

# BASIC DIET MANUAL

Dr. Atkins' NEW *Personalized*  
"WEIGHT LOSS FOR LIFE" SYSTEM!



## ATKINS' ANSWER

Dr. Atkins' NEW *Personalized*  
"Weight Loss For Life" System!



## **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 swing, 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 and ham

Over easy eggs with sardines

Shrimp omelet

Scrambled eggs with ham

Crabmeat omelet

Fried eggs with bacon

Medium-boiled eggs with sausage

### **Lunch Suggestions**

Chef salad with hard-boiled eggs

Bacon cheeseburger (no bun)

Half 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, 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

**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

### **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 Mignons 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

### **More Snacks!**

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  
Dr. Atkins' Diet Shake  
Mix!

## 0 – Super Low – No Carb Foods

### Fish

Tuna  
Sole  
Flounder  
Salmon  
Trout  
Sardines  
(All fish!)

### Eggs

Fried  
Scrambled  
Poached  
Soft-boiled  
Hard-boiled  
Deviled  
Omelets  
(All eggs!)

### Meat

Pork  
Ham  
Veal  
Lamb  
Beef  
Venison  
(All meat!)

### Shellfish

Oysters  
Clams  
Mussels  
Squid  
Shrimp  
Lobster  
Crabmeat  
(All shellfish!)

### Fowl

Turkey  
Goose  
Chicken  
Duck  
Cornish Hen  
Quail  
(All fowl!)

### Cheese

Cow and Goat  
Cream Cheese  
Aged and Fresh  
Cottage Cheese  
Swiss  
Cheddar  
Mozzarella  
(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  
Escarole  
Romaine  
Arugula  
Endive  
Radicchio  
Chicory  
Sorrel

Bok Choy  
Mache  
Chives  
Parsley  
Cucumber  
Radishes  
Fennel  
Peppers

Celery  
Posse Pied  
Jicama  
Alfalfa Sprouts  
Mushrooms  
Morels  
Olives

**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 sauteed 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
Decaf Tea	Decaf Coffee	(must say no calories)
Iced Tea	Cream	Diet Soda (read label)
Clear Broth	Bouillon	Herb Tea (no barley,
Spring Water	Carb-Free	dates, figs, sugar)
Lemon or	Protein Mix	Low-Carb Diet Shake
Lime Juice	Club Soda	

No Grain Beverages

**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). Saccharin, 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.

## **APPETIZERS**

Deviled Eggs

## **SALAD**

Fennel Salad with Parmesan

Walnut Coleslaw

Celery Root Salad

Mixed Green Salad with Warm Bacon Dressing

Warm Spinach Salad with Bacon and Pine Nuts

## **EGGS**

All of the dishes except:

Ricotta and Leek Frittata

Smoked Salmon Frittata

Herb Kookoo

## **SEAFOOD**

Stir Fried Shrimp with Ginger and Mushrooms

Tarragon Shrimp Salad

Saute Sole

Sauteed Cod with Lemon-Parsley Sauce

Oven-Poached Salmon with Dill and Wine

Salmon Burgers

Tuna with Ginger Soy

Pepper-Crusted Swordfish

Sauteed Soft-Shell Crab

Crab and Avocado Salad

## **POULTRY**

Chicken Cutlets

Chicken with Lemon and Capers

Chicken with Cucumber

Chicken with Indian Spices

Creamed Chicken with Mushrooms

Chicken Salad with Pesto and Fennel

Curried Chicken Salad with Cucumber

## **PORK**

Mustard-Crusted Pork

Pork Chops with Orange and Rosemary

Pork Tenderloins Medallions with Sour Cream and Dill

Garlic Dill Meatballs

Barbecued Spareribs



## FOODS TO AVOID

The foods you mustn't nosh on extend up and down several aisles of the supermarket, but here are some examples that will certainly give you the idea. These are certainly no-nos during the Maximum Fat-Burning phase of the diet. Once you get into later phases of the Atkins' program, some of these foods may qualify as occasional treats. By and large, however, this is a list of the kind of high carbohydrate food that plays havoc with blood sugar levels.

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 a potential carcinogen, although the research has been discredited.

## QUESTIONNAIRE

**Note:** You may want to copy this questionnaire, so you can use it once every two weeks. You can also enlarge it and make it easier to write in.

Please answer the following questions:

### Measurements:

Height \_\_\_\_\_ Bust/Chest \_\_\_\_\_  
Weight \_\_\_\_\_ Waist \_\_\_\_\_  
Upper Arms \_\_\_\_\_ Hips \_\_\_\_\_  
Thighs \_\_\_\_\_

Are there foods you couldn't live without? Which foods?

---

---

---

---

Foods you cheat with? \_\_\_\_\_

---

---

---

---

Foods you crave? \_\_\_\_\_

---

---

---

---

How many minutes a day do you exercise? \_\_\_\_\_

---

---

---

---

How long have you had weight problems? \_\_\_\_\_

Which diets have you tried before? \_\_\_\_\_

Do you consider yourself a compulsive eater? \_\_\_\_\_

<b>What Is Your</b>	<b>Approximate Carb Count</b>
---------------------	-------------------------------

Typical Breakfast	_____
-------------------	-------

Typical Lunch	_____
---------------	-------

Typical Dinner	_____
----------------	-------

Typical Daily Snacks	_____
----------------------	-------

Approximate Daily Carb TOTAL	_____
------------------------------	-------

To approximate your current daily carbohydrate intake, use a carbohydrate gram counter (Dr. Atkins' Easy Carbohydrate Gram Counter is excellent!), and calculate your total daily carbohydrate consumption (don't forget to include all drinks).

## After the Weight Is Gone

In the 14 days of Maximum Fat-Burning, we were taking no chances. **I wanted to prove to you that your body could go into ketosis, and I wanted to accustom your metabolism to the burning of your own fat.** I'm sure that most of you blasted off into the world of ketogenic weight loss without too much difficulty.

If you haven't reached your goal weight, you may need to stay in the "maximum fat-burning phase" longer than 14 days, which is perfectly fine. Once you have gotten to, or near, your goal weight you can begin to liberalize your diet a bit. This will give you more variety in your eating, it will allow you to restore a few favorite foods, and it will put more wonderfully healthy vegetables back in your food supply.

You need to put carbohydrates back into your daily meal plan with a cautious hand. Most of you were only taking in 15 to 20 grams of carbohydrate during your first 14 days. That's not much. One grapefruit with its plentiful natural sugars would equal that. Clearly, you're not going to be eating grapefruits now. If you liberalize your carbohydrates all at once—bang—you'll be out of ketosis. And then you'll have to get back in, which is a little bit of an annoyance.

What you should aim to do is to *increase your carbohydrates by 5 grams every week. Add foods in the following order:*

- (1) Cooked vegetables—broccoli, spinach, asparagus, etc.;
- (2) Nuts, seeds;
- (3) Fruit (preferably berries);
- (4) Beans;
- (5) Starchy vegetables, potatoes, yams;
- (6) Whole grains—oats, barley, millet, wild rice, etc.

You'll be starting with the foods that have the smallest effect on your blood sugar levels. Then cautiously you proceed to the foods that raise blood sugar somewhat more noticeably. As you go along, you'll be able to judge whether the more potent carbohydrates theoretically permitted on the maintenance diet—especially the starches and grains—begin to activate the symptoms of unstable blood sugar that you suffered from before. Do you feel fatigue? Shakiness? Hunger? Well then, back off.

**In this way, you can personalize the diet so it is exactly right for you, your taste buds and your metabolism.** The fundamental fact is every one of us has a different metabolism. Experiment cautiously and you'll soon know about yours. That will be a body of knowledge that will insure you keep a robustly vigorous body underneath the head on your shoulders (get the Free Personal Progress Diary for easy tracking).

I believe that once you have only five or ten pounds to lose, it's best to spend the final weeks making every effort to lose those remaining pounds slowly.

During this time, increase your carbohydrates until you're losing less than a pound a week.

Some people actually feel better on 25-30 grams of carbohydrate a day. My fundamental message is: Your best carbohydrate level is the one you're happiest on without weight gain.

You're trying to find what I call your Critical Carbohydrate Level for Maintenance. Go above that level and you'll begin to gain again. The thing to realize is there isn't that wide a space between the carbohydrate level that allows you to *lose* weight, and the amount of carbs your body can metabolize to *maintain* your chosen weight.

The average person brings his or her carbohydrate consumption up to between 40-60 grams daily once the weight is off, to maintain their weight. You're looking to find the level that you can comfortably sit, gaining a little, losing a little, but staying more or less the same weight.

Now, by tiny stages, you're becoming acclimated to the rest of your life. **Do you begin to see the outlines of your lifetime eating plan? Prepare for it.**

## **Now Do the Diet for a Lifetime**

**There are two principles to keep in mind.**

- 1. You're keeping your blood sugar and insulin levels in proper balance** to protect your health and control your weight. To do that you have to establish your own personal level of carbohydrate consumption, and you'll have to adjust that level as the years pass. *(Use your diary to track your progress.)*
- 2. There is one carbohydrate—sugar—that is so disruptive to the human metabolism that, as a practical matter, please don't reintroduce it as a regular part of your diet.**

### **Atkins' Tip:**

Maintain a discreet relationship with the bathroom scale. More important is the measuring tape. You can fluctuate 3 to 5 pounds a week, but the tape measure doesn't lie. My rule of thumb is that when you find you've gone five pounds over your ideal weight, cut back on the carbohydrates and slash off the pounds.

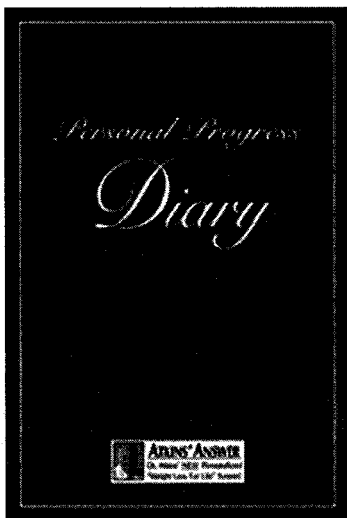
Congratulations! You've finally found the diet that has helped over 20,000,000 people to lose the weight and keep it off. Now it's your turn. Enjoy!

As a courtesy to our retail customers,  
call 1-800-507-7333 and get your

FREE



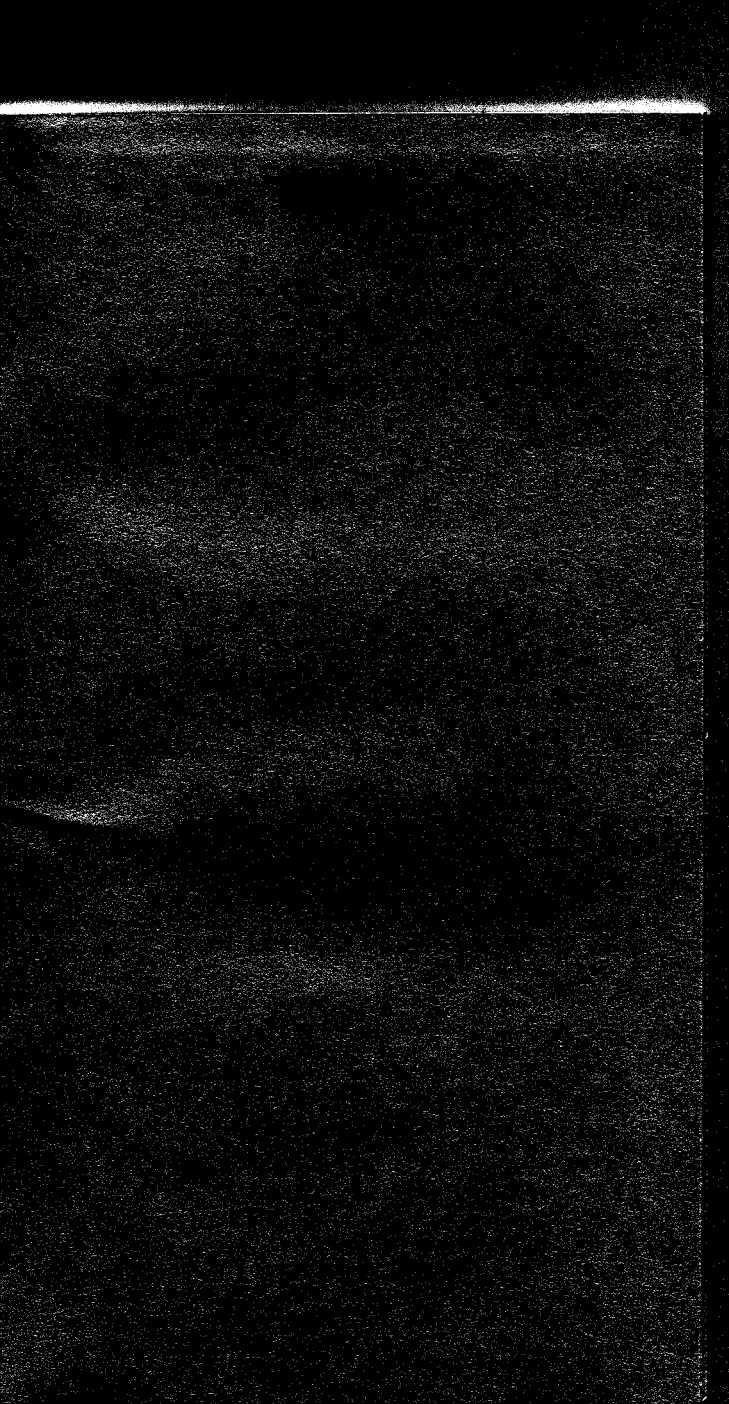
Personal Progress Diary NOW!



Get this Personal Progress Diary and ensure your success. It is a simple, easy to use, tool to ensure your weight loss goals are met as QUICKLY and as EASILY as possible. This handsome and large GIFT, will reveal to you exactly what is working for *YOU*, that is different from everybody else. And, as a way of saying thanks, it's also FREE! Enjoy.

Call and get yours today!!! 1-800-507-7333  
*And thanks for your patronage!*

Special terms and conditions apply. Postage and handling extra.  
Limited time offer.



## Carbohydrate Counter

Apple	20.6g	Juice:	
Avocado	6.6g	Apple (1 cup)	30g
Bacon (2)	0.6g	Apricot (1 cup)	37g
Bagel (egg)	28.3g	Cranapple (1 cup)	42g
Bean Burrito (1)	28g	Orange (1 cup)	26g
Beer (regular)	13.7g	Prune (1 cup)	48g
Bread, Whole Wheat		Lamb	0g
(1 slice)	12g	Milk (whole, 1 cup)	11.4g
Carrots (1 cup)	11g	Muffin (poppy)	45g
Cereals:		Onion Rings	
Almond Granola		(1 serving)	34g
(1/2 cup)	39g	Pancake (6")	23.7g
Grape Nuts (1/2 cup)	48g	Pasta, Macaroni and	
Shredded Wheat		Cheese (1 cup)	49g
(2 biscuits)	39g	Pop Tart	36-39g
Cheese:		Popcorn (1 cup)	4.7g
Swiss (1 oz)	0.5g	Potato Chips (20)	15.5g
Cheeseburger (1/4 lb.)	34g	Potatoes, Baked (1)	35g
Chicken (broiled)	0g	Pretzels (1 oz)	20g
Cinnamon Raisin		Rice (1 cup)	49g
Bagel (1)	42g	Rolls (1)	24g
Coke	39.1g	Salami	0g
Cornbread	69.4g	Salmon	0g
Cream (2T)	1.3g	Shake	90.6g
Eggs (1)	0.5g	Shrimp	0g
Ham (2 oz)	2.6g	Steak	0g
Iced Coffee		Tuna	0g
(11 oz cup)	29g	Turkey	0g
Iced Tea	33.2g	Waffle	72g
		Yogurt (low-fat,	
		most flavors, 8 oz)	45.3g

For a complete list of carbohydrates, get  
**Dr. Atkins' Easy Carbohydrate Gram Counter.**  
 For more information, call 1-800-507-7333.