

Weight Loss Tools



Access Online and Mobile Tools

Go beyond the books and get cutting-edge tools that will catapult you to weight-loss success.

[Get the tools »](#)

FREE Diet Profile

Is the South Beach Diet right for you?

Weight lbs

My Goal lbs

Height

Age yrs

I am a... Woman Man

Your Email

Get Your Results!

We'll send you follow-up emails.

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Here are Some of the Tools You'll Get



Meal Planner

Get personalized daily meals plans, including breakfast, lunch, dinner, snacks — and dessert!

[Join the program »](#)


Nutrition Counseling

Get personalized weight-loss advice and weekly consultations from our registered dietitians.

[Start the diet »](#)


Mobile App

Download our iPhone app to get diet tips, meals, recipes, tools, and support wherever you go.

[Download the app »](#)


Weight Tracker

Map your road to weight-loss success with our interactive weight tracker tool.

[Start losing weight »](#)


Dining Out Guide

Learn how to eat healthy and enjoy the foods you love when you're on the go.

[Start losing weight »](#)


Online Journal

Monitor your progress by writing down your goals, obstacles, milestones, and successes.

[Start the diet »](#)


1000+ Recipes

Enjoy thousands of delicious, quick and easy family-friendly meals.

[Get access to the recipes »](#)


Member Support

Join our community to get support and encouragement as you work toward your goals.

[Start losing weight »](#)


Shopping List

Create grocery shopping lists right from your Meal Planner — in just one click.

[Start now to get your shopping list! »](#)


Daily Email

Our daily newsletter customized with tips, quizzes, recipes, expert advice, and much more!

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Glucose Tracker

Record your latest blood glucose reading and track your levels over time.

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Supercharged Fitness Program

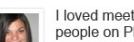
Lose weight faster with personal training sessions from our fitness experts.

[Sign up today »](#)


I can't believe all of the great foods I can eat and still lose weight!

—SallySouthBeach

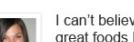
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There are many ways to measure weight-loss success and we can show you how. As a member, you'll get weight-loss tools, expert advice from our nutritionists and fitness coaches, community support, and much more!

Start Your Free Trial

What Can I Eat?**Forget Counting Calories and Points!**

The South Beach Diet makes losing weight easy by eating a wide variety of delicious, health-boosting foods.

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Find Out What You Can Eat on the South Beach Diet

You'll eat an array of flavorful, nutritious foods on the South Beach Diet, including lean protein, vegetables and fruits, whole grains, reduced-fat dairy, and much more. You'll even get to indulge in the occasional taste-tempting dessert (think: chocolate cake and peanut butter cookies!).

1 Phase 1**2 Phase 2****3 Phase 3**

Eat a Variety of Delicious Foods, Reach Your Goal Weight



Protein



Vegetables



Whole Grains



Dairy



Fruits



Nuts and Seeds



Beans and Legumes



Starchy Vegetables



Sweets and Treats



Fats and Oils



Seasonings and Condiments



Beverages

Foods To Avoid in Phase 1

You will cut out certain whole grains and sugars in the first phase of the diet, but don't worry, you will actually feel great, lose weight rapidly, and most will be introduced after only two weeks!

[Print the full list of foods to enjoy and avoid](#)

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or email us

What Can I Eat? » Protein on South Beach Diet

Protein on South Beach Diet



The Power of Lean Protein

From steak to soy-based meat substitutes, lean protein helps curb hunger and keeps your metabolism in check as you lose weight.

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Find Out What You Can Eat in South Beach Diet

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Eliminate Cravings, Rapid Weight Loss, Only 14 Days



Chicken

1 2 3**Chicken Recipes**

- Mediterranean Chicken Burgers
- Grilled Chicken Fajitas
- Easy Chicken Chili

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- Success Stories
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LOSE GAIN HEALTH.

South Beach Diet will help you get there with our online program, books, food, and support.

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What is South Beach Diet?



Rapid weight loss and good health for life.

This food lover's diet, developed by a cardiologist, will give you rapid weight loss results in Phase 1, the first two weeks.

[Get started »](#)

Got the Book? Get the Tools.



The online and mobile tools will supercharge your success.

Get personalized food and fitness advice from our nutritionists, 100's of recipes, a mobile app, and more.

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Your Total Diet Solution



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The South Beach Diet will help you read delicious recipes, expert advice, and discover a healthier new you today.

Web Tools Include:

- Personalized meal plans
- Interactive weight tracker
- 1000+ recipes
- Community support
- Food & fitness journal



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South Beach Diet right for you?

ht 155 lbs

My Goal 125 lbs

Height 5ft / 6in ▾

Age 35 yrs

I am a... Woman Man

Your Email

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What is South Beach Diet?**PHASE
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2****PHASE
3****Got the Book? Get the Tools.****The online and mobile tools will supercharge your success.**

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PHASE
2

PHASE
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Lunch Recipes



Lunch Will Never Be the Same

We've got everything from grab-and-go sandwiches to satisfying salads and take-along soups.

[Sign up for access to our recipes »](#)

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Find South Beach Diet-Friendly Lunch Recipes

- 1 Phase 1
- 2 Phase 2
- 3 Phase 3

Eliminate Cravings, Rapid Weight Loss, Only 14 Days



Grilled Fish Tacos with Spicy Melon Salsa

- 1
- 2
- 3

PREP TIME COOK TIME TOTAL TIME

15m 25m 40m

Sea bass is well suited for this tasty taco because its mild flavor complements the sweet melon and spicy jalapeno.

[Get the Recipe](#)



Cucumber Soup with Shrimp



Chimichura Burgers



Grilled Eggplant



Lamb Skewers



South Beach Tiramisu



Wheatberry Salad



Salmon Sandwich



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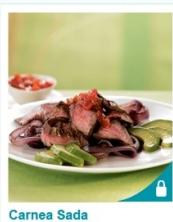
Find South Beach Diet-Friendly Lunch Recipes

1 Phase 1**2 Phase 2****3 Phase 3**

Eliminate Cravings, Rapid Weight Loss, Only 14 Days



Grilled Fish Tacos with Spicy Melon Salsa



Carne Sada



Cucumber Soup with Shrimp



Chimichura Burgers



Grilled Eggplant



Lamb Skewers



South Beach Tiramisu

1 **2** **3**

PREP TIME **15m** COOK TIME **25m** TOTAL TIME **40m**

An Italian dessert, tiramisu (meaning "pick-me-up") makes a light yet rich finish for summer supper.

Start your free trial to unlock this recipe and hundreds more!

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salmon Sandwich

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1 Phase 1**2 Phase 2****3 Phase 3****Eliminate Cravings, Rapid Weight Loss, Only 14 Days****Eliminate Cravings**

Phase 1 is designed to stabilize your blood-sugar levels and eliminate cravings for sugary foods and refined starches.

**Rapid Weight Loss**

This Phase will help jump-start your weight loss and is for people who have more than 10 pounds to lose.

**Only 14 Days Long**

You'll eat plenty of filling, nutrient-dense foods to satisfy your appetite so you'll never get hungry.

Grilled Fish Tacos with Spicy Melon Salsa

Chimichura Burgers

Carne Sada

Grilled Eggplant

Cucumber Soup with Shrimp

Lamb Skewers



South Beach Tiramisu



Wheatberry Salad



Salmon Sandwich

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Jennifer K. Lost
110lbs with the
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About South Beach Diet



Kelly B. lost 50 pounds on South Beach Diet Online – find out how!

Lose Weight and Get Healthy in Three Easy Steps

1 Phase 1

Eliminate Cravings, Rapid Weight Loss, Only 14 Days



Eliminate Cravings

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Rapid Weight Loss

This Phase will help jump-start your weight loss and is for people who have more than 10 pounds to lose.



Only 14 Days Long

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2 Phase 2

Eat a Variety of Delicious Foods, Reach Your Goal Weight

3 Phase 3

Maintain Weight Loss for Life!

Why People Sign Up for South Beach Diet Online



It's flexible and **effective** for weight loss with no **point or calorie counting**.



The food is **delicious, heart healthy, diabetic friendly**, and **easy** to prepare.



The **vibrant community** is a powerful source of encouragement and support.



The **interactive tools** will help make losing weight manageable and fun.



The **mobile app** will help you stay on track when you're on the go!

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South Beach Diet Wake-Up Call

In his new book, Dr. Arthur Agatston sheds light on causes of health crisis but also provides clear, actionable advice for improving our eating, exercise, and sleep habits.

Books & DVDs. The books and DVDs are a great compliment to the South Beach Diet online program.

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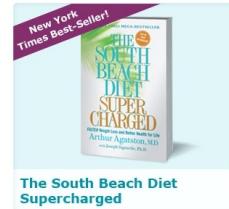
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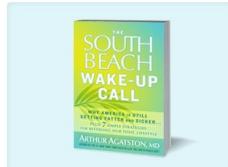
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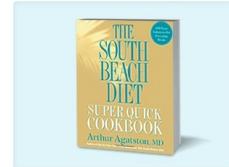
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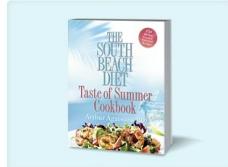
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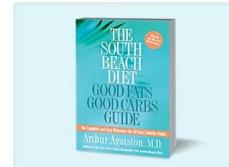
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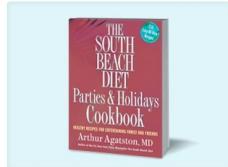
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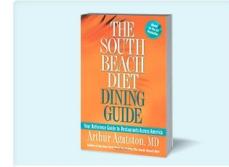
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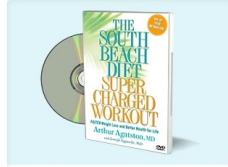
The South Beach Diet Good Fats/Good Carbs Guide



The South Beach Diet Parties & Holidays Cookbook



The South Beach Diet Dining Out Guide



DVD: The South Beach Diet Supercharged Workout

With South Beach Diet Online and Mobile You Get



The South Beach Diet community is a powerful source of support and encouragement for anyone who is trying to lose weight and lead a healthy lifestyle. As a member, you'll get access to interactive tools to help you keep track of your progress, expert advice from our nutritionists and fitness coaches, community support, and much more!

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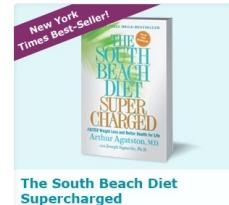
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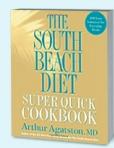


The South Beach Diet Supercharged

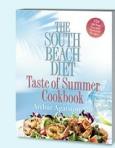
Features all-new recipes and meal plans, expanded Foods to Enjoy lists and a 3-phase fitness program designed to speed weight loss and improve overall health.

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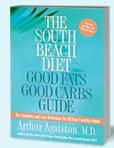
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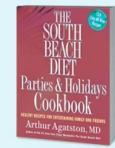
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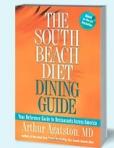
The South Beach Diet Taste of Summer Cookbook



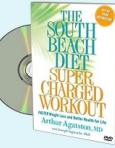
The South Beach Diet Good Fats/Good Carbs Guide



The South Beach Diet Parties & Holidays Cookbook



The South Beach Diet Dining Out Guide



DVD: The South Beach Diet Supercharged Workout

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The South Beach Diet community is a powerful source of support and encouragement for anyone who is trying to lose weight and lead a healthy lifestyle. As a member, you'll get access to interactive tools to help you keep track of your progress, expert advice from our nutritionists and fitness coaches, community support, and much more!

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South Beach Diet will help you get there with our online program, books, food, and support.

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What is South Beach Diet?

PHASE
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PHASE
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Rapid weight loss and good health for life.

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The online and mobile tools will supercharge your success.

Get personalized food and fitness advice from our nutritionists, 100's of recipes, a mobile app, and more.

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"The Phase 1 group helped me lose weight. Now I help others."



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Connect with members who share the same interests and weight-loss goals.



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Ask your diet and nutrition questions to our team of dietitians 3 times a week.

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Meet Dr. Agatston



Dr. Agatston

Leading Preventive Cardiologist and Creator and Author of The South Beach Diet.

[Start Dr. Agatston's diet now »](#)

Dr. Arthur Agatston is a preventive cardiologist and an associate professor of medicine at the University of Miami Miller School of Medicine. Dr. Agatston created the South Beach Diet in the early 1990s as a way to help cardiac and diabetes patients avoid heart attacks and strokes. He discovered not only that their risk factors for diabetes and heart disease were diminishing but also that they were losing weight in the process. The South Beach Diet was published in April 2003, and since then he's had the good fortune to help millions of people worldwide lose weight and gain better health.

Get more when you sign up. Get snack ideas, 1000+ recipes, meal plans and more when you become a member.

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From Dr. Agatston

What Dr. Agatston Wants You to Know About Weight Loss

My goal in creating SouthBeachDiet.com was to help more people experience the life-saving benefits of weight loss and good health by giving them extra tools, recipes, meal plans, and support.

Think Beyond the Scale

Certainly, most people start the South Beach Diet to lose weight. And you will! But even more important, you'll experience other health benefits as well. Adopting the South Beach Diet lifestyle can lower your risk not just for heart attack and stroke but for many other diseases, like prediabetes and diabetes, Alzheimer's disease, age-related macular degeneration, and some types of cancer. You can also improve your blood pressure and stabilize your blood sugar, lower LDL (the "bad") cholesterol and triglycerides (fats that circulate in the blood), and raise HDL (the "good") cholesterol.

The Diet Debates Are Over

Today health professionals no longer debate about the types of foods that are important to good health. We all agree that the very foods I emphasize on the South Beach Diet — good carbs (like those found in vegetables, fruits, legumes, and whole grains), lean sources of protein, low-fat dairy products, and good fats from foods like extra-virgin olive and canola oils, nuts, and omega-3-rich fish — are the cornerstone of a healthy eating plan. Even the latest version of the USDA's food pyramid is based on these principles.

This way of eating focuses on fiber-rich, nutrient-dense foods and high-quality lean protein — foods that satisfy your appetite — so you'll lose weight in a healthy way without feeling hungry or deprived.

The meal plans and recipes available on SouthBeachDiet.com teach you how to use these healthy eating principles to achieve your weight and health goals.

Exercise Boosts Benefits

An equally important component of a healthy lifestyle is exercise. When you're physically active, you eat better and feel better — and vice versa. So I encourage you to be as active as you can. The South Beach Diet Fitness Club can help. It's a comprehensive exercise program that covers all the fundamentals of fitness — core and strength training, cardio routines, and flexibility moves — that you need for a healthy body. All without expensive gym memberships or fancy equipment.

Let's Start Together

Thank you for giving me the opportunity to participate in your weight-loss journey. Remember, even the longest journey begins with a simple first step. I wish you the best of luck.

Sincerely,

Preventive cardiologist and author of The South Beach Diet and The South Beach Diet Supercharged, The South Beach Super Quick Cookbook, and numerous other books.



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The South Beach Diet will help you reach your weight-loss goals with our interactive tools, delicious recipes, expert advice, and community support. Unlock the keys to success and discover a healthier new you today.

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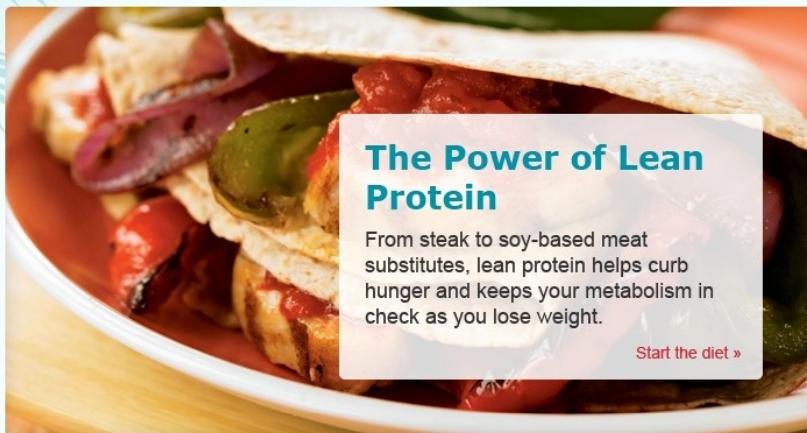
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What Can I Eat? » Fruit on South Beach Diet

Fruit on South Beach Diet



The Power of Lean Protein

From steak to soy-based meat substitutes, lean protein helps curb hunger and keeps your metabolism in check as you lose weight.

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Find Out What You Can Eat in South Beach Diet

1 Phase 1

2 Phase 2

3 Phase 3

Eliminate Cravings, Rapid Weight Loss, Only 14 Days

You Should Avoid Fruit in Phase 1

You will cut out certain whole grains and sugars in the first phase of the diet, but don't worry, you will actually feel great, lose weight rapidly, and most will be introduced after only two weeks!

[Print the full list of foods to enjoy and avoid](#)

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Announcement

Tasty New Bars, Tasty Savings! Click on the "Get a Coupon" tab on our Facebook page or [click this link](#) to print one now and save when you try our new, delicious South Beach Diet Bars. They're better than ever! X

What is South Beach Diet?

- PHASE **1**
- PHASE **2**
- PHASE **3**



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Smart, Strategic Snacking™
 South Beach Diet® Bars help you push hunger away and feel energized and satisfied when you're busy or on the go.

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Get more when you sign up. Get snack ideas, 1000+ recipes, meal plans and more when you become a member.

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Meal Bars

Skip the fast food trap, reach for a South Beach Diet® Meal Bar instead. They offer balanced nutrition and are high in protein and fiber with no artificial flavors, sweeteners or sugar alcohols. They're the perfect choice to help keep you full and satisfied when eating on the run.



Chocolate Peanut Butter

Enjoy yummy, peanut buttery, crunchy oats and crispy soy nuggets atop a delicious layer of chewy chocolate.

- 12 grams of protein
- 9 grams of fiber*
- No artificial flavors, sweeteners or sugar alcohols
- *6 grams of total fat per serving

[See nutritional information](#)



Chocolate

Enjoy yummy, chocolaty, crunchy oats and crispy soy nuggets atop a delicious layer of chewy chocolate.

- 12 grams of protein
- 9 grams of fiber*
- No artificial flavors, sweeteners or sugar alcohols
- *6 grams of total fat per serving

[See nutritional information](#)

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Get Customized Meals Every Week

The food tastes great and the plan is also designed to satisfy your appetite, so you won't be hungry.

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1 Phase 1

2 Phase 2

3 Phase 3

Eat a Variety of Delicious Foods, Reach Your Goal Weight

A Sample Day of Your Meal Plan for Phase 2



Breakfast

- Greet the Sun breakfast pizza
- Vegetable juice cocktail



Midmorning Snack

- Grapes and low-fat cheese



Lunch

- Crisp green salad
- Whole-wheat pizza margherita



Mid-Afternoon Snack

- Cocoa-raspberry shake



Dinner

- Grilled salmon, edamame and salad
- Baked tomatoes with parmesan



Dessert

- Peanut butter and jelly cookies

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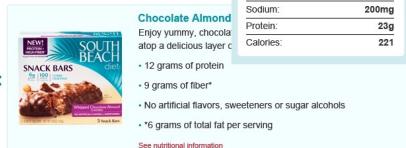
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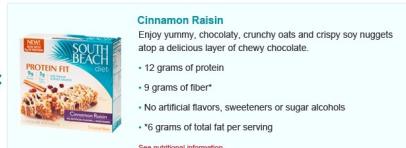
100-Calorie Snack Bars

Curb your cravings with deliciously rich 100-Cal



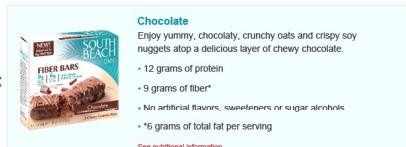
Protein Fit Cereal Bars

Want something crunchy and sweet? Try a South Beach Diet® Protein Fit Cereal Bar.



Fiber Granola Bars

South Beach Diet® Fiber Granola Bars are chewy, delicious and packed with fiber.



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Be accountable for your progress by tracking your food and exercise every day.

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Tracking your weight is KEY for success, and these interactive charts will keep you on track.

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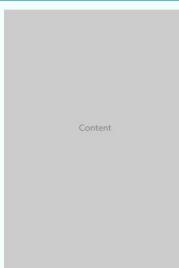
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Get South Beach Diet-Friendly Recipes
Ready to reach your weight-loss goals? The South Beach Diet can help! Whether you're looking for quick and easy breakfasts, convenient lunch ideas, snacks on-the-go, or healthy weeknight dinners, we've got you covered.

1 Phase 1 **2 Phase 2** **3 Phase 3**

Eliminate Cravings, Rapid Weight Loss.
Only 14 Days



With South Beach Diet Online and Mobile You Get



The South Beach Diet Community is a powerful source of support and encouragement for anyone who is trying to lose weight and lead a healthy lifestyle. As a member, you'll get access to interactive tools to help you keep track of your progress, expert advice from our nutritionists and fitness coaches, community support, and much more!

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Property

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South Beach Diet Foods



**IMAGE NEEDED.
BARS AND SWEET DELIGHTS.**

Enjoy South Beach Diet Foods

Text here.

FREE Diet Profile

Is the South Beach Diet right for you?

Weight 155 lbs

My Goal 125 lbs

Height 5ft / 6in

Age 35 yrs

I am a... Woman Man

Your Email

Get Your Results!

We'll send you follow-up emails.

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Enjoy a Variety of South Beach Diet Foods



Meal and Snack Bars

Text here.

IMAGE NEEDED

Sweet Delights

Text here.



Meal Home Delivery, Coming Soon!

Lose weight when you are too busy to cook.

- Fresh meals delivered to your door weekly
- Naturally low in sugar, bad carbs, and sodium
- Special diet options including gluten free

Check back soon for more details!

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I can't believe all of the great foods I can eat and still lose weight!

—SallySouthBeach
Member since 2003



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MEAL PLANS



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Home > Recipes > New England Lobster Roll

New England Lobster Roll

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SERVINGS 4 PREP TIME 30 m COOK TIME 50 m TOTAL TIME 1 h 20 m

1

2

3

[Recipe](#) [Nutrition](#)Sea bass is well suited for this tasty taco because its mild flavor complements the ... [More](#)**Ingredients**

- 3 tablespoons fresh lime juice
- 1/4 cup chopped fresh cilantro
- 3 teaspoons extra-virgin olive oil
- 2 scallions, thinly sliced
- 1 pound skinless sea bass fillets
- 1 jalapeño, seeded and minced
- 1/4 teaspoon salt
- 2 (10") whole-wheat tortillas
- freshly ground black pepper
- 1 lime, cut into wedges
- 2 cups finely chopped cantaloupe (about 2 1/2-pound melon)

Instructions

- 1** In a 9" by 13" glass baking dish, whisk together 1 tablespoon of the lime juice and 1 teaspoon of the oil. Add fish and turn to coat. Sprinkle with salt and season lightly with black pepper.
- 2** Lightly coat a grill or grill pan with cooking spray and heat to medium-high. Grill fish until opaque and tender, about 5 minutes per side. Transfer fish to a cutting board and cut into 1" chunks.
- 3** In a small bowl, combine cantaloupe, cilantro, scallions, jalapeño, remaining 2 tablespoons lime juice, and remaining 2 teaspoons oil.
- 4** Grill tortillas until warm, about 30 seconds per side. Cut each into 4 quarters. Divide fish among tortillas, top with melon salsa, and serve warm with lime wedges.



If you don't have a microwave oven, melt the chocolate in the top of a double boiler over simmering water.

Source: *Taste of Summer Cookbook*

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New England Lobster Roll



SERVINGS 4 PREP TIME 30 m COOK TIME 50 m TOTAL TIME 1 h 20 m

1 2 3

Recipe **Nutrition**

Sea bass is well suited for this tasty taco because its mild flavor complements the ... [More](#)

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+1

SERVINGS 4 | PREP TIME 30 m | COOK TIME 50 m | TOTAL TIME 1 h 20 m

1 2 3



[Recipe](#) [Nutrition](#)

Nutritional Information

Amount Per Serving

Carbs:	30g	Cholesterol:	63mg
Sugar:	29g	Sodium:	200mg
Total Fat:	2g	Protein:	23g
Sat Fat:	1g	Calories:	221
Fiber:	1g		

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Recipes



Thousands of Delicious Recipes

Our recipes are delicious, simple, and family-friendly!

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Find South Beach Diet Approved Recipes

Ready to reach your weight-loss goals? The journey starts in your kitchen. Whether you're looking for quick and easy breakfasts, convenient lunch ideas, snacks on-the-go, or healthy weeknight dinners, we've got you covered.

1 Phase 1

2 Phase 2

3 Phase 3

Eat a Variety of Delicious Foods, Reach Your Goal Weight



Breakfast



Lunch



Dinner



Snacks



Sides



Beverages

“



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Member since 2003



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Lunch Recipes



Lunch Will Never Be the Same

We've got everything from grab-and-go sandwiches to satisfying salads and take-along soups.

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Weight lbs

My Goal lbs

Height

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1 Phase 1

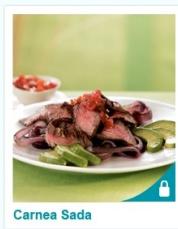
2 Phase 2

3 Phase 3

Eliminate Cravings, Rapid Weight Loss, Only 14 Days



Grilled Fish Tacos with Spicy Melon Salsa



Carne Sada



Cucumber Soup with Shrimp



Chimichura Burgers



Grilled Eggplant



Lamb Skewers



South Beach Tiramisu



Wheatberry Salad



Salmon Sandwich

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Success Stories



Real Stories, Real Weight Loss

"I was surprised I could eat my way to thin!"

Lisa Jacobs lost 21 inches and 2 dress sizes in just 8 weeks!

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Find Someone Like You

We know how good it feels to finally fit into your favorite pair of jeans, walk up those flight of stairs without losing your breath, and be comfortable in your own skin. Our members did it, and now so can you. Check out these inspiring success stories of how they overcame their struggles with weight, gained health, and renewed their confidence. You could be next!



Lori B. [Lost 140 lbs](#)



BEFORE AFTER

Following the South Beach Diet made me accountable for everything I ate, which meant I had to start reading nutrition labels and learning the correct portion sizes. I started eating whole grains, lean meats, eggs, and vegetables, and I cut out processed foods and sweets from my diet. After a year and a half, I lost 140 pounds but also gained a healthy lifestyle, renewed my confidence, and transformed my self-image.

[Lose Weight Like Her!](#)

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Lose Weight. Gain Health.

South Beach Diet will help you get there with our online program, books, food, and support.

[Start losing weight now »](#)

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Books

Height

Age yrs

I am a... Woman Man

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What is South Beach Diet?

PHASE
1



Rapid weight loss and good health for life.

This food lover's diet, developed by a cardiologist, will give you rapid weight loss results in Phase 1, the first two weeks.

[Get started »](#)

PHASE
2

PHASE
3

Got the Book? Get the Tools.



The online and mobile tools will supercharge your success.

Get personalized food and fitness advice from our nutritionists, 100's of recipes, a mobile app, and more.

[Start the free trial »](#)

Your Total Diet Solution



MEAL PLANS



TOOLS

The South Beach Diet will help you real delicious recipes, expert advice, and co discover a healthier new you today.

Web Tools Include:

- Personalized meal plans
- Interactive weight tracker
- 1000+ recipes
- Community support
- Food & fitness journal



COACHING



OUR BARS



SUPPORT

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