PHASE 2 DAILY PLANNER

STEADY WEIGHT LOSS
Keep Dropping Pounds Without Feeling Hungry
HOW TO USE THIS PLANNER

In Phase 2, your goal is steady weight loss and making South Beach Diet® nutrition principles a natural part of living a high-quality, heart-healthy life, without hunger or deprivation. You’ll enjoy the greater freedom of Phase 2 as you gradually reintroduce nutritious and delicious foods, including fruits, good carbs like whole grains and additional vegetables. Want to visit your favorite restaurant? That’s fine to do in Phase 2.

As you learned in Phase 1, it’s important to track your progress in the planner and use it daily to guide you as you move through the program. Continue to refer to your South Beach Diet® Handbook for tips, inspiration and, most important, the details that make Phase 2 unique.

On page 6 of this planner, you’ll find “At a Glance,” an outline of the key daily requirements for Phase 2. Review them every day. Each action is explained in greater detail in your handbook.

But here are some brief notes about the changes you’ll find in Phase 2:

**What you’ll eat.**

- Each week, you’ll enjoy five days of fully prepared South Beach Diet® meals for breakfast, lunch and dinner. Remember: all meals are Phase 2-approved. You’ll also get to add three between-meal snacks. They should include 1 lean protein (3 for men), 2 healthy fats, 1 fruit (2 for men), 1 good carb, and 5 vegetables.

- The other two days are considered “Practice Days” where you can prepare your own breakfasts, lunches, dinners and between-meal snacks. These days are also a great opportunity to dine out with friends or family. Whichever way you go, always remember to follow the food guidelines and portion sizes that are part of the core principles of South Beach living.

- You’ll find comprehensive lists of recommended foods in these categories in your handbook starting on page 26. But briefly here are some examples of the foods you will be adding back to your diet:
**Fruit:** a small apple or banana, 1 cup of fresh or frozen fruit salad or berries or 2 tablespoons of dried fruit. But please avoid raisins, figs, dates, currants and watermelon.

**Good Carbs:** whole grains like whole-wheat crackers, brown rice or quinoa, and 100% whole-grain bread, black beans, chickpeas, and legumes like lentils.

**Starchy Vegetables:** Carrots, green peas, parsnips, yams and some others but limit to no more than 2 servings per day. Reintroduce slowly, 1 serving per day for the first week or so.

- You’ll add flavor to your foods using what we call “Extras” of 35 calories or less than 3 grams of carbohydrates per serving. Some examples: salsa, reduced sugar ketchup, balsamic vinegar and sour cream. “Free Foods” are fewer than 10 calories and less than 1 gram total carbohydrates per serving, such as mustard, herbs, capers and beef broth; have as much as you like of these.

- You’ll continue drinking at least 64 ounces (8 cups) of water per day. In Phase 2, you may enjoy a cocktail with a meal, but limit yourself to two each week. Low-carb wine, light beer and cocktails with low-calorie mixers like club soda are fine. See page 8 for examples and reference your handbook for appropriate portion sizes. Also, limit diet sodas and other beverages made with artificial sweeteners. Refer to Phase 1 and your handbook for more details.

**How you’ll exercise.**

- Try the more challenging walking and stair-climbing interval workouts described in your handbook to mix up your Phase 2 exercise routine of at least 30 minutes of daily exercise. Remember: for the greatest benefits, your activity should elevate your heart rate and make you huff and puff.

Again, we encourage you to 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 get going with Phase 2!
AT A GLANCE

Eat South Beach Diet® Entrées 5 Days per Week:

- A South Beach Diet® breakfast entrée*
- A South Beach Diet® entrée for lunch*
- A South Beach Diet® entrée for dinner*

* You may choose from all South Beach Diet entrées on Phase 2.

- 3 between-meal snacks
  (Make them using the add-on lean proteins, healthy fats, vegetables, fruits, and good carbs mentioned on page 4. If you’ve purchased South Beach Diet® snacks, look on the back of the package to determine how it fits into your daily add-ons.)

Also Add These Foods to Your Day:

- 1 lean protein* serving (3 for men)
- 2 healthy-fat* servings
- 5 vegetable servings

* If using South Beach Diet® snacks, check the package to determine if it counts as a lean protein (LP) or healthy fat (HF).

PRACTICE DAYS

Eat This on Your 2 “Practice Days” per Week:

- A healthy homemade or restaurant breakfast
- A healthy homemade or restaurant lunch
- A healthy homemade or restaurant dinner
- 3 between-meal snacks
  (Make them yourself from your lean proteins, healthy fats, vegetables, fruit and good carbohydrate add-on servings or use South Beach Diet® snacks.)
Get these food types in the quantities shown in your homemade or restaurant meals and snacks during Practice Days:

- 3 lean proteins* (5 for men)
- 3 healthy-fat* servings
- 5 vegetable servings (6 for men)
- 2 fruit servings
- 2 good carbohydrate servings

* If using South Beach Diet® snacks, check the package to determine if it counts as a lean protein (LP) or healthy fat (HF).

Yes, you can have a drink!

Go ahead and enjoy a cocktail with dinner. Just keep it to one or two per week, and stick to dry wines like sauvignon blanc, pinot grigio, cabernet, merlot and malbec, light beers, or cocktails made with low-sugar mixers.

Add This Every Day:
- Extras and Free Foods, just as in Phase 1

Drink This:
- Drink at least 64 ounces (8 cups) of water.
- You may also have unsweetened tea, coffee and flavored seltzers. Limit diet sodas or other drinks with artificial sweeteners.
- You may have milk, unsweetened soy milk and kefir as one of your protein servings.

Do This Every Day:
- Exercise for at least 30 minutes. Incorporate the new, more challenging Phase 2 exercise routines described in your handbook.
- Get at least 8 hours of quality sleep.
- Track your meals and workouts in this planner.
- Smile. A lot! You’re doing your body good.
A SNAPSHOT of YOU TODAY

Congrats! You’ve made it to Phase 2. Let’s see how far you’ve come. Take a selfie in a bathing suit (for your eyes only), step on a scale, and use a cloth measuring tape to find your waist circumference. Compare your results to the beginning measurements you recorded at the start of Phase 1.

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 every week first thing in the morning and record it in this planner. Also, evaluate and record how you are feeling physically and mentally below.

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.)

............................................................................................................................................................................
A Sample SOUTH BEACH DAY for Women

**BREAKFAST**
- South Beach Diet® Vegetable Frittata topped with
  - ½ avocado (1HF), 1 slice 100% whole wheat toast (1GC)

**MORNING SNACK**
- ¼ cup walnut halves (1HF)

**LUNCH**
- South Beach Diet® Beef Paprikash,
  - ½ cup steamed broccoli (1V)

**AFTERNOON SNACK**
- 1 cup grape tomatoes (1V),
- ½ cup baby carrots (1V)

**DINNER**
- South Beach Diet® Chicken Provençal, 1 cup cooked green beans (2V), 5 oz plain Greek yogurt (1LP)

**EVENING SNACK**
- 1 cup raspberries (1F)

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**LEAN PROTEINS**
- Women ❏
- Men ❏

**HEALTHY FATS**
- ❏

**FRUIT**
- Women ❏
- Men ❏

**VEGETABLES**
- (Limit starchy vegetables to no more than 2 servings per day.)

**GOOD CARBOHYDRATES**
- ❏

**WATER**
- (8-oz glasses)

**EXERCISE**
- Body-Weight Strength Circuit, 20 min.
- Evening bicycle ride, 15 min.
A Sample PRACTICE DAY

BREAKFAST  
½ cup steel-cut oatmeal (1GC), topped with 1 cup blueberries (1F) and a dash of cinnamon (Free).

MORNING SNACK  
1 cup bell pepper strips (1V) with ¼ cup guacamole (1HF).

LUNCH  
Grilled chicken salad made with 3 oz chicken breast (1LP), 2 cups mixed greens (2V), 1 cup tomatoes & cucumber (1V)

AFTERNOON SNACK  
1 hard-boiled egg (1LP)

DINNER  
Restaurant meal: 3 oz baked salmon (1LP), ½ cup quinoa (1GC), ½ cup broccoli (1V)

EVENING SNACK  
1 small apple (1F), 2 Tbsp almond butter (1HF)

for Women

LEAN PROTEINS

Women X X X

Men

HEALTHY FATS

Women

X X X

Men

FRUIT

Women

X X

Men

Limit starchy vegetables to no more than 2 servings per day.

GOOD CARBOHYDRATES

Women

X X

Men

WATER

(8-oz glasses)

Walking Interval Workout 1, 10 min

Evening yoga class, 1 hr

PHASE 2

X X X

X X
## A Sample SOUTH BEACH

### BREAKFAST
South Beach Diet® Vegetable Frittata topped
with ¼ cup shredded cheese (1LP), 1 small banana (1F)

### MORNING SNACK
1/4 cup walnut halves (1HF)
1 string cheese (1LP)

### LUNCH
South Beach Diet® Beef Paprikash
1/2 cup brown rice (16G), 1/2 cup steamed broccoli (1V)

### AFTERNOON SNACK
1 cup grape tomatoes (1V), 1/2 cup baby carrots (1V)
1/4 cup guacamole (1HF)

### DINNER
South Beach Diet® Chicken Provençal, 1 cup cooked green beans (2V), 5 oz plain Greek yogurt (1LP)

### EVENING SNACK
1 cup raspberries (1F)

### LEAN PROTEINS
- Men ✗ ✗ ✗
- Women

### HEALTHY FATS
- Men ✗ ✗
- Women

### FRUIT
- Men ✗ ✗
- Women

### VEGETABLES
Limit starchy vegetables to no more than 2 servings per day.

### GOOD CARBOHYDRATES
- Men
- Women

### WATER
(8-oz glasses)

### EXERCISE
- Body Weight Strength Circuit, 10 min. (morning)
- Body Weight Strength Circuit, 10 min. (evening)
- 15-minute walking interval
### A Sample PRACTICE DAY for Men

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<tr>
<th>Time</th>
<th>Meal/Activity</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>½ cup steel-cut oatmeal (1GC), topped with 1 cup blueberries (1F) and a dash of cinnamon (Free), ¼ cup almonds (1HF)</td>
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<tr>
<td><strong>MORNING SNACK</strong></td>
<td>1 cup bell pepper strips (1V), 5 oz plain Greek yogurt (1LP) with squeeze of lemon juice and chopped dill (Free)</td>
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<tr>
<td><strong>LUNCH</strong></td>
<td>Grilled chicken salad made with 3 oz chicken breast (1LP), 2 cups mixed greens (2V), 1 cup tomatoes &amp; cucumber (1V), with 1 Tbsp olive oil (1HF) and 1 Tbsp balsamic vinegar (1 Extra)</td>
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<tr>
<td><strong>AFTERNOON SNACK</strong></td>
<td>2 hard-boiled eggs (2LP)</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Restaurant meal: 3 oz baked salmon (1LP), ½ cup quinoa (1GC), 1 cup sautéed sugar snap peas (2V)</td>
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<tr>
<td><strong>EVENING SNACK</strong></td>
<td>1 small apple (1F), 2 Tbsp almond butter (1HF)</td>
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**Exercise**
- Tennis, 60 min.
- Stretching, 15 min.

**Water**
- (8-oz glasses)

**Food and Fitness Planner**
- LEAN PROTEINS
- HEALTHY FATS
- FRUIT
- VEGETABLES
- GOOD CARBOHYDRATES
- WATER

Limit starchy vegetables to no more than 2 servings per day.
WEEK 1 EXERCISE AT A GLANCE

Schedule your workouts weekly as you would important meetings.

DAY 1
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 2
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 3
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 4
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 5
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 6
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 7
ACTIVITY/WORKOUT

TOTAL MINUTES
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<td>Limit starchy vegetables to no more than 2 servings per day.</td>
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<td>WATER</td>
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<td>EXERCISE</td>
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<td>(at least 30 min. per day)</td>
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FOOD AND FITNESS PLANNER

DAY 2  SBD DAYS

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

Healthy Fats

FRUIT

VEGETABLES

Limit starchy vegetables to no more than 2 servings per day.

GOOD CARBOHYDRATES

WATER

(8-oz glasses)

EXERCISE

(at least 30 min. per day)

Women

Men

Women

Men

Women

Men

V.V.
DAY 3 SBD DAYS

FOOD AND FITNESS PLANNER

PHASE 2

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

(8-oz glasses)

EXERCISE

(at least 30 min. per day)

Women

Men

Women

Men

Limit starchy vegetables to no more than 2 servings per day.

Women

Men

2726

PHASE 2

FOOD AND

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FOOD AND
FITNESS PLANNER

PHASE 2

DAY 4  SBD DAYS

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

Women

Men

Women

Men

Limit starchy vegetables to no more than 2 servings per day.

WATER (8-oz glasses)

(8-oz glasses)

(at least 30 min. per day)
FOOD AND FITNESS PLANNER

DAY 5  SBD DAYS

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

Women

Men

Women

Men

Limit starchy vegetables to no more than 2 servings per day.

Water (8-oz glasses)

(8-oz glasses)

(at least 30 min. per day)
**FOOD AND FITNESS PLANNER**

**DAY 6  PRACTICE DAYS**

**BREAKFAST**

**MORNING SNACK**

**LUNCH**

**AFTERNOON SNACK**

**DINNER**

**EVENING SNACK**

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**LEAN PROTEINS**

- Women
- Men

**HEALTHY FATS**

**FRUIT**

**VEGETABLES**

- Women
- Men

*Limit starchy vegetables to no more than 2 servings per day.*

**GOOD CARBOHYDRATES**

**WATER**

- (8-oz glasses)

**EXERCISE**

- (at least 30 min. per day)
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<th>Lean Proteins</th>
<th>Healthy Fats</th>
<th>Fruit</th>
<th>Vegetables</th>
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**Notes:**

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

- **HEALTHY FATS:**
  - [ ] [ ] [ ]

- **FRUIT:**
  - [ ] [ ]

- **VEGETABLES:**
  - Women: [ ] [ ] [ ] [ ]
  - Men: [ ] [ ] [ ] [ ]
  - Limit starchy vegetables to no more than 2 servings per day.

- **GOOD CARBOHYDRATES:**
  - [ ] [ ] [ ]

- **WATER (8-oz glasses):**
  - [ ] [ ] [ ] [ ] [ ]

- **EXERCISE:**
  - (at least 30 min. per day)
  - [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
WEEK 2 CHECK-IN

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

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.)

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.)

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WEEK 2 EXERCISE AT A GLANCE

Schedule your workouts weekly as you would important meetings.

**DAY 8**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 9**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 10**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 11**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 12**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 13**
ACTIVITY/WORKOUT  
TOTAL MINUTES

**DAY 14**
ACTIVITY/WORKOUT  
TOTAL MINUTES
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<td>Evening Snack</td>
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**LEAN PROTEINS**
- Women:
- Men:

**HEALTHY FATS**
- Women:
- Men:

**FRUIT**
- Women:
- Men:

**VEGETABLES**
- Limit starchy vegetables to no more than 2 servings per day.

**GOOD CARBOHYDRATES**
- Men:

**WATER**
- (8-oz glasses)
- Women:
- Men:

**EXERCISE**
- (at least 30 min. per day)
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
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<th>Men</th>
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<td><strong>WATER</strong></td>
<td>(8-oz glasses)</td>
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<td><strong>EXERCISE</strong></td>
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*Limit starchy vegetables to no more than 2 servings per day.*
FOOD AND FITNESS PLANNER

DAY 11 SBD DAYS

BREAKFAST .................................................................

MORNING SNACK ............................................................

LUNCH ...........................................................................

AFTERNOON SNACK ...........................................................

DINNER ........................................................................

EVENING SNACK .............................................................

LEAN PROTEINS ................................................................

Women

Men

HEALTHY FATS ..................................................................

FRUIT ............................................................................

Women

Men

VEGETABLES ....................................................................

Limit starchy vegetables to no more than 2 servings per day.

GOOD CARBOHYDRATES ......................................................

WATER (8-oz glasses) ...........................................................

EXERCISE (at least 30 min. per day) ...........................................

46

47
| **BREAKFAST** |  |
| **MORNING SNACK** |  |
| **LUNCH** |  |
| **AFTERNOON SNACK** |  |
| **DINNER** |  |
| **EVENING SNACK** |  |

| **LEAN PROTEINS** | Women | Men |
| **HEALTHY FATS** |  |
| **FRUIT** | Women | Men |
| **GOOD CARBOHYDRATES** |  |
| **VEGETABLES** | Limit starchy vegetables to no more than 2 servings per day. |
| **WATER** (8-oz glasses) |  |

**EXERCISE**  
(at least 30 min. per day)
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Women</th>
<th>Men</th>
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</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
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**FOOD AND FITNESS PLANNER**

**LEAN PROTEINS**

**HEALTHY FATS**

**FRUIT**

**VEGETABLES**

**GOOD CARBOHYDRATES**

**WATER**

*(8-oz glasses)*

**EXERCISE**

(at least 30 min. per day)

Limit starchy vegetables to no more than 2 servings per day.
## Food and Fitness Planner

### Phase 2

#### Day 14 Practice Days

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Or Snack</th>
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<tbody>
<tr>
<td>Breakfast</td>
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</table>

**Lean Proteins**
- Women: 
- Men: 

**Healthy Fats**

**Fruit**

**Vegetables**
- Women: 
- Men: 

Limit starchy vegetables to no more than 2 servings per day.

**Good Carbohydrates**

**Water**
- (8-oz glasses)

**Exercise**
- (at least 30 min. per day)

---

52 53
WEEK 3
CHECK-IN

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

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.)

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.)

..............................................................................................................................................................
WEEK 3 EXERCISE AT A GLANCE

Schedule your workouts weekly as you would important meetings.

DAY 15
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 16
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 17
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 18
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 19
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 20
ACTIVITY/WORKOUT

TOTAL MINUTES

DAY 21
ACTIVITY/WORKOUT

TOTAL MINUTES
**FOOD AND FITNESS PLANNER**

**PHASE 2**

**DAY 15 SBD DAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Food and Fitness Requirements</th>
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<tbody>
<tr>
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**LEAN PROTEINS**

- Women
- Men

**HEALTHY FATS**

- Women
- Men

**FRUIT**

- Women
- Men

**VEGETABLES**

Limit starchy vegetables to no more than 2 servings per day.

**GOOD CARBOHYDRATES**

- Women
- Men

**WATER**

(8-oz glasses)

- Women
- Men

**EXERCISE**

(at least 30 min. per day)

...
FOOD AND
FITNESS PLANNER

DAY 16  SBD DAYS

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

Women

Men

Women

Men

Limit starchy vegetables to no more than 2 servings per day.

Women

Men

(at least 30 min. per day)

WATER (8-oz glasses)
DAY 17  SBD DAYS

FOOD AND

FITNESS PLANNER

PHASE 2

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

Healthy Fats

Fruit

Vegetables

Limit starchy vegetables to no more than 2 servings per day.

Good Carbohydrates

Water

(8-oz glasses)

Exercise

(at least 30 min. per day)
FOOD AND FITNESS PLANNER

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

Limit starchy vegetables to no more than 2 servings per day.

Women

Men

Women

Men

(8-oz glasses)

(at least 30 min. per day)

DAY 18 SBD DAYS

PHASE 2

WATER

FRUIT

LEAN PROTEINS

HEALTHY FATS

VEGETABLES

GOOD CARBOHYDRATES

EXERCISE

Limit starchy vegetables to no more than 2 servings per day.

Women

Men

Women

Men

(8-oz glasses)

(at least 30 min. per day)
FOOD AND FITNESS PLANNER

DAY 19 SBD DAYS

BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

Limit starchy vegetables to no more than 2 servings per day.

Women

Men

Women

Men

(8-oz glasses)

(at least 30 min. per day)
BREAKFAST

MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

EVENING SNACK

LEAN PROTEINS

HEALTHY FATS

FRUIT

VEGETABLES

GOOD CARBOHYDRATES

WATER

EXERCISE

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### Lean Proteins

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### Healthy Fats

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### Fruit

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### Vegetables

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### Good Carbohydrates

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### Water

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### Exercise

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Steady Weight Loss With More Food Freedom
Keep It Up!

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.