

Phase 1: 14-Day “Maximum fat-Burning”

Dr. Atkins’ Approved Ketone-Inducing Foods

The first 14 days of the Dr. Atkins’ *New Personalized* “Weight Loss For Life” System is a corrective diet to counterbalance your unbalanced metabolism.

During the first 14 days you will:

1. Switch your body from a carbohydrate-burning to a fat-burning metabolism!
2. Stabilize your blood sugar (and stop associated symptoms like fatigue, mood swings, brain fog, and weak spells).
3. Stop your cravings through not eating those “addictive” foods.
4. Break addictive eating habits to chocolate, wheat or corn derivatives, sugar, caffeine, alcohol, grain gluten, and other “allergic” or “addictive” foods.
5. Feel your metabolic advantage for yourself.
6. Be amazed by how much fat you can burn off while still eating the foods you love.

The induction diet and 14-Day “Maximum Fat-Burning” foods will also help serve you as part of your long-term Dr. Atkins’ diet program. If at any time you have broken your Dr. Atkins’ diet program, for any reason, you will simply return to the “Maximum Fat-Burning” phase for a quick “jump start” to your long-term health program.

The Rules of the “Maximum Fat-Burning” phase / 14-Day Rapid Fat Loss Foods:

1. 20 Grams of Carbs a day is your limit. With this intake of carbs, you can go into ketosis and begin burning your fat!
2. Eat until you are full, not stuffed. When you are not hungry, eat nothing or a small protein snack.
3. Stay only with approved foods. This is essential to your success! Don’t cheat with just a little sugar or chocolate, or any of the other “addictive” foods.
4. Stick with pure proteins, pure fats (butter, olive oil, mayonnaise, etc.), and combinations of protein and fat. No protein and carbs or fat and carbs!
5. Use a carbohydrate gram counter to make certain what the carb content is of the foods you are eating.

Breakfast Ideas

Ham, cheese and mushroom omelet

Bacon and scrambled eggs

Smoked fish with cream cheese

Poached eggs and trout

Salmon omelet

Fried eggs and sausage

Soft-boiled eggs with bacon

Deviled eggs with sardines

Shrimp omelet

Scrambled eggs with ham

Crabmeat omelet
Fried eggs with bacon
Medium-boiled eggs with sausages

Lunch suggestions

Chef salad with hard-boiled eggs
Bacon cheeseburger (no bun)
Half a chicken with salad
Sole with bed of greens
Tuna salad with bacon
Chicken salad with radicchio and arugula
Turkey breast with cucumber salad
Hamburger (no bun)
Chefs salad with sliced duck, chicken and turkey
Seafood salad on Romaine
Stir-fry with beef, celery, mushrooms and peppers
Lobster salad
Cottage cheese with tuna
Mixed salad with cheddar cheese and sardines

Dinner Ideas

Rack of lamb
Poached salmon
Roast chicken
Filet mignon
Lobster tails
Seafood skewers
Lamb shish kabob
Shrimp cocktail
Steamed mussels
Roast beef
Grilled tuna
Pork tenderloin
Venison burgers
Shrimp scampi

Lamb

Broiled marinated Lamb Chops
Grilled Lemon and Rosemary Lamb

Veal

Veal saltimbocca
Veal stuffed with Ham, Gruyere, and Bacon

Beef

Spiced Skirt Steak

Filets Mignon with Zesty wine Sauce
Rib-eye with Red Wine sauce
Sirloin Steak with Cognac Mustard sauce
Steak au Poivre
Beef Burgers with Feta and Tomato
Chevapechichi

Note: All dinners should include a fresh green salad!

Dessert:

Assorted cheeses, or diet Jello with whipped heavy cream.

Note:

Be creative; use the approved foods I have noted above and create your own gourmet foods!

Snacks!

Celery filled with peanut butter
Turkey and Swiss cheese roll ups
Roast beef spread with a little mayonnaise, rolled up
Cheddar cheese squares
Swiss cheese cubes wrapped in bacon
Guacamole served on lettuce
Deviled eggs
Scrambled eggs with cheddar cheese
Ham roll up with mustard
Salami and Jack cheese
Hard-boiled eggs with mayonnaise
Sliced steak with roasted peppers
Shrimp cocktail

0 – Super Low – No Carb Foods

Fish	Meat	Fowl
Tuna	Pork	Turkey
Sole	Ham	Goose
Flounder	Veal	Chicken
Salmon	Lamb	Duck
Trout	Beef	Cornish-Hen
Sardines	Venison	Quail
(All fish!)	(All meat!)	(All fowl!)

Eggs	Shellfish	Cheese
Fried	Oysters	Cow and Goat
Scrambled	Clams	Cream Cheese
Poached	Mussels	Aged and Fresh

Soft-boiled	Squid	Cottage Cheese
Hard-boiled	Shrimp	Swiss
Deviled	Lobster	Cheddar
Omelets	Crabmeat	Mozzarella
(All eggs!)	(All shellfish!)	(Almost all cheese*)

***Note:** All cheeses have some carb content (check Carb Gram Counter). No diet cheese, cheese spread, or whey cheese. People with yeast infection, dairy allergy or cheese intolerance must avoid cheese. Imitation cheese products are not allowed except for tofu (soy cheese)

Foods You Can Eat in Limited Quantity:

Salad Veggies

Lettuce	Bok Choy	Celery
Escarole	Mache	Posse Pied
Romaine	Chives	Jicama
Arugula	Parsley	alfalfa sprouts
Endive	Cucumber	Mushrooms
Radicchio	Radishes	Morels
Chicory	Fennel	Olives
Sorrel	Peppers	

Salad Herbs: dill, thyme, basil, cilantro, rosemary, oregano

Salad dressing: use olive oil plus vinegar or lemon juice and spices. Grated cheese, eggs, bacon, or fried pork rinds may be added.

Salad Garnishes: crumbled bacon, grated cheese, sour cream, minced sautéed mushrooms, anchovies, minced hard-boiled egg yolk.

Other Low-Carb Veggies

Asparagus	Turnips	Squash
String Beans	Pumpkin	Bamboo Shoots
Cabbage	Okra	Wax Beans
Beet Greens	Zucchini	Dandelion Greens
Cauliflower	Broccoli	Collard Greens
Chard	Leeks	Sauerkraut
Eggplant	Spinach	Summer Squash
Kale	Avocado	Celery Root
Kohlrabi	Tomato	Bean Sprouts
Onion	Rhubarb	Artichoke Hearts
Snow Peas	Hearts of Palm	

Spices: To taste-just make sure no sugar is in the seasoning!

Drinks:

Water	Mineral water	Essence Flavored seltzer
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Decaf Tea	Decaf Coffee	(must say no calories)
Iced Tea	Cream	Diet Soda (read label)
Clear broth	Bouillon	Herb Tea (no barley, dates, figs sugar)
Spring Water	Carb-free protein mix	
Lemon or Lime Juice	Club Soda	Low-Carb diet shake

Fats and Oils: Olive oil, Avocado oil, macadamia oil, hand-pressed canola oil. All vegetable oils (especially canola, walnut, soybean, sesame, sunflower and safflower-“cold pressed” are best). Butter is fine, margarine is not. Mayonnaise is fine unless you are on yeast restricted diets.

Artificial sweeteners: Stevia is the safest (sold in health food stores). Saccharine, aspartame and acesulfame K are allowed in moderation. Sorbitol, mannitol and other hexitols are not allowed.

Common Mistakes to avoid with the 14-day Rapid Fat Loss Foods:

1. Remember that the 14-day diet includes NO fruit, bread, grains, starchy veggies, or dairy products (other than cheese, cream or butter)
2. No diet products unless they state “Contains NO Carbs”
3. Don’t get tricked by “Sugarless” labels-check carb content.
4. Avoid other products that are high in carbs like chewing gum, cough syrups, cough drops, and herbal candies that often contain sugar.

Foods to avoid

Chocolate chip cookies
 Any other cookies
 White bread
 Pumpernickel bread
 All breads
 Pasta
 Bananas
 Juices
 Oranges
 Grapefruits
 Chocolate bars
 Hard candy
 Ice Cream
 Pizza
 French fries
 Potato chips
 Any potatoes
 Chocolate Mousse
 Pancakes
 Syrup

Honey

Cranberry sauce

Rice

Carrots

Caffeinated coffee or tea

(caffeine mimics the effect of sugar on blood glucose levels by stimulating insulin release. It should be avoided by those who suspect they are caffeine-dependent and taken in limited quantities by others.)

Diet sodas (read label-contains aspartame [usually])

Artificial sweeteners- should not be overused. They do have their disadvantages. They can provoke negative reactions and health problems in a significant percentage of people.

High consumption of aspartame has been linked to numerous illnesses, and saccharin is still classified as potential carcinogen, although the research has been discredited.