

Stocking the South Beach Diet Kitchen

The South Beach Diet is a doctor-designed program that will help you boost your health while moving toward a healthy weight. The first step is to stock your kitchen with the essentials — some of these delicious foods you may already have on hand. If these foods aren't in your house already, it's time to head to the store and stock up! Here are the basics you'll need:

1. Eggs
2. Fat-free or part-skim ricotta cheese
3. Tomato or vegetable juice cocktail
4. Low-fat or nonfat plain yogurt
5. Lean deli meats, chicken or turkey breasts, fish, shellfish, or soy-based meat substitutes without breading that contain six grams of fat or less per three-ounce serving
6. No-sugar-added fudge pops and sugar-free gelatin
7. Extra-virgin olive oil
8. Nuts (without any added sugars)
9. Salad greens and other veggies, like cucumbers, celery, broccoli, and artichokes (skip the carrots, corn, and other starchy veggies until you enter Phase 2)
10. Salad dressing that contains three grams of sugar or less per two-tablespoon serving
11. Reduced-fat cheese sticks that contain six grams of fat or less per ounce.
12. Agave nectar or Stevia for sweetener
13. Trans fat-free margarine like Smart Balance or similar
14. Condiments without added sugars, such as salsa, lemon juice, hot sauce, and extracts
15. Beans (canned beans are really convenient!)

Having a steady supply of these foods will help you create many delicious Phase 1 meals and snacks. Best of luck on the Beach!

