

Atkins Diet Plan

Patient information			
Name:		Date of birth:	
Age:		Gender:	
Height:		Weight:	
Diet plan:	Atkins 20	Atkins 40	Atkins 100
Health conditions (if applicable):			
Goals:			

Diet phases and meal plan

Phase 1: Induction

Goal: Maximize weight loss by severely restricting carbs.

Week 1 - Phase 1					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Phase 2: Balancing

Goal: Continue weight loss at a slower rate by increasing carbs slightly.

Week 2 - Phase 2					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Phase 3: Pre-maintenance

Goal: Slow down weight loss and prepare for maintenance.

Week 3 - Phase 3					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Phase 4: Maintenance

Goal: Maintain your weight with a flexible approach to carbs.

Week 4 - Phase 4					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1					
2					
3					
4					
5					
6					
7					

Sample Atkins Diet Plan					
Week & phase	Breakfast	Lunch	Snack	Dinner	Notes
Week 1 - Phase 1	Scrambled eggs with spinach and bacon	Grilled chicken salad with avocado and olive oil	Celery with cream cheese	Grilled salmon with sautéed greens	
Week 2 - Phase 2	Omelette with cheese and tomatoes	Turkey lettuce wrap with mustard and cheese	Sliced cucumber with guacamole	Grilled steak with a side of roasted cauliflower	
Week 3 - Phase 3	Chia pudding with almond milk	Cobb salad with hard-boiled eggs and grilled chicken	Sliced bell peppers with dip	Baked chicken with broccoli and a side of avocado	
Week 4 - Phase 4	Greek yogurt with berries	Grilled shrimp with a mixed vegetable salad	Walnuts and pumpkin seeds	Grilled chicken with sautéed spinach and mushrooms	
Shopping list					
Additional notes					
Healthcare professional information					
Name:			License ID number:		
Signature:			Date of assessment:		