

The South Beach Diet is billed as “the delicious, doctor-designed, foolproof plan for fast and healthy weight loss.” So, when I needed to lose a few pounds some years ago, I thought I’d give it a whirl. The diet definitely lived up to its billing. I enjoyed the food, and the meal plan kept me satiated throughout the day.

Phase One is quite restrictive, but it provides a jump-start to the weight loss process that builds momentum for staying the course. By taking advantage of all of the recipes in the book, the diet feels less onerous and more adventurous. Phases Two and Three are quite livable. We more-or-less stayed on the Phase Three plan for years after our weight loss diet was over.

While I’d planned to make every recipe in the cookbook, I stopped at the 80% mark. Spike and I decided to adopt a whole foods, plant based diet based on research by Dr. T. Colin Campbell. The South Beach Diet aligns with a traditional Western Diet that includes meat, dairy, and/or eggs for most meals. That being said, if you are committed to the Western Diet, South Beach merits serious consideration.

## *Breakfast*

Since our first exposure to the South Beach Diet in 2003, Spike and I have been BIG FANS of two breakfast dishes.

The Vegetable Quiche Cups To Go are easy to make and quite tasty. They store like champs in the refrigerator and re-heat beautifully in the microwave. When I went back to graduate school, Spike handed me a couple of warm quiche cups to eat in the car during my 30+ minute commute to school. It was love in a Ziploc bag!

The Light Spinach Frittata with Tomato Salsa was the mainstay of our Saturday and Sunday brunches for years. We loved it so much that it easily trumped our enjoyment of any other frittata. Freshly prepared kale with onions, garlic, and a hint of balsamic vinegar can substitute for spinach should you like variety.

Honorable mentions include the Western Omelet, Oatmeal Pancakes, and Sunrise Parfait.

## Phase One



Cheesy Frittata



Light Spinach Frittata



Smoked Salmon Frittata



Asparagus and Mushroom Omelet



Western Egg Omelet



Vegetable Quiche Cups to Go



Artichoke Benedict

## Phase Two



Oatmeal Pancake



Sunrise Parfait

## Phase Three



Tomato and Herb Frittata



Cinnamon Surprise



## Lunch

The South Beach Diet makes extensive use of salads for its luncheon fare. My favorites include the Cobb Salad, Chicken and Raspberry Spinach Salad, Apple Walnut Chicken Salad, and Rumi Chopped Salad with Lemon Vinaigrette.

We prepared the Spicy Tuna for dinner and wowed our guests with the colorful presentation (*even though we overcooked the tuna!*) The roasted red pepper and jalapeño vinaigrettes are absolutely delicious.

### Phase One



Greek Salad



Cherry Snapper Ceviche



Chopped Salad with Tuna



Chicken Pistachio Salad



Dilled Shrimp Salad  
with Herb Dressing



Clam Cobb Salad



Spicy Tuna



Mixed Greens with Clam Salad



Salad Niçoise



Gazpacho



## Phase Two



Poached Salmon Spinach Salad



Chicken and Raspberry Spinach Salad



Apple Walnut Chicken Salad



Lamb Moutarde 4 Pax



Mediterranean Chicken Salad



Lemon Couscous Chicken



Portobello Pizza



Rumi Chopped Salad with Lemon Vinaigrette



South Beach Salad

## Phase Three



Asian Pear Salad



Fresh Mozzarella Tomato Salad



Tuna, Cucumber, and Red Pepper Salad

## Dinner

Spike thought he'd died and gone to heaven when he realized that our South Beach Diet experiment would include red meat. I elected to purchase superior cuts of meat, and we used our Weber kettle grill to good advantage when cooking them. I've got to admit – they were mouthwateringly delicious.



Of the remaining dinner entrées, the Gingered Chicken Breast, Tilapia in Scallion and Ginger Sauce, and Spinach-Stuffed Salmon Fillets were our favorites.

## Phase One



Chicken en Papillote



Balsamic Chicken



Gingered Chicken Breast



Savory Chicken Sauté



Florentine Style T-Bone



Marinated Sirloin Steak



Broiled Sirloin Steak



Marinated T-Bone Steak



Grilled Steak with Tomato Relish



Cracked Pepper Steak



Poached Salmon  
with Cucumber Dill Sauce



Grilled Salmon with Rosemary



Tilapia in Scallion and Ginger Sauce



Fish Kabobs



## Phases Two and Three



Stir-Fry Chicken and Vegetables



Easy Chicken in Wine Sauce



Asian Style Chicken Packets  
with Vegetables



Pan-Roasted Steak and Onions



Meatloaf



Spinach-Stuffed Salmon Fillet



Cod en Papillote



Grilled Rosemary Steak



Lemony Fish in Foil



Lime-Baked Fish

## Side Dishes

Since our introduction to Oven Roasted Vegetables, this dish has been a mainstay of our diet. It's easy to make up a big batch of vegetables and then re-heat them throughout the course of a working week. Simple and tasty works for me!

If you choose this diet for weight loss, the Surprise South Beach Mashed "Potatoes" provide a decent substitute for traditional starchy tubers. The main ingredient is cauliflower, and it's surprisingly tasty.

One final highlight: I've used the Turkey Roll-Ups with Cilantro Mayonnaise as a mid-day snack. It's palate-pleasing and provides that extra jolt of protein to help me moderate my appetite until dinner.



## Phase One



Roasted Vegetables



Eggplant and Roasted Peppers



Spinach Stuffed Mushrooms



South Beach Mashed "Potatoes"



Stewed Tomatoes and Onions



Broiled Tomatoes



Broiled Tomatoes with Pesto



Edamame Salad



Oriental Cabbage Salad



Turkey Roll-Ups

## Phase Two



Italian-style Spaghetti Squash



Baked Tomatoes with  
Pesto and Parmesan



Asparagus Salad



Zucchini Ribbons with Dill



Vegetable Medley



Baba Ghanouj

## Phase Three



Creamed Spinach



Herb Roasted Potatoes

## Dessert

During my weight loss days, I made the Ricotta Crème desserts to appease my sweet tooth. This time around, I found them a bit less satisfying. The Phase Two and Three options were far more appealing.

As a chocoholic, I'm high on the Chocolate Dipped Strawberries and Chocolate Dipped Apricots. I was also pleasantly surprised by the Individual Lime Cheesecakes. I used ginger snaps instead of vanilla wafers for my "crusts."

## Phase One



Lemon Zest Ricotta Crème



Almond Ricotta Crème



Mocha Ricotta Crème



Lime Zest Ricotta Crème



## Phase Two



Chocolate Dipped Strawberries



Strawberries with Vanilla Yogurt

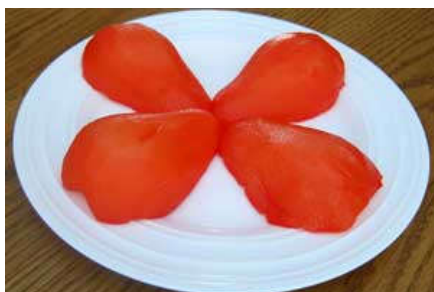


Pistachio Bark

## Phase Three



Strawberries in Balsamic Vinegar



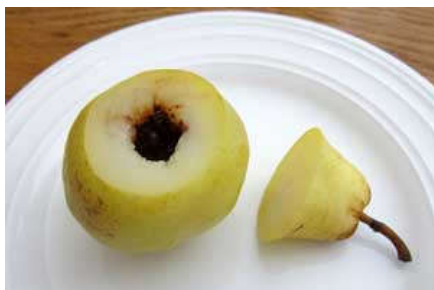
Poached Pears



Ginger Pears



Lime Cheesecakes



Chocolate Stuffed Steamed Pears



Chocolate Dipped Apricots