



South Beach Diet Menu

Note: The following menus are a guideline. Substitutions can be made to meet your food preferences. Snacks and desserts can also be prepared.

Phase 1

Phase 1 is the most "strict" of the three South Beach phases. It lasts for 14 days, and has lots of variety and delicious, healthy foods.

Day 1:

Lunch: Sliced grilled chicken breast on romaine with balsamic vinaigrette

Dinner: Grilled Salmon with Rosemary, steamed asparagus, tossed salad with dressing

Day 2:

Lunch: South Beach Chopped Salad with Tuna

Dinner: Baked chicken breast, Roasted Eggplant and Peppers, tossed salad with dressing

Day 3:

Lunch: Dilled Shrimp Salad with Herb-Dill Dressing

Dinner: Broiled sirloin steak, steamed broccoli, Broiled Tomato, South Beach Mashed "Potatoes"

Day 4:

Lunch: Chef's salad with dressing

Dinner: Orange Roughy in Scallion and Ginger Sauce, steamed snow peas, shredded cabbage sauté

Day 5:

Lunch: Gazpacho, grilled sirloin hamburger steak, tossed salad with dressing

Dinner: Balsamic Chicken, Stewed Tomatoes and Onions, steamed spinach, tossed salad with dressing

Day 6:

Lunch: Chicken Caesar salad

Dinner: Mahi mahi, Oven-Roasted Vegetables, arugula salad with dressing

Day 7:

Lunch: Crab Cobb Salad

Dinner: Marinated London Broil, Spinach-Stuffed Mushrooms, South Beach Mashed "Potatoes", tossed salad with dressing

Day 8:

Lunch: Sliced London broil over mixed greens

Dinner: Savory Chicken Sauté, South Beach Mashed "Potatoes", steamed green beans, Boston lettuce and pecan salad with dressing

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Phase 1, continued

Day 9:

Lunch: Greek Salad

Dinner: Fish Kabobs, Oven-Roasted Vegetables, sliced English cucumber with olive oil

Day 10:

Lunch: Salad Nicoise

Dinner: Cracked Pepper Steak, Broiled Tomato with Pesto, steamed broccoli, mixed field greens with dressing

Day 11:

Lunch: Gazpacho, grilled sirloin hamburger steak, tossed salad with dressing

Dinner: Gingered Chicken Breast, steamed snow peas, oriental cabbage salad

Day 12:

Lunch: Chicken-Pistachio Salad

Dinner: Poached Salmon with Cucumber Dill Sauce, Edamame Salad, Broiled Tomatoes, steamed asparagus

Day 13:

Lunch: Poached Salmon Spinach Salad with dressing

Dinner: Grilled Steak with Tomato Relish

Day 14:

Lunch: Cottage cheese and chopped vegetables in red pepper cup

Dinner: Grilled chicken breast with grilled vegetables and fennel or endive

Phase 2

Phase 2 starts after you have completed two weeks of Phase 1. Phase 2 is more lenient and brings back some healthy carbs, such as fruit and whole grain rice. In this phase, you'll continue to lose weight until you reach your target weight.

Lunches:

Mediterranean Chicken Salad

Lemon Couscous Salad, tomato and cucumber slices

Greek Salad

Chef's salad with dressing

Open-faced roast beef sandwich

Cottage cheese with cantaloupe, whole wheat crackers

Tomato stuffed with tuna salad and fresh salad greens

Apple-Walnut Chicken Salad

Tomato-Basil Couscous Salad

Chicken and Raspberry Spinach Salad

Turkey-tomato pita

Tomato Soup, sirloin beef patty and tomato pita

Tuna salad in a whole wheat pita

Portobello Pizza

Phase 2, continued

Dinners:

Spinach-Stuffed Salmon Fillet, Vegetable medley, tossed salad with dressing
Meat Loaf, steamed asparagus, sautéed mushrooms, sliced onion and tomato with olive oil
Herb-Marinated Chicken, tossed salad with dressing, steamed zucchini and yellow squash
Asian Style Chicken with Vegetables, Oriental Cabbage Salad
Stir-fry chicken and vegetables, tossed salad with dressing
Chicken in Wine Sauce, Italian-Style Spaghetti Squash, arugula, spinach, and walnut salad with dressing
Marinated Flank Steak, green beans and red pepper sauté, tossed salad with dressing
Broiled Sole in Light Cream Sauce, Broiled Tomato, bibb lettuce salad with dressing
Salsa Chicken, tossed salad with dressing
Meat Loaf, Italian-Style Spaghetti Squash
Cod en Papilote (subject to availability), bibb lettuce salad with dressing
Grilled Chicken Salad, broiled asparagus, tossed salad with dressing
Pan Roasted Steak and Onions, South Beach Salad, steamed broccoli
Grilled salmon, couscous, white asparagus salad

Phase 3

Phase 3 is a maintenance phase and should be started when your ideal weight has been achieved. It is the most liberal of all three phases, and allows you to continue to follow a healthy eating lifestyle. You can switch back to Phase 1 or Phase 2 at any time.

Lunches:

Roast Beef Wrap, fresh nectarine
South Beach Chopped Salad with Tuna
Open-faced ham and Swiss cheese sandwich on rye
Tomato stuffed with chicken salad
Greek Salad
Chicken Caesar Salad
Tuna, Cucumber, and Red Pepper Salad with Lemony Dill Dressing
Grilled chicken salad with dressing
Couscous Salad with Spicy Yogurt Dressing, fresh nectarine
Open-faced roast beef sandwich, Granny Smith apple
Endive and Pecan Salad, turkey-tomato pita
Cottage cheese and chopped vegetables in a red pepper cup, cantaloupe with blueberries
Chef's salad with dressing, whole grain bread

Dinners:

Moroccan Grilled Chicken, steamed asparagus, couscous, Mediterranean Salad with dressing
Stir Fry Chicken and Vegetables, Oriental Cabbage Salad
Broiled sirloin steak, Creamed Spinach, South Beach Mashed "Potatoes", Fresh Mozzarella-Tomato Salad
Snapper Provençal, steamed snow peas, rice pilaf, tossed salad with dressing
Beef, Pepper, and Mushroom Kabobs, brown rice, tomato salad with dressing
Savory Shrimp over Wild Rice, arugula salad with dressing
Apricot-glazed Cornish Hen, couscous, bibb lettuce salad with dressing
Grilled Rosemary Steak, steamed green beans, Baked Tomatoes with Basil and Parmesan, Arugula and Watercress Salad with dressing
Lemony Fish in Foil, zucchini with dill, sliced cantaloupe

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Phase 3, continued

Dinners, continued:

Baked chicken breast, Italian-Style Spaghetti Squash, tossed salad with dressing

Marinated London Broil, grilled asparagus and peppers, herb-roasted new potatoes, tossed salad with dressing

Grilled salmon with tomato salsa, grilled asparagus, tossed salad with dressing

Tandoori Cornish Hens, Endive and Pecan Salad, couscous, hummus with pita chips and fresh vegetables

Lime-Baked Fish, Broiled Tomatoes, steamed Brussels sprouts, artichoke salad with dressing