

List of foods for the most restrictive phase (first 2 weeks) of the South Beach Diet.

Vegetables to enjoy

Artichoke
Arugula
Asparagus
Beans (black, butter,
Chickpeas, green, Italian, kidney,
Lentils, lima, pigeon, soy, split peas, wax)
Broccoli
Brussels sprouts
Cabbage (all varieties)
Cauliflower
Celery
Collard greens
Cucumbers
Escarole
Eggplant
Chard
Collard
Kale
Mustard
Spinach
Turnip
Lettuce (all varieties)
Mushrooms (all varieties)
Okra
Peanuts
Peppers (all varieties)
Green Beans
Snow peas
Spaghetti Squash
Young summer squash
Sprouts, alfalfa
Turnips
Waterchestnuts
Watercress
Wax Beans
Zucchini
Tomatoes (1 slice or 10 cherry per meal)

Cheese to enjoy

Fat-free or low-fat only

American
Cheddar
Cottage Cheese
Cream cheese substitute
Feta
Mozzarella
Parmesan
Provolone

Vegetables to avoid

Dried peas
Green peas
Sweet corn
Tomato (limit 1 whole or 10 cherry per meal)
Yams
Pumpkin
parsnips
potatoes (all varieties)
Rutabaga
carrots
Beets

Meat to enjoy

Lean cuts of beef, such as:
Sirloin (including ground)
Tenderloin
Top round
Cornish hen
Turkey bacon (2 slices per day)
Turkey & chicken breast
All fish and shellfish
Boiled ham
Canadian bacon
Pork tenderloin
Chopped veal
Veal leg cutlet
Veal top round
Fat-free & low-fat only lunchmeat

Meats to avoid

Beef brisket, liver, rib steaks (& other fatty cuts)
Chicken wings & legs
Duck
Goose
Any processed poultry products
Honey-baked ham
Veal breast

Cheese to avoid

Any non-reduced fat

Brie
Edam

Fruits, Starches & Dairy to avoid

Avoid ALL fruit, dairy and starches

Ricotta
String

(bread, oatmeal, rice, etc.) including
yogurt (cup style & frozen) & milk (even
soy).

Nuts and Seeds to enjoy

count out 15 nuts for a snack
(unless specified differently)

Almonds (plain, not flavored)
Cashews
Pistachios
Walnuts
Pine nuts
Peanuts (20 small)
Peanut butter (1 teaspoon)
Pecan halves
Sunflower seeds
Pumpkin seeds

Miscellaneous to avoid

alcohol of ANY kind
any seasoning that contains sugar
or MSG
Any drink with sugar (sweet tea,
sodas, Kool-Aid, juice, etc.)

Oils to enjoy

Canola oil
Olive oil
Peanut oil

For a sweet treat substitute try sugar free jello, popsicles, fudgsicles, etc. It should help satisfy that sweet tooth without cheating. Also, remember that fiber, protein, fat and acidity (a squirt of lemon or even the zest) all will slow down the sugar release from eating high carb foods. If you just have to cheat, have some fiber rich food, or protein with it to help from starting a craving cycle.

Remember to have a small snack mid-morning and mid-afternoon to help control portion sizes during mealtime. A very small salad with a piece of lunch meat or cheese.