

South Beach Diet Phase 2 Recipes

Salmon, Avocado, Cucumber Salad

🕒 30 min 🍽️ 2 servings

Per serving: 677 Kcal 42g Protein 50g Fat 21g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon juice**, 1 tablespoons (15 g)
- **Cucumber**, 1/2 large (145.8 g)
- **Olive oil**, 2 tablespoon (30 g)
- **Salmon**, 2 fillet (340 g)
- **Salad greens**, 4 cups (160 g)
- **Onion**, 1/2 medium (52.9 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)
- **Almonds**, 1/4 cup (35.8 g)
- **Dijon mustard**, 1 teaspoon (5 g)
- **Salt and pepper**, 1 pinch (0.1 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the salmon fillets with salt and pepper, then place them on a baking sheet lined with parchment paper.

Bake the salmon for 12-15 minutes or until cooked through. Set aside to cool.

In a large salad bowl, combine the mixed greens, cucumber, red onion, avocado, cherry tomatoes, and sliced almonds.

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper to make the dressing.

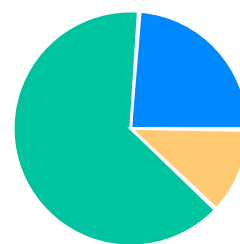
Flake the cooled salmon into bite-sized pieces and add it to the salad bowl.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1353.9	132.4	677
Protein [g]	83.1	8.1	41.6
Fat [g]	99.5	9.7	49.8
Carbs [g]	40.9	4	20.5
Fiber [g]	20.4	2	10.2
Net Carbs [g]	20.5	2	10.3



24 % Protein 64 % Fat 12 %
Carbs

Garden Beef Frittata

🕒 45 min 🍽️ 6 servings

Per serving: 153 Kcal 15g Protein 9g Fat 3g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Basil, 1/4 teaspoon (0.3 g)
- Oregano, 1/4 teaspoon (0.5 g)
- Salt, 1/2 tsp (3.1 g)
- Thyme, 1/4 tsp (0.3 g)
- Olive oil, 1 tablespoon (14.6 g)
- Zucchini, 1 cup (125.1 g)
- Bell pepper, 1 cup (159 g)
- Spinach, 1 cup (30 g)
- Almond milk, 1/4 cup (62.5 g)
- Pepper, 1/4 tsp (0.5 g)
- lean ground beef, 1/2 pound (227 g)



Instructions

Preheat the oven to 375°F (190°C).

Heat the olive oil in a large oven-safe skillet over medium heat.

Add the ground beef and cook until browned, breaking it up into crumbles.

Add the diced red bell pepper and zucchini to the skillet. Cook for 5 minutes, until the vegetables are slightly softened.

Add the chopped spinach to the skillet and cook for an additional 2 minutes until wilted.

In a separate bowl, whisk together the eggs, almond milk, salt, black pepper, dried oregano, dried basil, and dried thyme.

Pour the egg mixture over the cooked beef and vegetables in the skillet. Stir gently to distribute the ingredients evenly.

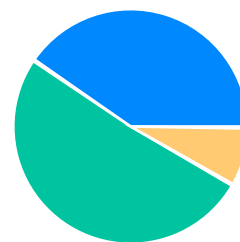
Place the skillet in the preheated oven and bake for 20-25 minutes, or until the frittata is set and lightly golden on top.

Remove from the oven and let it cool for a few minutes before slicing into wedges.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	914.8	99.1	152.5
Protein [g]	92	10	15.3
Fat [g]	51.7	5.6	8.5
Carbs [g]	18	2	3
Fiber [g]	6	0.7	1
Net Carbs [g]	12	1.3	2



41 % Protein 51 % Fat 8 %
Carbs

Shredded Chicken and Carrot Slaw

🕒 30 min 🍽️ 4 servings

Per serving: 284 Kcal 25g Protein 17g Fat 6g Carbs

Ingredients

- Apple cider vinegar, 2 tablespoon (30.1 g)
- Oregano, 1/2 teaspoon (1 g)
- Carrots, 2 cup chopped (256 g)
- Avocado oil, 1/4 cup (56.8 g)
- Chicken breasts, 1 lb (453.6 g)
- Dijon mustard, 1 teaspoon (5 g)
- Salt and pepper, 1 tsp (2 g)



Instructions

In a large pot, bring water to a boil. Add the chicken breasts and cook until they are fully cooked and tender, about 15-20 minutes. Remove from the pot and let cool.

Once cooled, shred the chicken using two forks or your hands.

In a separate bowl, whisk together the avocado oil, apple cider vinegar, Dijon mustard, garlic powder, dried oregano, salt, and pepper.

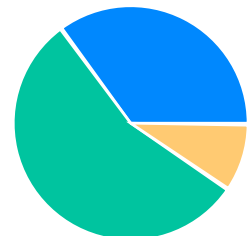
In a large mixing bowl, combine the shredded carrots and shredded chicken. Pour the dressing over the mixture and toss until well coated.

Cover the bowl and refrigerate.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1135.8	141.2	284
Protein [g]	99	12.3	24.8
Fat [g]	69.3	8.6	17.3
Carbs [g]	25.7	3.2	6.4
Fiber [g]	7.8	1	2
Net Carbs [g]	17.9	2.2	4.5



35 % Protein 56 % Fat 9 % Carbs

Broccoli Pork over Quinoa

🕒 30 min 🍽️ 4 servings

Per serving: 276 Kcal 26g Protein 9g Fat 23g Carbs

Ingredients

- Salt, 1 tsp (6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Broccoli florets, 2 cups (182 g)
- Pork Tenderloin, 400 g (400 g)
- Quinoa, cooked, 2 cup (370 g)



Instructions

Cook the quinoa according to package instructions.

Season the pork slices with salt and pepper.

In a large skillet, heat some oil over medium-high heat.

Add the pork slices to the skillet and cook for about 6-8 minutes per side, or until cooked through.

Remove the cooked pork from the skillet and let it rest for a few minutes. Then, slice it into thin strips.

In the same skillet, add the broccoli florets and cook for about 5 minutes, or until they are tender-crisp.

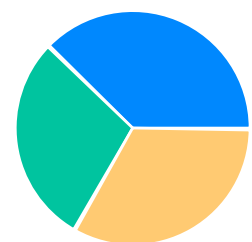
Add the sliced pork back to the skillet with the broccoli and cook for an additional 2 minutes to heat through.

Serve the broccoli and pork mixture over the cooked quinoa.

Enjoy your delicious Broccoli Pork Quinoa!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1105.2	113.8	276.3
Protein [g]	104	10.7	26
Fat [g]	35.4	3.6	8.9
Carbs [g]	90.9	9.4	22.7
Fiber [g]	15.1	1.6	3.8
Net Carbs [g]	75.8	7.8	19



38 % Protein 29 % Fat 33 % Carbs

Vegan Chives and Carrot Crispy Pancakes

🕒 10 min 🍽️ 2 servings

Per serving: 207 Kcal 8g Protein 9g Fat 24g Carbs

Ingredients

- Chives, 1/2 cup (20 g)
- Carrots, 1 cup chopped (128 g)
- Olive oil, 1 servings (14 g)
- Chickpea flour, 1/2 cup (60 g)
- Salt, 1/4 teaspoon (1.3 g)



Instructions

In a mixing bowl, combine grated carrots, chopped chives, chickpea flour, 1/2 cup water, and salt.

Mix well until all ingredients are evenly combined and a thick batter is formed.

Heat a non-stick pan over medium heat and lightly grease it with olive oil.

Drop spoonfuls of the batter onto the pan and spread it out into a thin pancake shape.

Cook for about 2-3 minutes on each side, or until golden brown and crispy.

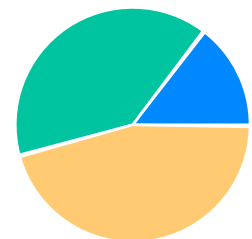
Remove the pancakes from the pan and place them on a paper towel to absorb excess oil.

Repeat the process with the remaining batter.

Serve the vegan chives and carrot crispy pancakes hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	414.4	185.6	207.2
Protein [g]	15.3	6.9	7.7
Fat [g]	18.5	8.3	9.3
Carbs [g]	47.8	21.4	23.9
Fiber [g]	10.6	4.7	5.3
Net Carbs [g]	37.2	16.7	18.6



15 % Protein 40 % Fat 46 % Carbs