it's only on medium heat. Add your patties to the pan and cook each one for about three minutes on each side. You want to achieve a crisp, brown look for the patties. After each side of the patty has cooked for around three minutes, add ¼ cup of water to the pan so that the patty can continue to cook all the way through. You don't want have raw burger patties. Cook the patties with the water in the pan for between eight to ten minutes. While the patties are cooking, you have the option of toasting your sandwich rolls or slices of bread if you want to. When you're ready to serve your burgers, brush each side of your bread with balsamic vinegar. This will give your burger a tangy flavor that will complement the rest of the flavors that exist within the patty. Finish this sandwich off by placing the turkey patties in between two slices of your sandwich rolls or bread and then adding tomato slices and lettuce if you choose to do so.

#### **Nutritional Information Per 1 Cheeseburger**

<b>Calories</b>	371
<b>Total Fat</b>	11 grams
<b>Protein</b>	46 grams
<b>Carbohydrates</b>	28 grams

#### **South Beach Diet Lunch Recipe 4: Pistachio, Grape, and Turkey Celery Salad**

- 1 and ½ pounds of roasted turkey, or roasted chicken if you don't like roasted turkey or do not have it on hand
- 1/3 cup of mayonnaise
- 1/3 cup of pistachios, salted and chopped
- ¾ cup of either purple or green grapes, chopped in half
- 4 stalks of celery, chopped
- ¼ teaspoon of salt
- ¼ teaspoon of pepper

#### **Directions for Pistachio, Grape, and Turkey Celery Salad**

This recipe is pretty simple from a directional standpoint. Start by combining the celery, the grapes, and the pistachios into a large mixing bowl. Next, add the turkey or the chicken, depending on what you're using. Finally, add the salt and pepper before combining the mayonnaise into the salad so that everything gets properly coated. You can interpret this fast and easy dish to be the equivalent of a tuna salad or another type of mayonnaise-based dish.

#### **Nutritional Information Per 1 Salad**

<b>Calories</b>	145
<b>Total Fat</b>	3 grams
<b>Protein</b>	7.5 grams
<b>Carbohydrates</b>	9 grams

#### **South Beach Diet Lunch Recipe 5: Roast Beef Whole Wheat Wrap**

- 4 whole wheat flour tortillas
- 1 and ¼ cups of cream cheese, reduced fat
- 8 ounces of roast beef, sliced thinly
- ½ of a red onion, sliced thinly
- 4 leaves of spinach

#### **Directions for the Roast Beef Whole Wheat Wrap**

Begin by placing your whole-wheat flour tortillas into your oven at 200 degrees. You can also put the tortillas into the oven with the oven set to the broiler setting, but if you do this the tortillas are going to cook very quickly. You'll have to make sure to keep an eye on them if you put the oven on the broiler setting. You can also opt to not heat the tortillas at all if you're running low on time or you don't like hot wraps. Once the tortillas have finished cooling, spread cream cheese evenly over each tortilla. Next layer on your spinach, your onion, and finally your roast beef on each tortilla. You have the option of varying the specifics of this recipe if you wish to do so. For example, if you want a completely hot wrap, you can choose to cook the onions, the spinach, and the roast beef prior to putting them into

your wrap. The cream cheese should be left cold because when cream cheese is cooked it will typically become a bit crusty and odd.

#### **Nutritional Information Per 1 Roast Beef Wrap**

<b>Calories</b>	345
<b>Total Fat</b>	5.1 grams
<b>Protein</b>	9.4 grams
<b>Carbohydrates</b>	22.1 grams

#### **South Beach Diet Lunch Recipe 6: Avocado and Hearts of Palm Salad with Cilantro**

- 2 fourteen-ounce cans of hearts of palm. Hearts of palm are also sold in 26 ounce jars
- 2 avocados
- 3 tablespoons the juice of 1 lime
- ¼ cup of green onion, sliced thin
- Salt, as needed

#### **Directions for the Avocado and Hearts of Palm Salad with Cilantro**

The first step for this recipe is to drain the hearts of palm in a colander. To do this, place the hearts of palm into the colander and then into the sink. You don't want the hearts of palm to contain a lot of liquid, so you would be best off to leave the hearts of palm in the sink for a bit and come back to them after they have drained properly. While the hearts of palm are draining, you will have some time to cut up your avocado. You should cut your avocado to your personal preference, although this recipe recommends that you cut the avocado into half-inch chunks. Once the avocado is all diced up, the next step is to coat the avocado with two tablespoons of lime. Since the lime is going to make up the majority of the salad dressing, you can simply toss the avocado in the lime juice in the same bowl that is going to be your final salad mixing bowl. Next, remove your hearts of palm from the sink where it's been draining and begin to cut them into ½ thick pieces. You can do this by hand by cutting the hearts of palm into rings or just use a knife to achieve more of a

mismatched look. Next, cut the cilantro and slice the green onion if you have not already done so. Finally, add your hearts of palm, green onion and cilantro to the same bowl where the avocado is. Add your remaining lime juice, using more if you need to or if that is your preference. Finally, sprinkle the salad with some salt. Sea salt would be your best option for this salad. You can put into the refrigerator for a few moments after you've finished cooking it so that the hearts of palm are cold and crisp to eat, but this salad should be eaten the same day that it's made.

#### **Nutritional Information Per 1 Serving of Salad**

<b>Calories</b>	110
<b>Total Fat</b>	3 grams
<b>Protein</b>	6 grams
<b>Carbohydrates</b>	8.3 grams



## Chapter 7: Recipes for Dinner

It's likely that when you're on the South Beach Diet, dinner may very well be your favorite meal of the day. The protein that is going to be found in this chapter is protein that has not yet been seen largely in the other recipe chapters. Sure, we saw the turkey burger recipe in the lunch section of this book and the salmon sandwiches in the breakfast chapter of this book, but this chapter is going to have even more recipes that have to do with lean proteins that you can consume when you're on the South Beach Diet. After learning about the recipes in this chapter, there's no way that you won't have a complete recipe guide that will allow you to find dieting success.

### **South Beach Diet Dinner Recipe 1: Lemon Pesto Chicken Kabobs**

- 4 chicken breasts, boneless and skinless
- 1/3 cup of low-fat vinaigrette dressing
- 1/3 cup of basil pesto
- 1 tablespoon of all-purpose seasoning
- 3 tablespoons of lemon juice

#### **Directions for Lemon Pesto Chicken Kabobs:**

Cut the chicken breasts lengthwise into small strips. Next, mix together the vinaigrette dressing, the basil pesto, and the all-purpose seasoning. Pour this dressing into a zip-lock bag and then add the raw chicken into it. If you have the time to do so, allow the chicken to marinate for between eight to ten hours. Longer is always fine, but if you don't marinate the chicken for at least that amount of time, the flavor is not going to come through as well. Once the chicken has properly marinated, heat either your grill (if it's hot outside) or a grill pan and coat with non-stick cooking spray. If you want the chicken to be a bit charred, it might be a good idea to purchase some high smoke-point oil to achieve this look and unique flavor. Skewer the chicken, and grill for between fifteen to eighteen

minutes. Serve with some vegetables, and possibly a serving of whole grains.

#### **Nutritional Information Per 2 Chicken Skewers**

<b>Calories</b>	150
<b>Total Fat</b>	4 grams
<b>Protein</b>	24 grams
<b>Carbohydrates</b>	3 grams

#### **South Beach Diet Dinner Recipe 2: Sausage and Grilled Zucchini Kabobs**

- 1 turkey or chicken sausage, cut into uniform pieces
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- ¼ cup of low-fat Italian dressing

#### **Directions for the Sausage and Grilled Zucchini Kabobs**

Put the vegetables into a zip lock bag and add the Italian dressing. Let them marinate for about an hour or longer and put them into the refrigerator. Next, heat a grill or a grill pan on medium heat. Put all of the meat and vegetables onto a skewer, and cook for about fifteen minutes. This will allow the vegetables to stay soft and slightly tender.

#### **Nutritional Information Per Sausage Kabob**

<b>Calories</b>	150
<b>Total Fat</b>	6 grams
<b>Protein</b>	18 grams
<b>Carbohydrates</b>	5 grams

#### **South Beach Diet Dinner Recipe 3: Roasted Salmon and Rosemary**

- 1 piece of salmon
- 2 teaspoons of olive oil
- 4 tablespoons of salt

- 2 tablespoons of rosemary
- 2 tablespoons of garlic
- 1 tablespoon of black pepper
- 1 tablespoon of all-purpose seasoning

### **Directions for the Roasted Salmon and Rosemary**

Make the rosemary rub first. Combine the salt, the rosemary, the garlic, the pepper, and the all-purpose seasoning together. It would be a good idea to use a food processor for this step if you have one. Next, place the salmon into a roasting pan. Rub each side of the salmon with 1 teaspoon of olive oil. Next, use one teaspoon of rosemary rub per salmon. Preheat your oven to 450 degrees. In the meantime, allow the fish to sit at room temperature while you do this. Place the salmon into the oven and cook for between nine to ten minutes. You want the salmon to feel like it's beginning to get firm. The real cook time is going to depend on the thickness of the salmon.

### **Nutritional Information Per 1 Piece of Salmon**

<b>Calories</b>	180
<b>Total Fat</b>	9.9 grams
<b>Protein</b>	17.4 grams
<b>Carbohydrates</b>	4 grams

### **South Beach Diet Dinner Recipe 4: Chicken with Parmesan Cheese**

- 1 boneless and skinless chicken breast
- 2 teaspoons of crushed garlic
- ¼ cup of olive oil
- 1/2 teaspoon of poultry seasoning
- ¼ cup of Panko bread crumbs
- ¼ cup of parmesan cheese

### **Directions for Chicken with Parmesan Cheese**



Begin by combining the poultry seasoning, the crushed garlic, and the olive oil into a pan. Heat this on low heat, just until the mixture is warm. Next, cut the chicken into 1-inch strips. Continue cutting the chicken after it's been sliced into strips by making small slits along the chicken breast that are a half inch apart. This will help the chicken to develop the flavoring of the garlic and herbs as its cooking. Place the chicken pieces into a zip lock bag, and then pour the warm mixture over it. Marinate the chicken for at least twenty-four hours in the refrigerator. When you're ready to cook it, preheat the oven to 425 degrees. Mix your breadcrumbs and parmesan together, putting the mixture through a food processor if you have one. Dip the chicken into the cheese and breadcrumb mixture to coat. Place the chicken into a dish and bake for twenty-five minutes.

#### **Nutritional Information Per Three Chicken Pieces**

<b>Calories</b>	295.6
<b>Total Fat</b>	6.6 grams
<b>Protein</b>	33.8 grams
<b>Carbohydrates</b>	27.1 grams

#### **South Beach Diet Dinner Recipe 5: Artichoke Meatball Casserole**

- 33 ounces of artichoke hearts
- 2 pounds of chicken meatballs, pre-cooked
- 24 ounces of low-sugar pasta sauce
- 2 cups of grated mozzarella cheese
- 2 teaspoons of olive oil

#### **Directions for Artichoke Meatball Casserole**

Place the artichoke hearts into a colander that is resting in the sink. Let the water drain from the artichoke hearts. While they're draining, heat a skillet with the 2 tablespoons of oil and put the meatballs into the skillet. Heat the meatballs until they're browned, turning them a few times. Once browned, put the meatballs into the bottom of a casserole dish. Once dry, take the artichokes and cut

them into fourths. Dribble these over the meatballs. Pour the pasta sauce over this, and then your cheese. Put in the oven and bake for between thirty to forty-five minutes. The cheese should be browned.

#### **Nutritional Information Per 4 ounces of Casserole**

<b>Calories</b>	300
<b>Total Fat</b>	10.5 grams
<b>Protein</b>	17.4 grams
<b>Carbohydrates</b>	5.8 grams

#### **South Beach Diet Dinner Recipe 6: Miso Tilapia**

- 3 slices of tilapia
- 1 tablespoon of white miso paste
- 1 garlic clove, minced
- 2 teaspoons of ginger, minced
- 1 tablespoon of soy sauce
- 1 cup of baby Bella mushrooms, chopped
- 1 and ½ tablespoons of olive oil
- 2 teaspoons of sesame seed
- 1 scallion, chopped
- Salt and pepper, to taste

#### **Directions for Miso Tilapia**

Preheat the oven to 400 degrees. For the glaze, mix the miso with the garlic and ginger. Brush this over the three fish filets. Next, drizzle the soy sauce over the fish filets as well, and place the chopped mushrooms on top. Drizzle olive oil over all of the fish and season with salt and pepper. Lastly, coat with the sesame seeds and bake for about ten minutes. This dish should be covered with foil whilst in the oven. Remove from heat after ten minutes and continue to bake, uncovered for another five minutes. The fish should be flaky. Garnish with your scallions.

#### **Nutritional Information Per 1 Piece of Tilapia**

<b>Calories</b>	234
<b>Total Fat</b>	2 grams
<b>Protein</b>	13 grams

**Carbohydrates** 40 grams



# Chapter 8: Recipe Ideas for When You Have a Sweet Tooth

We've talked about all of the essential menu items for the South Beach Diet. It's time to talk about the little bit extra, dessert. This chapter will provide you with essential recipes that will leave you feeling satisfied and guilt-free all at the same time. It's not a good idea to eat these recipes often, but they will adhere to the servings that you're allotted throughout the day while you're on the South Beach Diet. This being the case, you can easily meet your daily diet requirements without feeling guilty at all.

## **South Beach Diet Dessert Recipe 1: Seed and Nut Granola**

- 1 cup almonds, raw
- 1 cup walnuts, raw
- ¼ cup sunflower seeds
- ½ cup pecans
- ½ cup shredded coconut, unsweetened
- ½ cup stevia
- 2 tablespoons "I Can't Believe It's Not Butter"
- ¼ cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons of cinnamon
- A dash of salt

### **Directions for Seed and Nut Granola:**

Start by preheating your oven to 200 degrees. Put all of the nuts into a food processor, and pulse until they're coarse. Melt the butter in a saucepan over low heat. Once the butter is heated, mix in the cocoa powder, the cinnamon, and the vanilla. Stir until blended. Remove the nuts from the food processor and into a bowl. Pour your chocolate substance over the nuts. Then, add the sunflower seeds and the salt. Stir all of this together so that everything is coated nicely. Put this mixture onto a baking sheet, and cover with

foil. Make sure that the mixture is spread evenly. Bake this recipe for four hours.

**Nutritional Information Per ¼ Cup of Seed and Nut Granola**

<b>Calories</b>	162
<b>Total Fat</b>	10.5 grams
<b>Protein</b>	10.7 grams
<b>Carbohydrates</b>	8.9 grams

**South Beach Diet Dessert Recipe 2: Peanut Butter Cookies**

- 1 egg
- 1 cup of peanut butter
- 1 cup of stevia or another sugar substitute

**Directions for Peanut Butter Cookies**

Preheat your oven to 350 degrees. Crack your egg into a mixing bowl, and then combine the peanut butter and the stevia into the egg. Mix well. The consistency should be thick because of the peanut butter but also softened because of the egg. Using your hands, make half-inch rounds of peanut butter balls and place them onto a baking sheet. If you'd like, you can also dip your fork into the Stevia and then press onto the face of the cookie. This will give the cookies lines.

**Nutritional Information Per 1 Peanut Butter Cookie**

<b>Calories</b>	69
<b>Total Fat</b>	4.5 grams
<b>Protein</b>	2.3 grams
<b>Carbohydrates</b>	6.6 grams

**South Beach Diet Dessert Recipe 3: Chocolate Covered Strawberries**

- 20 large strawberries, stems intact
- 2 tablespoons of half and half, fat-free
- 3 ounces of chocolate, dark

- 2 tablespoons of sesame seed
- 1/3 cup of walnut pieces, chopped

### **Directions for the Chocolate Covered Strawberries**

Preheat your oven to 275 degrees. Once the oven has finished preheating, bake the walnuts for about ten minutes. They should be tinged with brown. While you're waiting for the walnuts to finish cooking, place your sesame seeds on low heat on a skillet. The seeds will need about five minutes in order to become golden brown. Once both the walnuts and the sesame seeds have cooled, mix together in a bowl. Meanwhile, heat your chocolate and half-and-half in a saucepan over low heat. Whisk together the chocolate and the half-and-half until the chocolate is completely melted. This should take about three minutes. Next, line a baking sheet with wax paper. Take your rinsed strawberries and dip them into the chocolate. Afterward, dip them into the nut and seed mixture. Place this baking sheet into the refrigerator for about fifteen minutes before consuming.

### **Nutritional Information Per 1 Chocolate Strawberry**

<b>Calories</b>	90
<b>Total Fat</b>	7 grams
<b>Protein</b>	2 grams
<b>Carbohydrates</b>	8 grams

### **South Beach Diet Dessert Recipe 4: Blueberry and Peach Parfait**

- 6 ounces of vanilla yogurt, low in carbohydrates
- 1/4 cup of blueberries
- 1 peach, peeled and cut into small chunks

### **Directions for Blueberry and Peach Parfait**

Make sure that both the blueberries and the peach are clean prior to starting the recipe. If you can't seem to get remove the skin from the peach, it might be a good idea to put the peach into boiling water for a couple of seconds prior to trying to peel it. In either a parfait

glass or a drinking glass, take the blueberries and place 1/8 of them into the bottom of the glass. Next, layer 2 ounces of the yogurt into the glass, and finally a third of the peach chunks. Repeat these steps twice more. Once you've finished layering your dessert, enjoy.

#### **Nutritional Information Per 1 Yogurt Parfait**

<b>Calories</b>	292.3
<b>Total Fat</b>	8.8 grams
<b>Protein</b>	16.7 grams
<b>Carbohydrates</b>	20.2 grams

### **South Beach Diet Dessert Recipe 5: Gluten-Free Apple Cranberry Crisp**

- 2/3 cups of oatmeal
- 4 apples, cored and sliced
- 1 and ½ cups of cranberries
- ¼ cup of almond flour
- 2 tablespoons of stevia
- 2 and ½ tablespoons of coconut oil
- 2 and ½ tablespoons of fat-free butter
- 1 teaspoon of vanilla
- 1 and ½ teaspoon of ground cinnamon

#### **Directions for Gluten-Free Apple Cranberry Crisp**

Preheat your oven to 400 degrees. While it's heating, spray a 9 by 9 baking dish with non-stick cooking spray. To make the topping for your crisp, the first step is to mix the oatmeal, the almond flour, and the stevia together in a bowl. Next, melt your coconut oil, and the butter and mix this into the crumble mixture that you've created with the oatmeal, almond flour, and stevia. Next, add the vanilla and mix more. Cut your apples so that the peel is still intact. Mix the apple slices, the stevia, the cinnamon and the cranberries together. Spread all of this into the baking pan. Once that's been done, spread your crisp topping on top of the fruit. Bake for between thirty-five to forty minutes. The crisp that's on the top should be starting to



brown. This is how you'll know that it's finished. Cut into three rows, so that there are nine slices total.

#### **Nutritional Information Per 1 Slice of Apple Cranberry Crisp**

<b>Calories</b>	150
<b>Total Fat</b>	2.5 grams
<b>Protein</b>	1.5 grams
<b>Carbohydrates</b>	10.4 grams

#### **South Beach Diet Dessert Recipe 6: Slender Peanut Butter Cup**

- 1 sugar-free Fudgsicle (the popsicles that you can buy in the freezer aisle at the grocery store)
- 2 teaspoons of sugar-free Cool Whip
- 2 tablespoons of peanut butter

#### **Directions for Slender Peanut Butter Cup**

Place your Fudgsicle into a bowl, and then place the bowl into the microwave for about ten seconds. If your microwave is bad, you may have to heat the popsicle for twenty seconds instead of ten. Next, discard the stick of the popsicle. Next, add the peanut butter and the Cool Whip. Mix everything together. Grab your muffin tins and place this chocolate peanut butter mixture into the tins. Place in the freezer for about twenty minutes before devouring.

#### **Nutritional Information Per 1 Peanut Butter Cup**

<b>Calories</b>	80
<b>Total Fat</b>	6 grams
<b>Protein</b>	2 grams
<b>Carbohydrates</b>	6 grams



## Chapter 9: Snack Options for the South Beach Diet for When You're on the Go

Finally, this last chapter of recipes is going to offer your information on how you can prepare quick snacks that are also delicious when you're on the South Beach Diet. Remember, you're supposed to eat two snacks per day in addition to your three-meal intake for a majority of the South Beach Diet. If you don't know what types of convenient snacks you can create for yourself while you're on the diet, you're going to get frustrated and more than likely bored. Read and implement the recipes in this chapter to combat these types of feelings.

### **South Beach Diet Snack Recipe 1: Guacamole and Cucumber Mini Bites**

- 1 cucumber, sliced into thick rounds
- 1 cup of purchased guacamole from your local grocery store
- Chili powder, as needed

### **Directions for Guacamole and Cucumber Mini Bites**

For this recipe, we are assuming that you don't have a lot of time on your hands. This is why it's suggested that you buy your guacamole pre-made; however, you can, of course, make your own guacamole if you have the time to do so. Once you've cut the cucumbers, remove the seeds in the center so that there is a hole in the center of it. Fill this hole with your guacamole. If you're using chili powder, finish off this recipe by sprinkling all of your cucumber rounds with chili powder.

### **Nutritional Information Per 4 Guacamole Cucumber Rounds**

<b>Calories</b>	76.4
<b>Total Fat</b>	6.7 grams
<b>Protein</b>	1.0 grams

**Carbohydrates 4.7 grams**

### **South Beach Diet Snack Recipe 2: Greek Yogurt Dip**

- 1 cup of Greek yogurt
- 1 cup of cottage cheese, low-fat
- 2 teaspoons of onion powder
- 2 teaspoons of dill weed, dried

#### **Directions:**

Take your cottage cheese and put it into a blender. Process the cottage cheese for about a minute. It should be blended, but not completely smooth. Next, add the dill, the onion powder, and the yogurt. Pulse for about one additional minute, making sure that the cottage cheese is mostly blended. Place in the refrigerator for one hour before serving with some vegetables so that it's cold when you consume it.

#### **Nutritional Information Per 2 Tablespoons of Dip**

<b>Calories</b>	25
<b>Total Fat</b>	1 gram
<b>Protein</b>	2 grams

**Carbohydrates 2 grams**

### **South Beach Diet Snack Recipe 3: Roast Beef Lettuce Wraps**

- 1 teaspoon of mayonnaise, low-fat
- 1 teaspoon of horseradish
- 2 slices of roast beef
- Watercress, to garnish
- 1 piece of lettuce

#### **Directions for Roast Beef Lettuce Wraps**

Begin by mixing together the mayonnaise and the horseradish. Once it's been completely mixed, take your crisp lettuce leaf and spread this mixture over it. Layer your pieces of roast beef onto the piece of lettuce, and garnish with your watercress. Finally, roll all of

these ingredients into the piece of lettuce, and enjoy a quick and easy wrap.

#### **Nutritional Information Per 1 Lettuce Wrap**

<b>Calories</b>	256.1
<b>Total Fat</b>	12.7 grams
<b>Protein</b>	25.3 grams
<b>Carbohydrates</b>	5.6 grams

#### **Snack Beach Diet Snack Recipe 4: Oat Bars with Apricot**

- 2 cups of rolled oats
- ½ cup of walnuts, chopped
- 2/3 cups of dried apricots, chopped
- ¼ cup of stevia
- 3 egg whites
- ¼ cup water
- ½ peanut butter, no sugar added
- 1 teaspoon of vanilla extract

#### **Directions of Oat Bars with Apricot**

Heat your oven to 350 degrees. Find a 9 by 9 baking pan. Line this with parchment paper. Next, mix together the peanut butter, the vanilla extract, and the water into a mixing bowl. Once mixed, add the egg. Whisked until these ingredients are blended. Next, mix the rest of the ingredients until everything is combined. Finally, put this mixture into the 9 by 9 pan and spread until the mixture is completely even in the pan. Put the pan into the oven for fifteen minutes. When finished, cut into twelve bars. You can either store these in an airtight container and they will be good for about a week, or you can wrap them individually and put them into the freezer. If you do this, they will last for around three months.

#### **Nutritional Information Per 1 Apricot and Oat Bar**

<b>Calories</b>	154
<b>Total Fat</b>	9 grams
<b>Protein</b>	7 grams
<b>Carbohydrates</b>	12 grams

## **South Beach Diet Snack Recipe 5: Hummus Dip with Vegetables**

- 1 can of chickpeas (garbanzo beans)
- ½ cup of tomatoes, slow roasted
- 2 tablespoons of garlic
- ¼ cup of tahini sauce
- 3 tablespoons of the juice of 1 lemon
- 2 tablespoons of olive oil, and more to drizzle on top
- ¼ cup of water
- ½ teaspoon salt

### **Directions for Hummus Dip with Vegetables**

This recipe requires a food processor. If you don't have one, you can try using a blender but you may struggle to combine all of the ingredients. Begin by draining your garbanzo beans. Put them in a colander in the sink and allow them to drain while you do other things for the recipe. Next, fill your food processor with the roasted tomatoes and garlic. Pulse this mixture together for about thirty seconds. If you're using sun-dried tomatoes, you may have to pulse longer than thirty seconds. Next, add your chickpeas to the food processor, and pulse this mixture for between one to two minutes. Next, add the lemon juice, the olive oil, the tahini sauce, and 1/8 of the cup of water. Pulse this once more, making sure to taste the mixture when it's finished. Add more lemon and salt if need be. Place in the refrigerator with a tight lid. Eat with vegetables.

#### **Nutritional Information Per Two Tablespoons of Hummus**

**Calories** 70

**Total Fat** 6 grams

**Protein** 2 grams

**Carbohydrates** 4 grams

## **South Beach Diet Snack Recipe 6: Roasted Brussel Sprouts**

- 1 and ½ pounds Brussel sprouts
- 2 tablespoons of Sriracha
- ¼ cup of honey

- ¼ cup of rice wine vinegar
- ½ cup olive oil

### **Directions for Roasted Brussel Sprouts**

Start by preheating your oven to 400 degrees. Cut each Brussel sprout in half, making sure to discard the base of the Brussel sprout and clean them for any dirt and residue that may exist on it. After you've trimmed and cut them, combine the olive oil, the vinegar, the honey and the Sriracha until mixed completely. Coat the Brussel sprouts with this mixture, and season with salt and pepper. Next, place the Brussel sprouts onto a baking sheet. If you have any of the sauce mix left over, make sure that you pour this over the baking sheet. Tilt the pan so that the oil can coat everything evenly, before placing the pan into the oven. Bake the Brussel sprouts for between twenty to thirty minutes. The Brussel sprouts should look toasted and golden. Eat the Brussel sprouts immediately after they've cooled.

# Conclusion

Thank for making it through to the end of *South Beach Diet Beginner's Guide and Cookbook*. Let's hope it was informative and able to provide you with all of the tools you need to achieve your goals of fast and effective weight loss! The information that was provided in this book should have given you a comprehensive and vast understanding of how you can use the South Beach diet to improve the overall health of your body.

The next step is to get to cooking! Take some time to think about how you can best integrate the South Beach diet into your current lifestyle, and then take steps towards actualizing your goals. With this informational book by your side, you'll have all of the tools that you need in order to see success fast. Remember, dieting is not always easy, but don't get discouraged. It's important to keep at your dieting goals, even if you have an off day or find yourself breaking your dieting habits once in a while. If you're consistent, it's more than likely that over time your dieting and lifestyle habits will change for the better, as long as you dedicate yourself to the notion of self-improvement. At the end of the day, you are the only one who is stopping yourself from reaching your goals and your true potential.