The ALL-NEW South Beach Diet App
Weight loss success at your fingertips
• What to eat every day on the program
• List of lean proteins, healthy fats, vegetables, and approved extras
• Over 100 recipes—never get bored with our endless combinations
• Track your weight, food, water, and exercise
• Exclusive app-only offers

4 Easy Food Storage Hacks
We've sent you weeks of meals frozen at the peak of freshness, packaged so that your food arrives in top condition. But, let's face it, it's a lot of frozen food.
Here are 4 clever ways to make it all fit in your freezer:
1. Clean out your freezer. Say goodbye to expired foods, anything with freezer burn, and foods that won't make it easy for you to eat healthy
2. Use lay-flat freezer bags rather than bulky, rectangular storage containers for your own remaining food, like leftovers and vegetables
3. Check out our freezer how-to videos at: palm.southbeachdiet.com
4. Still space challenged? Take some of the South Beach Diet phase 1 entrees (the ones with the blue stripe on the packaging) out of their cartons, write their names and minutes to microwave with a Sharpie pen on the plastic wrap, place in the freezer, and recycle the cartons.

Look for the South Beach Diet app on the App Store or Google Play

Follow Us!
For hints, tips, support and contests!
LIVE FOR PASTA? SWEET TOOTH?
HAVE PATIENCE!
The first couple of days will be an adjustment, but you will be shocked at how painlessly 2 weeks will pass without refined carbs.

Here’s the secret. Your body looks to convert carbs into fuel first. By lowering refined carbs, your body turns to fat for fuel—your fat! And once your body adjusts, you should no longer crave the junk like you did before.

Developed by Dr. Arthur Agatston, a noted cardiologist, to help his patients’ heart health, the South Beach Diet quickly became the go-to weight loss program for millions of people.

South Beach is the diet you can live with happily. It’s not complicated, and it does not require you to be hungry. Now we’ve made South Beach even easier by delivering fully prepared, delicious meals and providing simple guidance via a free app, a website with daily hints & tips, printed Daily Planners, this Quick Start Guide, the complete Handbook, and our supportive counselors. Everything you need to succeed.

How does it work? You’ll eat normal-sized portions of meat, poultry and fish. You’ll enjoy eggs, cheese, nuts, and vegetables. Snacks are required throughout the day. You’ll learn to avoid bad carbs like white flour and white sugar, and you won’t miss them (really!). You’ll lose the weight and learn how to keep it off.

The Genius of the South Beach Diet—now easier to follow than ever before!

STEP 1
Find the South Beach Diet app on the App Store or Google Play. The app guides you through every step of the way. Prefer paper? Find the enclosed Daily Planner and start to use it.

STEP 2
Begin Phase 1. The purpose of this 2-week phase is to jumpstart your weight loss and to train your body to burn fat for sustained weight loss. You will eat lean protein, healthy fats, and vegetables. You will not eat sugar, refined carbohydrates, or fruit. Stick with it! You will be happy you did. Here’s what you’ll eat (the app and the tracker also have this information):

5 days per week, you will enjoy the South Beach Diet provided foods for breakfast, lunch, and dinner. (Phase 1 foods have blue on the packaging for easy reference.)

WOMEN WILL ADD:
2 LEAN PROTEINS, 2 HEALTHY FATS, 5 NON-STARCHY VEGETABLES

MEN WILL ADD:
3 LEAN PROTEINS, 3 HEALTHY FATS, 5 NON-STARCHY VEGETABLES

2 days per week, you will follow the low carb, low sugar, high protein principles of Phase 1 on your own so that the approach becomes yours. Yes, you can eat out! (Check out page 73 of the Handbook.) Yes, you can eat with family. Just make sure that on each of these days you eat:

WOMEN WILL ADD:
6 LEAN PROTEINS, 3 HEALTHY FATS, 5 NON-STARCHY VEGETABLES

MEN WILL ADD:
7 LEAN PROTEINS, 4 HEALTHY FATS, 5 NON-STARCHY VEGETABLES

STEP 3
Transition to Phase 2, and follow until you reach your goal!

• Now that you’ve changed the way your body reacts to the very foods that made you overweight, you can add back healthy carbs and still continue losing weight

• The app and the daily tracker will tell you how to add back fruit, whole grains, and a host of other foods, too

• Enjoy a greater variety of South Beach Diet-provided meals. (Phase 2 foods have purple on the packaging. You may also still eat the Phase 1 foods as you wish.)

• As in Phase 1, 5 days a week you will eat South Beach Diet provided meals, and 2 days a week you will practice what you’ve learned

Remember, eat all the food! You are not supposed to be hungry on the South Beach Diet; hunger is the enemy of healthy weight loss. If you are certain you need more to eat, reach for vegetables first, and lean protein second. Try not to reach for something high in carbohydrates or sugar!

EVERYTHING YOU NEED TO SUCCEED

• South Beach Diet app
• Hints, tips, recipes and more at palm.southbeachdiet.com
• Highly trained counselors standing by at 1-888-841-2620
• Complete Handbook and Daily Planners included in this shipment

The app has lots of easy ideas for these add-ins, and lists of them appear on pages 10–14 of the enclosed Handbook.
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