

Atkins Diet Food List

A Low-Carb Diet for Effective Weight Loss and Health Management

The Atkins Diet is a structured low-carbohydrate eating plan designed to help individuals lose weight effectively, manage blood sugar levels, and improve overall health. By reducing carb intake, the body shifts to burning fat for energy, leading to weight loss and potential health benefits.

Phase 1: Induction

Daily Net Carb Intake: Limit to about 20 grams, with 12-15 grams from foundation vegetables.

Fish: Rich in healthy fats and protein, these options have zero net carbs. Ideal serving size is 4-6 ounces.

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

Fowl: Diverse protein sources with no net carbs. Recommended serving is three 4-6 ounce portions daily.

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

Shellfish: Great for protein and Omega-3 fatty acids. Limit oysters and mussels to 4 ounces per day.

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

Meat: Lean, hearty, and no net carbs. Servings should be 4-6 ounces.

Foundation Vegetables: Low in carbs, high in fiber and nutrients.

- Collard greens
- Pickles (dill)
- Broccoli rabe
- Sauerkraut (drained)
- Avocado (Haas)
- Daikon radish
- Onion (chopped)
- Zucchini
- Cucumber
- Cauliflower
- Beet greens
- Broccoli
- Fennel
- Alfalfa sprouts
- Chicory greens
- Endive
- Escarole
- Olives (green and black)
- Watercress
- Arugula
- Radishes
- Spinach
- Bok choy
- Lettuce
- Turnip greens
- Heart of palm
- Radicchio
- Button mushrooms
- Artichokes (marinated)
- Celery
- Rhubarb
- Swiss chard
- Asparagus
- Broccolini
- Bell peppers (green and red)
- Sprouts (mung beans)
- Eggplant
- Kale

- Bacon* (Avoid sugar-cured and nitrates)
- Beef
- Ham* (Check sugar content)
- Lamb
- Pork
- Veal
- Venison

Eggs: Versatile and protein-packed.

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

Fats and Oils: Essential for the diet, with a recommended daily intake of 2-4 tablespoons.

- Butter
- Mayonnaise (sugar-free)
- Olive oil
- Cold pressed/ expeller pressed oils (canola, walnut, soybean)

Beverages: Low-carb options for hydration.

- Clear broth/ bouillon (no sugars)
- Club soda
- Cream (heavy or light)
- Coffee and tea (regular or decaffeinated)
- Diet soda (check carb count)
- Flavored seltzer (no calories)
- Herb tea (no added sugar)
- Unflavored soy/almond milk
- Water (filtered, mineral, spring, tap)

Cheese: High in protein and fat, low in carbs.
MODERATION

- Parmesan (grated or chunk)
- Goat cheese (chevre)
- Bleu cheeses
- Cheddar
- Gouda
- Mozzarella (whole milk)
- Cream cheese (whipped)
- Swiss
- Feta

- Scallion
- Turnip
- Tomato (small)
- Jicama
- Portobello mushrooms
- Yellow squash
- Cabbage
- Green beans
- Leeks
- Shallots
- Brussels sprouts
- Spaghetti squash
- Cherry tomatoes
- Kohlrabi
- Pumpkin
- Garlic
- Snow peas

Salad Garnishes:

- Crumbled bacon
- Hard-boiled eggs
- Sautéed mushrooms
- Sour cream
- Grated cheeses

Herbs and Spices:

- Basil
- Cayenne pepper
- Cilantro
- Dill
- Oregano
- Tarragon
- Parsley
- Chives
- Ginger
- Rosemary
- Sage
- Black pepper
- Garlic

Salad Dressings:

- Red wine vinegar
- Caesar
- Ranch
- Lemon juice