



PHASE 1: INDUCTION - ACCEPTABLE FOODS LIST

All fish including:

Flounder
Herring
Salmon
Sardines
Sole
Tuna
Trout

All fowl including:

Cornish Hen
Chicken
Duck
Goose
Pheasant
Quail
Turkey

All shellfish including:

Clams
Crabmeat
Mussels*
Oysters*
Shrimp
Squid

*Oysters and mussels are higher in carbs so limit to about 4 ounces per day.

All meat including:

Bacon*
Beef
Ham*
Lamb
Pork
Veal
Venison

*Be aware of processed meat and that some may be cured with sugar, which will add to the carbohydrate count. Also steer clear of meats with added nitrates.



Eggs are one of nature's most nutritious creations. That's why eggs are a staple breakfast in the Atkins Nutritional Approach.

Feel free to get creative with your eggs, add mushrooms and onions, or even green pepper. Top them off with feta cheese or add spices like basil and oregano.

All Eggs including:

- Devilled
- Fried
- Hard-boiled
- Omelettes
- Poached
- Scrambled
- Soft-boiled

Keep in mind that cheese does contain carbs, about 1 gram per ounce. You may have about 3 to 4 ounces of cheese per day. An ounce is about the size of an individually wrapped slice of American cheese.

Cheese including:

Type	Serving Size	Net Carbs
Blue cheeses	1 oz /28 grams	0.7
Cheddar	1 oz /28 grams	0.0
Cow, sheep and goat	1 oz /28 grams	0.3
Cream cheese	1 oz /28 grams	0.8
Feta	1 oz /28 grams	1.2
Gouda	1 oz /28 grams	0.6
Mozzarella	1 oz /28 grams	0.6
Parmesan	1 tbs	0.2
Swiss	1 oz /28 grams	1.0



Vegetables:

You should be eating approximately 12 to 15 net carbs a day from vegetables, which is equivalent to several cups depending on the Net Carb count of vegetable used.

1 cup is equal to approximately the size of a baseball

Vegetable	Serving Size/Prep	Net Carbs
Alfalfa sprouts	2tbs	0.2
Bok Choi	2tbs	0.2
Celery	1 stalk	0.8
Chicory Greens	2oz/56 grams	0.3
Chives	1 tablespoon	0.1
Cucumber	2oz/56 grams	1.5
Daikon (White radish)	2oz/56 grams	1.0
Endive	2oz/56 grams	0.0
Fennel	2oz/56 grams	2.2
Lettuce Iceberg	2oz/56 grams	0.1
Mushrooms	2oz/56 grams	1.2
Parsley	1 tablespoon	0.1
Peppers	2oz/56 grams	2.3
Radicchio	2oz/56 grams	0.7
Radishes	10/raw	0.9
Romaine lettuce	2oz/56 grams	0.5



The following vegetables are slightly higher than the salad vegetables listed above; they also provide important nutrients and add variety to your daily foods. Make sure you stay within the 12-15 grams net carbs.

Vegetable	Serving Size/ Prep	Net Carbs
Artichoke	¼ of medium/boiled	4.0
Asparagus	6 spears/boiled	2.4
Artichoke hearts	1/ canned in water	1.0
Avocadoes	1 whole/raw	3.5
Bamboo shoots	4oz/112 grams boiled	1.1
Beets	3oz/84 grams canned	4.7
Broccoli boiled	3oz/84 grams	1.6
Broccoli raw	1 oz/28 grams	1.0
Brussels sprouts	2oz/56 grams boiled	3.8
Cabbage	2oz/56 grams boiled or raw	2.0
Cauliflower	2oz/56 grams boiled or raw	1.0
Chard	3oz/84 grams swiss/boiled	1.8
Eggplant	3oz/84 grams boiled/raw	1.8
Kale	1 oz/28 grams	2.4
Leeks	1 oz/28 grams boiled	1.7
Okra	2 oz/56 grams boiled/raw	2.4
Olives green	5	2.5
Olives black	5	0.7
Onion	2 oz/56 grams chopped raw	4.8
Pumpkin	2oz/56 grams boiled/raw	2.8
Rhubarb	1 stalk	1.7
Sauerkraut	3oz/84 grams boiled drained	1.2
Peas	2 oz/56 grams podded	3.4
Spaghetti squash	2oz/56 grams boiled	2.9
Spinach	2oz/56 grams raw	0.4
Summer squash	2oz/56 grams boiled	1.5
Tomato plum	1 raw	2.2
Turnips	2oz/56 grams boiled	2.2
Water chestnuts	2oz/56 grams canned	6.9
Zucchini	2oz sauteed	2.0



Salad Garnishes

Crumbled bacon	3 slices	0.0
Diced hard-boiled egg	1 egg	0.0
Grated cheeses (see above carb counts)		

Herbs and Spices (make sure they contain no added sugar)

Basil	1 tbs	0.0
Cayenne pepper	1 tbs	0.0
Dill	1 tbs	0.0
Garlic	1 clove	0.9
Ginger	1 tbs sliced root	0.8
Oregano	1 tbs	0.0
Pepper	1 tbs	0.0
Rosemary	1 tbs	0.0
Sage	1 tbs	0.0
Tarragon	1 tbs	0.0
Sautéed mushrooms	2oz/56 grams	1.0
Sour cream	2 tbs	1.2

Salad Dressings - Any prepared salad dressing with no added sugar and no more than two net carbs per serving (1 - 2 tablespoons is a serving)

Blue Cheese	2 tbs	2.3
Caesar	2 tbs	0.5
Italian	2 tbs	3.0
Lemon juice	2 tbs	2.8
Oil and vinegar	2 tbs	1.0
Ranch	2 tbs	1.4



Fats and Oils – No net carbs here, but keep in mind the serving size is approximately 1 tablespoon.

Butter

Mayonnaise – make sure there is no added sugar

Olive oil

Vegetable oils – especially good if they are labelled “cold pressed” or “expeller pressed” One of the best oil to use is olive oil.

Canola

Walnut

Soybean*

Grape seed

Sesame

Sunflower*

Safflower

*Do not allow these oils to reach high temperatures when cooking. Use olive oil for sautéing.

Artificial Sweeteners

Splenda – one packet equals 1 carb

Beverages

Clear broth/ bouillon (make sure there are no sugars added)

Club soda

Cream – heavy or light, be sure to note the carb count

Decaffeinated or regular coffee and tea*

Diet soda - be sure to note the carbs

Flavoured Seltzer (must say no calories)

Herb tea (no barley or fruit sugar added)

Water – at least 8 eight ounce glasses per day including...

Filtered water

Mineral water

Spring water

Tap water

* One to two cups of caffeinated tea or coffee is allowed as desired and tolerated by each individual. If you experience symptoms of hypoglycaemia or cravings as a result, do not use caffeine. If you have a true caffeine addiction, it is best to break that habit during the induction phase.

Alcohol – Alcohol is not allowed during induction but it can be consumed in phase 2 in moderate amounts as long as an individual is still able to lose weight, although it may occur at a slower pace. Limit consumption to a maximum of one glass of wine per night.