

THE SOUTH BEACH DIET™

ONLINE

About the 3 Phase Diet

The South Beach Diet™ is not low-carb. Nor is it low-fat. The South Beach Diet™ teaches you to rely on the right carbs and the right fats and enables you to live quite happily without the bad carbs and bad fats. Here's how you'll do it:

Phase 1: Banishing Your Cravings

Phase 2: Reintroducing Carbs

Phase 3: A Diet for Life

Phase 1: Banishing Your Cravings

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What you'll eat: During Phase 1, you'll eat normal-size helpings of meat, chicken, turkey, fish, and shellfish. You'll have plenty of vegetables, eggs, cheese, and nuts. You'll have salads with real olive oil in the dressing. You'll have three balanced meals a day, and it will be your job to eat so that your hunger is satisfied.

Nothing undermines a weight-loss plan more than the distressing sensation that you need more food. No sane eating program expects you to go through life feeling discomfort. You'll be urged to have snacks in the midmorning and midafternoon, whether you want to or not. You'll have dessert after dinner. You'll drink water, of course, plus coffee or tea if you wish.

What you won't eat: For the first 14 days you won't be having any bread, rice, potatoes, pasta, or baked goods. No fruit, even. Before you panic: You'll begin adding those things back into your diet again in two weeks. But for right now, they're off-limits. No candy, cake, cookies, ice cream, or sugar for two weeks, either. No beer or alcohol of any kind. After this phase, you'll be free to drink wine, which is beneficial for a variety of reasons. Not a drop during the first two weeks, however.

Now, if you're the kind of person who lives for pasta or bread or potatoes, or if you believe that you can't get through a day without feeding your sweet tooth (three or four times), let me tell you something: You're going to be shocked at how painlessly two weeks will pass without these foods. The first day or two may be challenging; but once you weather that, you'll be fine.

It's not that you'll have to fight your urges—the cravings will virtually disappear during the first week. I say this with such confidence only because so many overweight people who have already succeeded on this program tell me so. The South Beach Diet™ may be new to you, but it has existed for several years—long enough to have helped hundreds of people lose weight easily and keep it off.

Phase 2: Reintroducing Carbs

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How you'll change: Beneath the surface even bigger changes are happening. You won't be able to see it, but you'll have also started changing your body chemistry. In these first two weeks

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