

Atkins Phase 1 Food List

Induction phase • 20 g net carbs a day • Minimum two weeks

PATIENT NAME

DATE OF BIRTH

RECORD / MRN NUMBER

INDUCTION START DATE

PREPARED BY

PHASE 2 REVIEW DATE

HOW TO USE THIS LIST

- Stay at or under **20 g of net carbs a day** for the whole of Phase 1.
- Take **12 to 15 g** of that allowance from the foundation vegetables on page 2. Vegetables are the only carb source Induction permits.
- Protein and fat carry no net carbs, so build every meal around them and count only the vegetables, dairy and nuts.
- Weigh or measure servings for the first week. Portion drift is the most common reason a patient stalls.
- Log each day on the tracker on page 4 and bring it to the week-2 appointment.

PROTEIN — EAT FREELY

Every serving below is 0 g net carbs. Oysters and mussels are the exception at roughly 4 g per 3 oz, so count those.

FOOD	SERVING	NET CARBS
Beef, all cuts	3 oz	0 g
Pork, including bacon and unsweetened ham	3 oz	0 g
Lamb	3 oz	0 g
Chicken and turkey, skin included	3 oz	0 g
Fish: salmon, tuna, cod, sardines	3 oz	0 g
Shellfish: shrimp, crab, lobster	3 oz	0 g
Eggs, any preparation	1 large	0 g

DAIRY

FOOD	SERVING	NET CARBS
Butter	1 tbsp	0 g
Hard cheese: cheddar, mozzarella, brie	1 oz	0-1 g
Heavy cream, unsweetened	1 tbsp	0.4 g
Cream cheese	1 oz	1 g
Sour cream	1 tbsp	1 g

Milk and yogurt stay off the list during Induction. Both carry more sugar than the daily allowance can absorb.

FOUNDATION VEGETABLES — 12 TO 15 G A DAY

These are the only carbohydrate Phase 1 allows. Spend the allowance across the day rather than in one meal.

VEGETABLE	SERVING	NET CARBS
Spinach, raw	1 cup	0.3 g
Romaine lettuce	1 cup	0.5 g
Celery, raw	1 stalk	0.8 g
Cucumber, raw	1/2 cup	1.0 g
Mushrooms, raw	1 cup	1.6 g
Asparagus, cooked	1/2 cup	1.8 g
Avocado, Hass	1/2 fruit	1.8 g
Cauliflower, raw	1 cup	2.5 g
Bell pepper, raw	1/2 cup	2.5 g
Green beans, cooked	1/2 cup	2.9 g
Zucchini, cooked	1 cup	3.0 g
Brussels sprouts, cooked	1/2 cup	3.5 g
Broccoli, cooked	1 cup	6.6 g

FATS AND OILS — 0 G NET CARBS

- Olive oil
- Coconut oil
- Avocado oil
- Butter
- Ghee
- Lard

Use fat to reach satiety. Cutting fat as well as carbs leaves patients hungry, and that is the fastest route to a broken Induction.

NUTS AND SEEDS — FROM WEEK 3 ONLY

Hold nuts and seeds back for the first two weeks. If Induction runs longer than that, they can come in. Count them against the same 20 g ceiling.

FOOD	SERVING	NET CARBS
Pumpkin seeds	1 oz	1 g
Macadamia nuts	1 oz	1.5 g
Sunflower seeds	1 oz	1.5 g
Walnuts	1 oz	1.9 g
Almonds (about 23)	1 oz	2.5 g

DRINKS

- Water, still or sparkling
- Black coffee
- Unsweetened tea
- Clear broth
- Cream in coffee, counted
- No juice, no soda, no alcohol

HOW TO COUNT A NET CARB

$$\text{Total carbohydrate} - \text{fiber} - (\text{sugar alcohols} \div 2) = \text{net carbs}$$

Read the total carbohydrate line on the label, subtract the fiber, then subtract half of any sugar alcohol. Fiber and most sugar alcohols pass through without raising blood glucose, which is why they come out of the count. Whole foods that carry no label are covered by the tables in this document.

Net carb values are rounded to one decimal place and describe the serving shown. Larger servings scale in proportion.

FOODS TO AVOID DURING PHASE 1

CATEGORY	WHAT IT COVERS
Sugars and sweets	Table sugar, honey, maple syrup, agave, candy, desserts, full-sugar soft drinks, fruit juice
Grains and starches	Bread, pasta, rice, cereal, oats, flour, corn, potatoes
Fruit	All fruit during the first two weeks. A small portion of berries may return after week 2
Starchy vegetables and legumes	Peas, carrots, sweet potato, beets, beans, lentils, chickpeas
Alcohol	Beer, wine, spirits and mixers
Low-fat and diet products	Low-fat dressings, low-fat cheese, fat-free yogurt. Most carry added sugar
Sweeteners	Keep artificial sweeteners to a minimum. Some patients report cravings return with them

7-DAY SAMPLE MEAL PLAN

Each day lands near 18 to 20 g of net carbs when vegetable servings match the sizes on page 2. Swap any meal for another built from the same lists.

DAY	BREAKFAST	LUNCH	DINNER
Monday	Three eggs scrambled in butter with cheese	Grilled chicken, spinach salad, olive oil dressing	Steak, asparagus, butter
Tuesday	Bacon and eggs with half an avocado	Turkey breast, cauliflower rice, mayonnaise	Salmon, broccoli, olive oil
Wednesday	Omelet with mushrooms and cheese	Pork chop, green beans, butter	Ground beef, zucchini noodles, no-sugar-added marinara
Thursday	Sausage, eggs, spinach	Tuna salad with mayonnaise in lettuce wraps	Lamb chops, Brussels sprouts, butter
Friday	Eggs, ham, cheese	Beef burger without the bun, cheddar, lettuce	Chicken thigh, cauliflower mash, cream
Saturday	Bacon, eggs, avocado	Shrimp with garlic, olive oil and spinach	Pork roast, broccoli, butter
Sunday	Sausage patties, eggs, cheese	Cobb salad: bacon, egg, cheese, greens, mayonnaise	Beef rib, cauliflower, heavy cream sauce

Salt food to taste and drink to thirst. Sodium loss is normal in the first week, and it drives most of the fatigue patients report on days three to five.

DAILY NET CARB TRACKER

DAY	VEGETABLES (G)	OTHER CARBS (G)	TOTAL (G)	WEIGHT	NOTES
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

GUIDANCE FOR HEALTHCARE PROFESSIONALS

1. Hand this list over at the first appointment

Patients forget spoken instructions within minutes. Capture dietary history, medication and weight goals on an intake form first, then mark up this list for the foods that patient actually eats.

2. Record a baseline and repeat it

Weight, blood pressure, lipid panel and fasting glucose at week 0, then on the schedule below. Most patients show weight loss and improved fasting glucose inside two weeks.

3. Warn about days three to five

Headache, fatigue and irritability are common as glycogen and sodium drop. Sodium, potassium and magnesium usually settle it, and the effect passes.

4. Set the Phase 2 date before day one

Induction runs two to four weeks. Phase 2 raises the ceiling to 25 g of net carbs a day. A date on the calendar tells the patient the restriction is time-limited.

VISIT	RECORD	DECISION POINT
Week 0	Weight, blood pressure, lipid panel, fasting glucose, medication review	Baseline before day one
Week 2	Weight, blood pressure, symptom check, adherence review	Decide whether to extend Induction or move to Phase 2
Week 4	Weight, blood pressure, fasting glucose	Confirm the patient has moved to Phase 2 if planned
Week 8	Weight, blood pressure, lipid panel, fasting glucose	Review whether the intervention is still the right one

NOTES

Review medication before day one. Patients on insulin, sulfonylureas, diuretics or blood-pressure medication often need a dose change as carbohydrate drops. Induction is not appropriate during pregnancy or breastfeeding, or for patients with kidney disease, without specialist input. This template supports clinical care and does not replace individual medical advice.