

Phase 1: Induction - Acceptable Foods List

Most fish, poultry and meat do not contain carbs; therefore, you may eat them but be sure you are getting your 12 to 15 net carbs in vegetables as well.

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

All meat including:

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

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

^{*}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:

- Deviled
- Fried
- Hard-boiled
- Omelets
- Poached
- Scrambled
- Soft-boiled

Keep in mind that cheese does contain carbs, about 1 gram per once. 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	0.7
•	Cheddar	½ cup	0.0
•	Cow, sheep and goat	1 oz	0.3
•	Cream cheese	1 oz	0.8
•	Feta	1 oz	1.2
•	Gouda	1 oz	0.6
•	Mozzarella	1 oz	0.6
•	Parmesan	1 tbs	0.2
•	Swiss	1 oz	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	1 cup/raw	0.4
•	Argula	1/2cup/raw	0.2
•	Bok choy	1cup/raw	0.8
•	Celery	1 stalk	0.8
•	Chicory Greens	1/2cup/raw	0.6
•	Chives	1 tablespoon	0.1
•	Cucumber	½ cup	1.0
•	Daikon	½ cup	1.0
•	Endive	½ cup	0.0
•	Escarole	½ cup	0.0
•	Fennel	1 cup	3.6
•	Jicama	½ cup	2.5
•	Lettuce Iceberg	½ cup	0.1
•	Mushrooms	½ cup	1.2
•	Parsley	1 tablespoon	0.1
•	Peppers	½ cup/raw	2.3
•	Radicchio	½ cup/raw	0.7
•	Radishes	10/raw	0.9
•	Romaine lettuce	½ cup	0.2

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.

1.0

1.2

Ve	getable	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		
•			1.1		
	Bamboo shoots	1cup/boiled			
•	Beets	½ cup/canned	4.7		
•	Broccoli boiled	½ cup	1.6		
•	Broccoli raw	½ cup	1.0		
•	Broccoli rabe	1 ounce	1.3		
•	Broccoflower	½ cup	1.4		
•	Brussels sprouts	¼ cup boiled	2.4		
•	Cabbage	½ cup boiled or raw	2.0		
•	Cauliflower	½ cup boiled or raw	1.0		
•	Chard	•	1.8		
		½ cup swiss/boiled			
•	Collard greens	½ cup boiled	4.2		
•	Eggplant	½ cup boiled/raw	1.8		
•	Hearts of palm	1 heart	0.7		
•	Kale	½ cup	2.4		
•	Kohlrabi	½ cup	4.6		
•	Leeks	¼ cup boiled	1.7		
•	Okra	½ cup boiled/raw	2.4		
•	Olives green	5	2.5		
•	Olives black	5	0.7		
•	Onion	¼ cup raw	2.8		
•	Pumpkin	¼ cup boiled	2.4		
•	Rhubarb	•	2.4 1.7		
		½ cup unsweetened			
•	Sauerkraut	½ cup canned/drained	1.2		
•	Peas	½ cup edible podded	3.4		
•	Spaghetti squash	½ cup boiled	2.0		
•	Spinach	½ cup raw	0.2		
•	Summer squash	½ cup boiled	2.0		
•	Tomato	1 raw	4.3		
•	Turnips	½ cup boiled	2.2		
•	Water chestnuts	½ cup canned	6.9		
•	Zucchini	½ cup sautéed	2.0		
	Zaceiiiii	72 cap sauceea	2.0		
Sələd	Garnishes				
Jaiau		2 diana	0.0		
	Crumbled bacon	3 slices	0.0		
•	Diced hard-boiled eg		0.0		
•	 Grated cheeses (see above carb counts) 				
•	 Herbs and Spices (make sure they contain no added sugar) 				
	Basil	1 tbs	0.0		
	 Cayenne pep 		0.0		
	 Cilantro 	1 tbs	0.0		
	o 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		
	o Rosemary	1 tbs	0.0		
		1 tbs	0.0		
	o Sage				
-	Tarragon Sautánd muchrones	1 tbs	0.0		
	SOUTHOUGH MUCHEOOMC	I/a CLID			

Sautéed mushrooms ½ cup

2 tbs

Sour cream

Salad Dressings - Any prepared salad dressing with no added sugar and no more then 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 labeled "cold pressed" or "expeller pressed" One of the best oil to use is olive oil.
 - Canola
 - Walnut
 - Soybean*
 - Grape seed
 - o Sesame
 - Sunflower*
 - Safflower

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
- Flavored Seltzer (must say no calories)
- Herb tea (no barley or fruit sugar added)
- Water at least 8 eight ounce glasses per day including...
 - o Filtered water
 - Mineral water
 - Spring water
 - Tap water

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.

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

^{*} One to two cups of caffeinated tea or coffee is allowed as desired and tolerated by each individual. If you experience symptoms of hypoglycemia 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.