

## South Beach Diet Phase 1 Meal Planning

**Lean Protein Foods:** Lean meats, poultry, seafood and soy foods



-You can have any amount of allowed protein foods for any meal or snack.

**Vegetables (including legumes):** Non-starchy, either fresh, frozen or canned (no sugar)



- You are encouraged to eat a lot of vegetables
- For breakfast & snack: (at least) 1/2 cup each
- For lunch & dinner: (at least) 2 cups each

**Fats:** Monounsaturated or polyunsaturated oils

- You can only have limited amount
- For breakfast: 1 teaspoon
- For lunch and dinner: 1 tablespoon each



**Dairy Foods:** Low-fat or fat-free cheeses

- Limit yourself to 2 servings/day



**Nuts:** All nuts, peanut butter, flax seed

- For snack: limit to 1 serving/day



**Coffee & Tea:** Sugar-free or sweeten with artificial sweetener

- You can drink all you want



# South Beach Diet Recipe Nassau Delaware

**Ying Liu**



**South Beach Diet Recipe Nassau Delaware:**

## The Enigmatic Realm of **South Beach Diet Recipe Nassau Delaware**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **South Beach Diet Recipe Nassau Delaware** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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