



TRULY SATISFYING
Weight Loss

Phase 1 Induction

What you can eat in Phase 1 Induction



Most fish, poultry and meat don't contain carbs so you can feel free to enjoy them, but be sure you're also getting your 12 to 15 grams of Net Carbs in vegetables as well.

All fish including:

- Cod
- Halibut
- Herring
- Salmon
- Sardines
- Sole
- Trout
- Tuna

All meat including:

- Bacon*
- Beef
- Ham*
- Lamb
- Pork
- Veal
- Venison

* Some processed meat, bacon, and ham is cured with sugar, which will add to the carb count. Also steer clear of cold cuts and other meats with added nitrates.

All fowl including:

- Chicken
- Cornish Hen
- Duck
- Goose
- Pheasant
- Quail
- Turkey
- Ostrich

All shellfish including:

- Clams
- Crabmeat
- Lobster
- Mussels*
- Oysters*
- Shrimp
- Squid

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

Eggs are one of nature's most nutritious creations. That's why eggs are a staple breakfast in the New Atkins nutritional approach. You can serve eggs in any style including fried, hard boiled, poached, scrambled and omelettes. Feel free to add mushrooms and onions, or even green pepper. Top the dish off with feta cheese or add basil, oregano and other herbs.

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 processed cheese or a 1 inch cube.



TRULY SATISFYING
Weight Loss

Cheese Options

Type	Serving Size	Grams of Net Carbs
Blue cheeses	2 tbsp	0.4
Cheddar	1 oz (30g)	0.4
Cow, sheep and goat	1 oz (30g)	0.3
Cream cheese	2 tbsp	0.8
Feta	1 oz (30g)	1.2
Gouda	1 oz (30g)	0.6
Mozzarella	1 oz (30g)	0.6
Parmesan	1 oz (30g)	0.9
Swiss	1 oz (30g)	1.0

Vegetables

You should be eating approximately 12 to 15 grams of Net Carbs per day in the form of vegetables, which is equivalent to several cups depending on the actual carb content of the vegetables you select. 1 cup is roughly the size of a tennis ball. Measure the following salad vegetables raw.

Vegetable	Serving Size/Prep	Grams of Net Carbs
Alfalfa sprouts	(16g) raw	0.2
Bok choy	70g raw	0.4
Celery	1 stalk	0.8
Chicory greens	25g raw	0.1
Chives	1 tbsp	0.1
Cucumber	50g	1.0
Daikon	60g	1.0
Endive	15g	0.4
Escarole	15g	0.1
Fennel	45g	1.8
Jicama	65g	2.5



TRULY SATISFYING
Weight Loss

Vegetables cont...

Vegetable	Serving Size/Prep	Grams of Net Carbs
Iceberg lettuce	70g	0.2
Mushrooms	35g	1.2
Parsley	1 tbsp	0.1
Peppers	50g/raw	2.3
Radicchio	25g/raw	0.7
Radishes	6/raw	0.5
Rocket	30g raw	0.4
Romaine lettuce	45g	0.4

The following vegetables are slightly higher in carbs 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 to 15 grams of Net Carbs. Unless otherwise indicated, measure these vegetables after you cook them.

Vegetable	Serving Size/Prep	Grams of Net Carbs
Artichoke	1/2 medium	3.5
Asparagus	6 spears	2.4
Artichoke hearts	1 canned	1.0
Aubergine	50g	2.0
Avocados	½ whole (raw)	1.8
Bamboo shoots	75g	1.2
Broccoli	80g	1.7
Broccoli raw	35g	0.8
Broccoli rabe	85g	2.0
Broccoflower	80g	2.3
Brussels sprouts	40g	1.8
Cabbage	75g (raw)	1.6
Cauliflower	60g (raw)	1.4



TRULY SATISFYING
Weight Loss

Vegetables cont...

Vegetable	Serving Size/Prep	Grams of Net Carbs
Collard greens	80g boiled	2.0
Courgette	115g	1.5
Green String Beans	100g	4.1
Hearts of palm	1 heart	0.7
Kale	65g	2.4
Kohlrabi	85g	2.3
Leeks	50g	3.4
Okra	80g	2.4
Olives green	5	0.1
Olives black	5	0.7
Onion	20g	4.3
Pumpkin	60g	2.4
Rhubarb	120g (unsweetened)	1.7
Sauerkraut	70g (drained)	1.2
Snow peas and snap peas in pod	60g with pods	3.4
Spaghetti squash	40g boiled	2.0
Spinach	90g	2.2
Summer squash	115g	2.6
Swiss chard	85g	1.8
Tomato	60g	4.3
Turnips	80g	3.3
Water chestnuts	30g (canned)	3.5



TRULY SATISFYING
Weight Loss

Salad Garnishes

Garnishes	Serving Size	Grams of Net Carbs
Crumbled bacon	3 slices	0.0
Hard-boiled egg	1 egg	0.5
Grated cheeses	(see above carb counts)	
Sautéed mushrooms	35g	1.0
Sour cream	2 tbsp	1.2

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

Herb/Spice	Serving Size	Grams of Net Carbs
Basil	1 tbsp	0.0
Cayenne pepper	1 tbsp	0.0
Coriander	1 tbsp	0.0
Dill	1 tbsp	0.0
Garlic	1 clove	0.9
Ginger	1 tbsp sliced root	0.8
Oregano	1 tbsp	0.0
Pepper	1 tbsp	0.0
Rosemary	1 tbsp	0.0
Sage	1 tbsp	0.0
Tarragon	1 tbsp	0.0



TRULY SATISFYING
Weight Loss

Salad Dressings

Any prepared salad dressing with no added sugar and no more than 2 grams of Net Carbs per serving (1-2 tablespoons) is acceptable. Or make your own.

Dressing	Serving Size	Grams of Net Carbs
Blue cheese	2 tbsp	2.3
Caesar	2 tbsp	0.5
Italian	2 tbsp	3.0
Lemon juice	2 tbsp	2.8
Lime juice	2 tbsp	2.8
Oil and vinegar	2 tbsp	1.0
Ranch	2 tbsp	1.4

Fats and Oils

There are no carbs here, but keep in mind that the serving size is approximately 1 tablespoon.

1. Butter
2. Mayonnaise – make sure it has no added sugar
3. Olive oil
4. Vegetable oils – those labelled ‘cold pressed’ are especially good and olive oil is one of the best.
 - Canola*
 - Walnut
 - Soybean*
 - Grape seed*
 - Sesame
 - Sunflower*
 - Safflower*

* Do not allow any oils to reach overly high temperatures when cooking. Use olive oil for sautéing only. Use walnut or sesame oil to dress cooked vegetables or salad, but not for cooking.



Artificial Sweeteners

- Splenda – one packet equals 1 gram of Net Carbs

Beverages

- Diet soda (be sure to note the carb count)
- Carbonated water (must say no calories)
- Herbal tea (without added barley or fruit sugar added)
- Decaffeinated or regular coffee and tea*
- Unflavoured soy/almond milk
- Clear broth/ bouillon (make sure it has no sugars added)
- Cream, heavy or light (single or double cream)
- Water – at least eight 8-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's best to break the habit during the Induction Phase.

* Limit lemon and lime juices to 3 tbsp per day.