PHASE 1 DAILY PLANNER

14-DAY BODY REBOOT

Track Your Food and Fitness, and See Results in the First Two Weeks!
HOW (and why) TO USE THIS PLANNER

There’s power in the written word.

Studies show that people trying to get back in shape lose more weight and are more likely to keep it off if they record their progress in a log-book. The simple act of writing down your activities and accomplishments makes you more mindful of your body—what you put into it and how much you exercise it.

So, this planner is an important accountability tool in your South Beach Diet® kit. It’ll become your daily companion during the 14-Day Body Reboot, showing you exactly what to do in Phase 1 to lose weight and get into your best shape ever. It includes sample menus, charts for planning workouts, space to note your feelings and cheers of self-encouragement and lists for checking off your daily quota of lean proteins, healthy fats, non-starchy vegetables and water.

The planner is a workbook designed for use in tandem with the South Beach Diet® Handbook, the program’s detailed instruction manual. For the fastest and most effective results, be sure to read the entire handbook so that you fully understand what’s entailed. Refer to it often as you move through the program.

In “At a Glance” on page 6, you’ll find an outline of the key daily requirements for Phase 1 to review every day. Each point is explained in greater detail in your handbook. But here are some quick notes to get you started because we know you’re eager to start your body reboot:

What you’ll eat.

- While on Phase 1 of the South Beach diet, choose your meals only from those that are labeled with Phase 1 (in the light teal stripe). When you transition to Phase 2, you may choose from all entrées.
- For side dishes to your entrées, or to make up your three between-meal snacks, add 3 lean proteins (4 for men), 2 healthy fats (3 for men), and 5 non-starchy vegetables every day.
What are “lean proteins,” “healthy fats,” and “non-starchy vegetables?” Glad you asked! You’ll find comprehensive lists in your handbook starting on page 10. But briefly here are some examples:

**Lean proteins:** skinless chicken and turkey, seafood, 93% lean ground beef, trimmed steaks, veal, lamb, pork, cheese, milk, Greek yogurt and eggs.

**Healthy fats:** oils, nuts and nut butters, seeds, avocados, and olive oil-based mayonnaise.

**Non-starchy vegetables:** lettuce, green beans, broccoli, cauliflower, mushrooms, asparagus and Brussels sprouts, among others.

- You’ll avoid starchy vegetables like potatoes and yams, grains, beans and legumes and all fruits, which are high in natural sugars.
- You’ll add flavor to your foods using what we call “Extras” of 35 calories or less than 3 grams of carbohydrates per serving, such as salsa, reduced sugar ketchup, balsamic vinegar and sour cream. “Free Foods,” those under 10 calories per serving and less than 1 gram total carbohydrates, include mustard, herbs, capers, and beef and vegetable broth; you can have as much as you like.
- You’ll also avoid juice and all alcoholic beverages, and limit “diet” sodas and other drinks with artificial sweeteners. That means you’ll be drinking:
  - Unsweetened tea, coffee, and flavored seltzer
  - Milk, unsweetened soy milk and kefir and lots of plain cold water, at least 8 cups a day.

**How you’ll exercise.**

Unless you are already in shape, start off with the walking interval workouts found starting on page 16 of your handbook. Interval-training workouts are efficient fat-burners and simple to do. Here’s how:

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

Read through the South Beach Diet® Handbook—for step-by-step instructions and other tips, and visit [sbd.southbeachdiet.com](http://sbd.southbeachdiet.com) for additional advice. Now, let’s review Phase 1 AT A GLANCE.
AT A GLANCE

Eat This Every Day:
• 1 South Beach Diet® breakfast entrée*
• 1 South Beach Diet® entrée for lunch*
• 1 South Beach Diet® entrée for dinner*

* While on Phase 1 of the South Beach diet, choose your meals only from those that are labeled with Phase 1 (in the light teal stripe).

• 3 between-meal snacks that you will make yourself using the add-on lean proteins, healthy fats and non-starchy vegetables mentioned below. A list of these “Foods to Enjoy” is found on page 10 of your handbook. (Note: if you purchased South Beach Diet® snacks, they are intended for Phase 2 use and should not be used for Phase 1.)

Add This Every Day:
• 3 lean protein servings (4 for men)
• 2 healthy fats (3 for men)
• 5 non-starchy vegetables

Drink This Every Day:
• Drink at least 64 ounces (8 cups) of water.
• You may also have unsweetened tea, coffee and flavored seltzers.
• You may have milk, unsweetened soy milk and kefir as one of your protein servings.
• No beverages with added sugars and no alcoholic beverages, limit diet sodas or other drinks with artificial sweeteners.

Do This Every Day:
• Exercise for at least 30 minutes to burn calories, strengthen your heart and bones, and boost your mental health.
• Get at least 8 hours of quality sleep.
• Track your meals and workouts in this planner. That way, you’ll learn to be mindful of your food choices, stay focused on success, and avoid slipping backward into poor habits. Studies indicate that the practice of writing in a food log helps people lose weight—and keep it off.
• Smile. A lot. You’re doing your body good!
A SNAPSHOT of YOU TODAY

Take a selfie in a bathing suit (for your eyes only), step on a scale, and measure your waist. You need to know where you are, to know where you’d like to go.

DATE: ..............................................................................................................

TIME OF DAY: ...................................................................................................

HEIGHT: ..............................................................................................................

WEIGHT: ..............................................................................................................

WAIST: ..............................................................................................................

(Circumference in inches at belly button. Wrap a cloth measuring tape around your waist, above your hips so it is level at your navel.)

Check your weight once a week first thing in the morning and record it in this planner, but do not obsess about it. Ask yourself, “How do I feel in mind and body? Am I closer to my goal than when I started or farther from it?” And keep going!

Circle 1 for very low, 5 for very high.

ENERGY 1 2 3 4 5

SLEEP QUALITY 1 2 3 4 5

MOOD 1 2 3 4 5

You should find that your energy level, sleep and mood improve with each passing day.

PERSONAL NOTES: ..............................................................................................

(Use this space to reflect on your goals and how you feel physically and mentally.)

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A Sample Menu for Women

**BREAKFAST**  
South Beach Diet® Beach Shack Chocolate Shake

1 scrambled egg (1 LP), with ½ cup cooked peppers and spinach (1V)

**MORNING SNACK**  
2 Tbsp almond butter (1 HF),

1 cup celery sticks (1 V)

**LUNCH**  
South Beach Diet® Roasted Turkey with Herb Gravy

1 cup side salad (1 V) with ½ avocado (1 HF)

**AFTERNOON SNACK**  
1 string cheese (1 LP), 1 cup cherry tomatoes and bell pepper strip (1 V)

**DINNER**  
South Beach Diet® Sesame-Glazed Beef & Veggie Bowl

½ cup cooked green beans (1 V)

**EVENING SNACK**  
5 oz plain Greek yogurt (1 LP) with sprinkled cinnamon

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**LEAN PROTEINS**  
Women X X X

Men

Limit milk and yogurt to no more than 2 servings per day.

**HEALTHY FATS**  
Women X X

Men

Limit nuts and nut butters to 1 serving per day.

**NON-STARCHY VEGETABLES**  
X X X X X

**WATER**  
X X X X X

**EXERCISE**  
Walking interval 1, 30-min.
A Sample Menu for Men

BREAKFAST
South Beach Diet® Beach Shack Chocolate Shake
1 scrambled egg (1 LP), with ½ cup cooked peppers and spinach (1 V)

MORNING SNACK
2 Tbsp almond butter (1 HF),
1 cup celery sticks (1 V)

LUNCH
South Beach Diet® Roasted Turkey with Herb Gravy,
1 cup side salad (1 V) with ½ avocado (1 HF)

AFTERNOON SNACK
1 string cheese (1 LP), 1 hard-boiled egg (1 LP),
1 cup cherry tomatoes and bell pepper strips (1 V)

DINNER
South Beach Diet® Sesame-Glazed Beef & Veggie Bowl,
½ cup cooked green beans (1 V)

EVENING SNACK
5 oz plain Greek yogurt (1 LP) topped with
¼ cup walnuts (1 HF) and sprinkled cinnamon

LEAN PROTEINS
Women Men

NON-STARCHY VEGETABLES

WATER

EXERCISE
Walking interval 1, 30-min.
EXERCISE AT A GLANCE

Schedule your workouts weekly. You'll find easy exercise plans in your handbook. We recommend starting with our interval-style walking workout described on page 5 in this planner.
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**Lean Proteins**

- Women
- Men

**Healthy Fats**

- Women
- Men

**Non-Starchy Vegetables**

**Water**

**Exercise**

| Day 3 | Food and Fitness Planner | Phase 1 |
Limit milk and yogurt to no more than 2 servings per day.

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Day 5 Food and Fitness Planner

Breakfast

Morni ng Snack

Lunch

Afternoon Snack

Dinner

Evening Snack

Lean Proteins

Healthy Fats

Non-starchy Vegetables

Water

Exercise

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FOOD AND FITNESS PLANNER

PHASE 1

DAY 6

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

NON-STARCHY VEGETABLES

WATER

EXERCISE

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WEEK 2
CHECK-IN

Check your weight and waist measurement once a week first thing in the morning and compare results to your previous check-in.

DATE:  

TIME OF DAY:  

HEIGHT:  

WEIGHT:  

WAIST:  

Don’t stress about the numbers on the scale. Instead, ask yourself, “How do I feel in mind and body? Am I closer to my goal than when I started or farther from it?” And keep going!

Circle 1 for very low, 5 for very high.

ENERGY 1 2 3 4 5  
SLEEP QUALITY 1 2 3 4 5  
MOOD 1 2 3 4 5  

You should find that your energy level, sleep and mood improve with each passing day.

PERSONAL NOTES:  
(Use this space to reflect on your goals and how you feel physically and mentally.)  

(Circumference in inches at belly button. Wrap a cloth measuring tape around your waist, above your hips so it is level at your navel.)
WEEK 2
EXERCISE
AT A GLANCE

Schedule your workouts. This week, include Walking Interval Workout II found in the handbook.
Limit milk and yogurt to no more than 2 servings per day.

Limit nuts and nut butters to 1 serving per day.
BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

Healthy Fats

Non-Starchy Vegetables

WATER

EXERCISE

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**LEAN PROTEINS**
- Women: [ ] [ ] [ ] [ ]
- Men: [ ] [ ] [ ] [ ]

Limit milk and yogurt to no more than 2 servings per day.

**HEALTHY FATS**
- Women: [ ] [ ] [ ] [ ]
- Men: [ ] [ ] [ ] [ ]

Limit nuts and nut butters to 1 serving per day.

**NON-STARCHY VEGETABLES**

**WATER**

**EXERCISE**

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**Day 14 Food and Fitness Planner**

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

**Dinner**

**Evening Snack**

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In Just 14 Days, You’ll Start Seeing and Feeling The Positive Changes. You Can Do It!

Find extended food lists and additional recipes at: sbd.southbeachdiet.com

Have a question? Reach out to our counselors by visiting My Account at southbeachdiet.com/myaccount or call 1-888-841-2620.