

# Atkins Diet Plan

Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Referring Physician's Name: \_\_\_\_\_

**Additional Notes:**

What to Eat	What to Limit or Avoid
<ul style="list-style-type: none"><li>• Vegetables rich in fiber and nutrients, low in carbs (e.g. broccoli, asparagus, kale)</li><li>• Low Sugar, High Fiber Fruit</li><li>• Complex Carbs, Whole Grains, Nuts, and seeds</li><li>• Plant Fats and Healthy Fats (e.g. extra virgin olive oil, avocados, avocado oil)</li><li>• Meat, Eggs, Fatty Fish, and Seafood</li><li>• Full Fat Dairy</li><li>• Water, Coffee, and Green Tea</li></ul>	<ul style="list-style-type: none"><li>• Starchy Vegetables</li><li>• Fruits with High Sugar Content and Carbs</li><li>• Sweets and Sugar</li><li>• Refined or Simple Carbs and Grains</li><li>• Legumes</li></ul>

## Atkins Diet Plan

Date: \_\_\_\_\_

Breakfast	
Lunch	
Dinner	
Snacks	

**Notes:**

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**Notes:**

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**Source:**

Brazier, Y. (2020, January 30). *Atkins diet: What is it, and should I try it?* [Atkins diet: Phases, Atkins 40, foods to eat and avoid](#)

BSc, K. G. (2023, November 17). *The Atkins Diet: Everything you need to know*. Healthline. [The Atkins Diet: Everything You Need to Know](#)