



TRULY SATISFYING
Weight Loss

Phase 2 – Ongoing weight loss

What you can eat in Phase 2

Welcome to freedom, variety and the ongoing weight loss plan. Combine this list with all the options from Phase I and you've got a broader selection of foods to choose from.

You add higher carb foods back into your diet – 5 grams daily Net Carbs per week. You can move beyond vegetables to other foods, such as nuts, seeds and berries. Although you will be eating primarily natural, unprocessed foods, you will find an increasing number of convenience foods – so it's even easier to stay on track during weight loss.



The Power of Five

In the recommended portions, these foods each contain roughly 5 grams of Net Carbs (total carbs minus fibre).

Nuts and Seeds	Serving Size	Grams of Net Carbs
Almonds	24 nuts	2.3
Brazil nuts	5 nuts	2.0
Cashews	9 nuts	4.4
Hulled sunflower seeds	2 T	1.1
Macadamias	6 nuts	2.0
Pecans	10 halves	1.5
Pistachios	25 nuts	2.5
Walnuts	7 halves	1.5



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Dairy	Serving Size	Grams of Net Carbs
Cottage cheese 2%	115g	4.1
Double cream	230ml	4.8
Mozzarella cheese	140g	3.0
Ricotta cheese	115g	3.8

Fruits	Serving Size	Grams of Net Carbs
Blueberries (fresh)	37g	4.1
Cantaloupe or honeydew	44g	3.5
Raspberries (fresh)	31g	1.5
Strawberries (fresh)	1 large	1

Juices	Serving Size	Grams of Net Carbs
Lemon juice	4 tbsp	5.2
Lime juice	4 tbsp	5.6
Tomato juice	125ml	4.2

Convenience foods

Many of the foods listed above are available ready-to-eat – just note the serving size, and subtract fibre from total carbs to get Net Carbs.

And remember, Atkins bars and shakes are the perfect way to stay satisfied and keep cravings at bay. And every single one is allowed in Phase 2.