

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

Atkins Diet Plan

Date: _____

Breakfast	
Lunch	
Dinner	
Snacks	

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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](#)