ATKINS INDUCTION FOOD LIST

You can eat the following until you’re nice and full but not stuffed:

**ALL FISH such as:**
- Tuna
- Salmon
- Sole
- Trout
- Sardines

**ALL FOWL such as:**
- Chicken
- Turkey
- Duck

**ALL SEAFOOD such as:**
- Shrimp
- Scallops
- Lobster
- Clams
- Crabmeat

**ALL MEAT such as:**
- Beef
- Pork
- Lamb
- Bacon
- Ham

**ALL EGGS such as:**
- Fried
- Scrambled
- Poached
- Boiled

You can eat the following in LIMITED quantities:

**ALL FULL FAT CHEESES up to 4oz such as:**
- Cheddar
- Mozzarella
- Gouda
- Swiss
- Blue
- Cream Cheese

**SALAD VEGETABLES up to 3 cups per day such as:**
- Lettuces
- Mushrooms
- Arugula
- Celery
- Cucumber
- Radishes
- Bell peppers
- Fennel
- Jicama
**OTHER VEGETABLES**

*up to 1 cup per day PROVIDED you only had 2 cups of salad vegetable:*

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery root
- Onion
- Pumpkin
- Sauerkraut
- Snow peas
- Spaghetti squash
- Zucchini
- Tomato
- Turnip
- Spinach

Be sure to measure the vegetables BEFORE they cook down.

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**Please note that for all vegetables and salad greens, the amounts listed are MAXIMUM quantities. You do not need to eat that many vegetables.**

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**SPICES**

You can season your food with any spice if there is no sugar in the ingredients. Watch out for curry, steak spices, etc. Read the ingredients.

**HERBS such as:**

- Basil
- Cayenne
- Cilantro
- Dill
- Garlic (sparingly)
- Ginger
- Oregano
- Pepper
- Rosemary
- Sage
- Tarragon
- Thyme
FATS and OILS in moderation such as:
Avocado Oil
Coconut Oil
Olive Oil
Butter
Bacon Drippings
Lard
Tallow

BEVERAGES such as:
Water when thirsty
Clear bone broth, read the labels
Club soda
Tea or coffee
Diet sodas
Heavy cream, up to 2 tbsp a day
Lemon and Lime juice up to 2 tbsp a day

EXTRAS such as:
Olives up to 10
Avocado up to half a small
Sour cream up to one ounce

FRUIT
None, there are no fruits allowed in the Induction Phase.