### Lean Proteins

#### Lean Cuts of Beef
- Bottom round
- Eye of round
- Flank steak
- Ground beef, 93% lean
- Ground sirloin
- London broil
- Pastrami, 98% fat free
- Sirloin steak
- T-bone
- Top round

#### Poultry (Skinless)
- Chicken breast, all cuts
- Cornish hen
- Duck breast
- Ground chicken breast
- Ground turkey breast
- Turkey bacon, 2 oz., about 4 slices
- Turkey breast, all cuts
- Turkey Pastrami, lean, 2 oz., about 2 slices
- Turkey Sausage, low-fat, 2 oz., (3-6 grams of fat per 2 oz. serving)

#### Seafood
- Fish, all types
- Sashimi
- Shellfish, all types
- Water-packed canned fish, such as tuna or salmon

#### Pork
- Boiled ham
- Canadian bacon, 3 oz., about 6 slices
- Loin, chop or roast
- Smoked ham, natural uncured
- Tenderloin

#### Veal
- Chop
- Leg, cutlet
- Leg, roast
- Top round

#### Lamb
*Limit to no more than once per week, remove all visible fat.*
- Center cut
- Chop
- Loin, chop or roast

#### Eggs
- Egg whites, 3 large
- Whole egg, 1 large

### Deli Meats

Serving size for deli meats is 2 oz. or about 4-6 thin slices
- Chicken breast, regular, smoked, or peppered
- Ham, boiled and natural uncured smoked (avoid sugar-cured, maple-cured, and honey-baked)
- Turkey breast, regular, smoked, or peppered
- Roast beef, lean

### Meat Alternatives
- Seitan
- Soy bacon, 2 oz., about 4-6 slices
- Soy burger, 1 patty
- Soy chicken, unbreaded
- Soy crumbles, plain or seasoned, ½ container
- Soy hot dogs, 1 link
- Soy sausage, about 2-3 patties or links
- Tempeh, ½ container
- Tofu (all varieties)
- Yuba (bean curd in sticks or sheets.)

### Cheese
*Serving size is ½ container unless noted otherwise.*
- American
- Blue Cheese
- Cheddar
- Cottage Cheese, 1 container
- Farmer cheese
- Feta
- Goat Cheese (Chevre)
- Mozzarella
- Parmesan
- Provolone
- Queso fresco
- Ricotta, 1 container
- Soy cheese
- Spreadable cheese, such as Laughing Cow brand
- String cheese, 1 piece
- Swiss

### Dairy & Dairy-Like Products
- Buttermilk, 8 oz.
- Greek yogurt, full fat, plain
- Kefir, plain, 8 oz.
- Milk, 8 oz.
- Soymilk, unsweetened, 8 oz.
### NUTS & SEEDS
Serving size for most nuts and seeds is 1 ounce.

**What does 1 ounce look like?**
- Nuts are 1 container. We also note below about how many nuts make up one serving.
- Seeds are ½ container
- Nut and seed butters are 2 Tablespoons or ½ container

<table>
<thead>
<tr>
<th>Item</th>
<th>Servings</th>
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<tbody>
<tr>
<td>Almonds, 23</td>
<td></td>
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<tr>
<td>Almond butter</td>
<td></td>
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<tr>
<td>Brazil nuts, 6</td>
<td></td>
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<tr>
<td>Cashew, 16-18</td>
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<tr>
<td>Cashew butter</td>
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<tr>
<td>Chia seeds</td>
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<tr>
<td>Coconut, unsweetened, ½ container</td>
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<tr>
<td>Coconut milk, unsweetened, 2 oz.</td>
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<tr>
<td>Flaxseed, ground or whole</td>
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<tr>
<td>Hazelnuts or Filberts, 20</td>
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<tr>
<td>Macadamia Nuts, 10-12</td>
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<tr>
<td>Peanut butter, natural, no sugar added</td>
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<tr>
<td>Peanuts, dry roasted or boiled, 28</td>
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<tr>
<td>Pecans, 19 halves</td>
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<tr>
<td>Pine nuts</td>
<td></td>
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<tr>
<td>Pistachios, 49</td>
<td></td>
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<tr>
<td>Pumpkin seeds</td>
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<tr>
<td>Sesame seeds</td>
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<tr>
<td>Soy nuts, dry roasted</td>
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<tr>
<td>Sunflower seeds</td>
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<tr>
<td>Tahini (Sesame Paste), 2 Tbsp.</td>
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<tr>
<td>Walnuts, 14 halves</td>
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</tbody>
</table>

### SALAD DRESSINGS
½ container or 2 Tbsp. equals one serving salad dressing.
Choose full-fat, oil-based salad dressings over creamy dressings. Salad dressings should contain no greater than 3 grams of sugar per 2 Tablespoons.

- Italian, regular
- Vinaigrette (balsamic), regular

### OILS & FATS
¼ container or 1 Tbsp. equals one serving for all oils.

- Avocado
- Canola oil
- Coconut oil, extra virgin
- Olive, preferable extra virgin
- Corn
- Flaxseed
- Grapeseed
- Peanut
- Safflower
- Sesame
- Soybean
- Sunflower
- Walnut

### OTHER

- Avocado
- Benecol type spread, ¼ container or 1 Tbsp.
- Guacamole
- Mayonnaise, olive oil based, ¼ container or 1 Tbsp.
- Olives, black or green, 2 containers
- Trans-fat free margarine (canola and/or olive oil based), ¼ container or 1 Tbsp.
South Beach Grocery Additions – PHASE 1

Choose fresh, dried, frozen, or canned (without added sugar or salt) beans and legumes.
Serving size is 1 container cooked, unless otherwise noted.

- Adzuki beans
- Black beans
- Black-eyed peas
- Broad beans
- Butter beans
- Cannellini beans
- Chickpeas/Garbanzo beans
- Cranberry beans
- Edamame
- Fava beans
- Great Northern beans
- Hummus, ½ container
- Kidney beans, red or pink
- Lentils (any variety)
- Lima beans
- Mung beans
- Navy beans
- Pigeon peas
- Pinto beans
- Refried beans, fat-free, canned
- Soybeans
- Split peas
- White beans
South Beach Grocery Additions – PHASE 1

May use fresh, frozen, or canned without added sugar. Serving size is 1 container raw or ½ container cooked, unless noted otherwise.

- Artichoke hearts
- Artichokes, ½ medium
- Arugula
- Asparagus
- Bamboo shoots, canned, ½ container
- Bok choy
- Broccoli
- Broccolini
- Broccoli rabe
- Brussels sprouts
- Cabbage (green, napa, red, Savoy)
- Cauliflower
- Celeriac root, ½ container
- Celery
- Chayote
- Cucumbers
- Daikon radish
- Eggplant
- Endive
- Escarole
- Fennel
- Fiddlehead ferns
- Grape Leaves
- Greens (mustard, beet, chicory, collard, turnip, dandelion)
- Green beans
- Hearts of palm
- Italian wax beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (all varieties)
- Mushrooms (all varieties)
- Okra
- Onions (red, white, yellow)
- Parsley, chopped
- Peppers (all varieties)
- Radicchio
- Radishes
- Rhubarb
- Sauerkraut, canned
- Sea vegetables (kelp), raw
- Sea vegetables, (nori, spirulina), dried, 2 Tbsp.
- Shallots, raw, 2 Tbsp.
- Snap peas
- Snow peas
- Spinach
- Sprouts (alfalfa, bean, broccoli, lentil, radish, sunflower)
- Spaghetti squash
- Squash, yellow
- Swiss chard
- Tomatillos
- Tomatoes, fresh
- Tomatoes, all varieties of canned or jarred with 3 grams of sugar or less per serving and no added sugars, ½ container
- Tomato juice, 4 oz.
- Tomatoes, sun-dried, 2 Tbsp.
- Vegetable juice blends, 4 oz.
- Water chestnuts, canned, ½ container
- Watercress
- Wax beans
- Zucchini
South Beach Grocery Additions – PHASE 2

One serving is one container, unless noted otherwise. Choose only 100% whole grains. Select whole grains with 3 grams or more fiber per serving.

- Amaranth, cooked
- Bagel, ½ small or 1 mini
- Barley, cooked
- Bread, 100% whole grain, 1 slice
- Buckwheat, cooked
- Cellophane noodles, cooked, ½ container
- Cereal, cold, at least 5 g fiber per serving, 2 containers
- Cereal, hot, not instant, no more than 2 g sugar
- Couscous, cooked
- Crackers, about 6 Triscuit sized crackers
- English muffin, at least 2.5 g fiber per half, ½ muffin
- Farro, cooked
- Matzo, ½ sheet
- Muffins, bran or whole grain, no dried fruit, 1 small
- Pasta (made from whole wheat, brown rice, quinoa, soy, or spelt), cooked al dente
- Phyllo dough and shells, 2 sheets or 4 mini shells
- Pita bread, at least 2.5 g fiber per half, ½ pita
- Quinoa, cooked
- Rice (brown, basmati, converted, parboiled, wild), cooked
- Rice noodles, cooked
- Shirataki noodles, cooked, 2 containers
- Soba noodles, cooked
- Tortilla (3 g fiber or more per 1 ounce), 1 small
- Wheat germ, 3 Tbsp.
In addition to the vegetables you enjoyed in Phase One, you can now add in the following vegetables to your meal plan. One serving starchy vegetables, cooked or raw, equals ½ container. These starchy vegetables are higher in carbohydrates and should be limited to 1-2 servings per day on Phase 2 of the South Beach diet. Start by introducing 1 serving per day and gradually work your way to up to 2 servings per day if desired.

- Carrots
- Corn
- Green peas
- Pumpkin
- Rutabaga
- Sweet Potato
- Turnip
- Winter Squash
- Yams, cooked
South Beach Grocery Additions – PHASE 2

May use fresh or frozen fruit without added sugar. One serving is 1 container, unless noted otherwise.

- Apple, 1 small
- Apple, dried, 5 rings
- Apricots, fresh, 3 small
- Apricots, dried, 7 pieces
- Banana, small
- Blackberries
- Blueberries
- Blueberries, dried, 2 Tbsp.
- Boysenberries
- Cantaloupe
- Cherries
- Clementines, 2
- Cranberries
- Elderberries
- Gooseberries
- Grapefruit, ½ large
- Grapes, green or red
- Guava
- Honeydew Melon

- Kiwi, 1 fruit
- Loganberries
- Mandarin Orange, 1 medium
- Mango
- Mulberries
- Nectarine, 1 small
- Orange, 1 medium
- Papaya
- Peach, 1 medium
- Pear, 1 medium
- Pineapple
- Plum, 2 medium
- Pomegranate, seeds, ½ container
- Pomelo, ½ fruit
- Prunes, 4
- Raspberries
- Strawberries
- Tangelo, 1 small