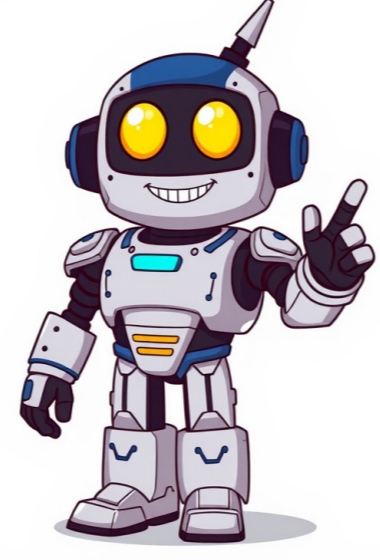


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===== The word Induction sounds formal, but think of a plate full of rich sauces, fatty foods, veggies, and savory meats and cheeses - that's what you'll be eating during Atkins. The printable food list is your go-to for meals during induction. Most calories come from healthy fat, with one-third coming from protein and 10% or less from net carbs. During Induction, limit your net carbs to 20 grams per day. Net carbs are total carbs minus fiber grams - fiber doesn't spike blood sugar or insulin levels. Include high-fiber foods on your list for a balanced diet. The Atkins Diet program offers a free resource for planning meals during induction, including a simple meal plan and printable food list. You can use the official meal plan or create your own with easy, inexpensive ideas. Meat, fish, and poultry are low in carbs, but check labels for added starch. Enjoy cold-water fish and omega-3 fatty acids. Meat options include bacon, beef, ham, lamb, pork, veal, and venison. Fish options include flounder, herring, salmon, sardines, sole, tuna, trout, clams, crab, mussels, oysters, shrimp, squid, cornish hen, chicken, duck, goose, pheasant, quail, and turkey. Eggs are a staple during Induction. Add mushrooms, onions, peppers, and imported cheeses to an omelet for extra flavor. Most cheeses have less than 1 gram of carbs per serving. Aim for oil and vinegar or choose a dressing with minimal added sugar or starch. The Almost Zero Carb Meal Plan is a scientifically-backed approach that enables individuals to enter deep ketosis and break through diet stalls. This plan allows dieters to rapidly lose fat, ditch nervous carb counting, and access and burn stubborn stored fat. ===== low-carb foods approved by Atkins Phase 1 include flavored zero-calorie seltzer water and diet soda ===== When it comes to low-carb beverages for the Atkins Phase 1 diet, you'll want to mix things up from plain water. Flavored zero-calorie seltzer water is a great alternative, as well as diet soda. You can also enjoy club soda, coffee, or tea if they are sugar-free and do not contain any artificial sweeteners like Aspartame. Additionally, check out Atkins' 1,600+ low-carb recipes to start cooking delicious meals with the ingredients above such as avocado oil, coconut oil and low carb hot sauce. You should use either apple cider or plain vinegar but not balsamic as it has sugar in it. Another option for a salad is adding lemon juice and herbs. Most people cook with butter or olive oil, while other vegetable oils like sunflower, safflower, soybean are okay. Avoid margarine because it's got bad fats that can harm you. You should drink broth without added sugars, club soda, decaf coffee or tea, or water. Diet soda is fine if it has sucralose in it. Herbal teas and coffee with cream are also okay. Do not eat starchy veggies, bread, or dairy products like milk or cheese except for butter and cream. Also avoid fruit because they have sugars that can turn into starch. Gum, mints, and hard candies contain sugar too so don't eat them. You should take vitamins, especially multivitamins with B vitamins and vitamin C. Fish oil supplements are also a good idea. Drink at least eight glasses of water per day. For the Atkins diet during induction you will need to look through recipes a lot or search online for ideas. Dr. Atkins has plenty of them in his books. Lots of restaurants have menus that cater to dieters with Atkins diets as well.