QUICK-START GUIDE

LOSE UP TO 15 POUNDS IN YOUR FIRST 2 WEEKS*

WITH THE PROVEN WEIGHT LOSS PLAN THAT IS DELICIOUS, SATISFYING AND BALANCED!

*The most rapid weight loss typically occurs during Phase 1. Results will vary as actual weight loss varies by individual.
Over a year ago, I decided it was time to make a change. I wanted to stop feeling uncomfortable in my clothes and start living a healthier life. I looked at the Atkins Diet, and I thought, “That’s for me.” I’ve tried a lot of things, and if I don’t start seeing and feeling a change quickly, I can’t stick with it. With Atkins, I was amazed at how fast the weight started coming off. I lost over 23 pounds in my first six weeks!

On Atkins I can eat the foods I love in satisfying portions, so I don’t feel deprived or resentful. I actually enjoy my diet! I’m eating lean proteins, loads of vegetables, good fats, yummy fruits, and whole grains. I’m even able to eat my favorite comfort foods like meatloaf and chicken pot pie! What other diets let you lose weight and feel fabulous while eating warm, indulgent comfort foods?

My quality of life has improved thanks to the changes I’ve made with Atkins. I have more energy than I’ve ever had, so I can do more for myself and for my family. That’s what is most important to me – being able to enjoy more time with Ozzy and the kids, and knowing that I’m taking care of my body.

I’ve always had a busy lifestyle, and with Atkins I can find delicious foods anywhere I go, so I have the freedom to do the things I want without worrying about my diet. If I don’t have time to cook, no problem! Atkins has frozen meals that taste like a chef prepared them. My favorite is the Roast Turkey Tenders with Herb Pan Gravy. I also find the Atkins bars, shakes and treats are perfect when I need a quick snack on the go or when I’m craving something sweet.

If you’re ready to lose weight quickly and have more energy without ever feeling deprived, join me in making a lifestyle change with Atkins today! Don’t wait until tomorrow. Stop punishing yourself with negative thoughts. Make the change right now. Commit to it. Then in two weeks go online and tell me how you’re doing at atkins.com. This guide will help you get started and show you how Atkins can become part of your life!

All my best,

Sharon Osbourne
Any diet that contains an excess of calories from carbs, combined with inactivity, is likely to result in weight gain and may adversely affect your health. Dietary fat, on the other hand, doesn’t cause weight gain unless you also consume excess carbs. But that combination is exactly how most people eat, creating a metabolic imbalance that can lead to weight gain.

**WHEN YOU EAT TOO MANY CARBS**
Your body burns some of them for energy and stores the excess as fat.

**WHEN YOU EAT FEWER CARBS**
And avoid white flour, sugar and other refined carbs, your body begins to burn fat as its primary fuel source.

**YOU’LL FIND HUNGER AND FOOD CRAVINGS SUBSIDE**
That’s how Atkins works.

**ATKINS IS A REAL SOLUTION**
By learning to eat the right foods and changing your body from a carb-burning to a fat-burning machine, you’ll be able to stay in control of your appetite. This guide, along with atkins.com, will teach you how a low-carb lifestyle can help you achieve sustainable weight loss.

All you need to lose weight is **FREE** on atkins.com
To make sure you get the most out of the Atkins plan, it’s very important to use the website. We have over 1,600 recipes, more than 20 meal plans, progress trackers, tips and advice. Check out all these interactive tools and our over 4 million member community at atkins.com.

Atkins has four phases, and you can start in any of them, depending on where you are and where you want to go. The phases allow you to easily tailor the program to your individual goals. Here’s how to choose the phase that’s right for you. Based on your desired weight-loss and how quickly you’d like to add variety into your plan.
KICK-START

Jump-Start your Weight Loss, So You See Results Fast

This period jump-starts weight loss for quick results (you can stay in KICK-START longer, if you choose, but it’s important to move through the phases to discover your carb balance). During KICK-START, you’ll eat a variety of protein sources, healthy fats, and nutrient- and fiber-rich carbs in the form of leafy greens and many other vegetables—plus delicious Atkins bars, shakes and frozen meals. All of these foods help control hunger and reduce or eliminate cravings.

During this phase, you’ll reduce your carb intake to as close as possible to 20 grams of Net Carbs per day. (Net Carbs represent the total grams of carbs minus fiber grams.) As you also limit your intake of sugar and other empty carbs, your body begins to use fat as its primary fuel source, resulting in weight loss.

**What You’ll Have During This Phase:**

1. **FOUNDATION VEGETABLES**
   - Includes leafy greens and other non-starchy vegetables and should make up 12 to 15 grams of your daily Net Carb intake. Net Carbs represent total carb grams minus fiber grams.

2. **PROTEIN SOURCES**
   - Satisfy your appetite with 4 to 6 ounces of protein per meal from chicken, turkey, beef, fish, shellfish, lamb, pork, veal, eggs, tofu and other soy products.

3. **NATURAL FATS**
   - Add flavor and satiety with olive oil, canola oil, butter, avocado, olives and other natural fats.

4. **VITAMINS & MINERALS**
   - Also take a good multivitamin/ mineral and an omega-3 supplement daily.

**You Can Also Have Per Day:**

- Up to 4 ounces of cheese
- 1 ounce of sour cream or 1½ ounces of unsweetened cream
- Up to 3 tablespoons of lemon or lime juice
- Atkins meals, snacks and treats labeled as suitable for Phase 1
- Up to three packets of noncaloric sweeteners: stevia, sucralose or saccharin—count each packet as 1 gram of Net Carbs, due to fillers added to prevent clumping
- Diet beverages made with noncaloric sweeteners
- Sugar-free gelatin

Find a more detailed list of acceptable foods online at atkins.com

**Rosemary-Roasted Chicken and Vegetables**

**INGREDIENTS**

- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 1 Teaspoon salt
- ½ Teaspoon black pepper
- ½ Teaspoon rosemary
- 12 Skinless chicken thighs
- 3 Cups cauliflower florets
- 3 Cups broccoli florets
- 2 Small red bell peppers

**DIRECTIONS**

1. Heat oven to 400°F. Cut red bell peppers into 6 pieces each (12 total).
2. In a large bowl, combine olive oil, vinegar, salt, pepper and rosemary. Add chicken pieces and vegetables. Toss until well coated.
3. Arrange chicken pieces on a jelly roll pan or rimmed baking sheet. Place vegetables in a single layer around the chicken.
4. Roast for 20 minutes, flip vegetables over with a spatula, and continue roasting another 20 minutes or until chicken is cooked through and browned.
5. Serve with pan juices.

Makes 6 servings

4.4g Net Carbs per serving

**Myth vs FACT**

The Atkins Diet is unhealthy.

Atkins is a natural and effective approach to weight loss and weight management.

The Atkins Diet encourages consumption of a healthy balance of nutrient dense foods: adequate protein, a full array of fibrous vegetables and fruits and good fats while limiting refined carbohydrates, refined sugar and trans fats. Choosing foods in this manner allows the body to burn more fat and work more efficiently while helping individuals to feel less hungry, more satisfied and more energetic.

Find more detailed list of acceptable foods online at atkins.com

Get all the details, FREE tools, recipes and support at atkins.com

Success Story

GRAND PRIZE Winner!

Read more about Tori’s Success Story at atkins.com

“Initially, the weight falls off so quickly that it motivates you to keep going because you can really see the results. There’s also a lot of freedom in this diet. I don’t even consider it a diet. I’m sleeping better and have a lot more energy!”

– TORI BERRY, AGE 35
Lost 100 pounds in 12 months

Tori’s favorite products

Atkins Day Break Chocolate Hazelnut Bar and Atkins Endulge Peanut Butter Cups
This Kick-Start meal plan is not necessarily a complete list of everything you’ll eat each day. Rather, it serves as a guide to help you plan the basics of each meal. You can also go online at atkins.com or use the FREE Atkins mobile app to customize your own meal plan to include foods you prefer and meet your needs.

**WEEK ONE**

All of the featured recipes are available on atkins.com

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atkins Farmhouse-Style Sausage Scramble</td>
<td>Spinach, Swiss Chard and Cheese Bake</td>
<td>Portobello Mushroom Caps with Chorizo and Eggs</td>
</tr>
<tr>
<td>Net Carbs: 5g</td>
<td>Net Carbs: 4.1g</td>
<td>Net Carbs: 6.2g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers with Green Goddess Dressing</td>
<td>Ham, Muenster and Asparagus Roll-Ups</td>
<td>Atkins Caramel Fudge Brownie Bar</td>
</tr>
<tr>
<td>Net Carbs: 2.2g</td>
<td>Net Carbs: 2.2g</td>
<td>Net Carbs: 3g</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
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<td></td>
</tr>
<tr>
<td>Atkins Mexican-Style Chicken &amp; Vegetables</td>
<td>Roast Beef on Mixed Green Salad</td>
<td>Atkins Crustless Chicken Pot Pie</td>
</tr>
<tr>
<td>Net Carbs: 7g</td>
<td>Net Carbs: 4.8g</td>
<td>Net Carbs: 5g</td>
</tr>
<tr>
<td>Caprese Salad</td>
<td>Atkins Coconut Almond Delight Bar</td>
<td>Cherry Tomatoes with Muenster Cheese</td>
</tr>
<tr>
<td>Net Carbs: 2.3g</td>
<td>Net Carbs: 2g</td>
<td>Net Carbs: 2.9g</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackened Salmon with Cucumber Relish and Cauliflower</td>
<td>Atkins Chicken Marsala</td>
<td>Roast Pork Loin Over Sautéed Squash</td>
</tr>
<tr>
<td>Net Carbs: 5.3g</td>
<td>Net Carbs: 7g</td>
<td>Net Carbs: 3.4g</td>
</tr>
<tr>
<td><strong>Total Net Carbs:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.8g</td>
<td>20.1g</td>
<td>20.5g</td>
</tr>
</tbody>
</table>

*You may need to add or subtract items to meet personal carb targets.*

**THURSDAY**

| Atkins Bacon Scramble | Turkey Breakfast Meatloaf | Poached Eggs Over Tomato, Avocado and Muenster | Fluffy Flax Waffles with Turkey Sausage |
| Net Carbs: 5g | Net Carbs: 2.8g | Net Carbs: 4.9g | Net Carbs: 3.8g |
| Celery with Gouda Cheese | Tomato Mozzarella Melt | Atkins Café Caramel Shake | Celery Sticks with Monterey Jack Cheese |
| Net Carbs: 1.6g | Net Carbs: 4.6g | Net Carbs: 2g | Net Carbs: 2.2g |
| | | | |
| Tuna-Celery Salad with Mixed Greens | Atkins Italian Sausage Primavera | Turkey Cobb Salad | Atkins Chicken and Broccoli Alfredo |
| Net Carbs: 6.4g | Net Carbs: 5g | Net Carbs: 4.3g | Net Carbs: 5g |
| | | | |
| Atkins Milk Chocolate Delight Shake | Avocado with Blue Cheese Dressing | Atkins Triple Chocolate Bar | Atkins Caramel Fudge Brownie Bar |
| Net Carbs: 2g | Net Carbs: 2g | Net Carbs: 3g | Net Carbs: 3g |
| Sausages with Baby Kale and Mustard Sauce | Atkins Shrimp Scampi | Lemon Chicken, Cauliflower-Parmesan Mash and Salad | Beef Bolognaise with Parmesan |
| Net Carbs: 6g | Net Carbs: 7g | Net Carbs: 7.3g | Net Carbs: 6.3g |
| **Total Net Carbs:** | | | |
| 21g | 21.4g | 21.5g | 20.3g |

**SNACK**

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carbs consumed allows! • Atkins product options are convenient, delicious meal, snack and treat alternatives when you don’t have time to prepare Atkins recipes.

• Be sure to eat approximately 12 to 15 grams of Net Carbs per day in the form of foundation vegetables. This meal plan is complete with 12-15g FV.

• Add or subtract vegetables, side dishes, Atkins products or even desserts to ensure that you come close to the appropriate level of carb intake.

• Feel free to substitute other foods acceptable for Phase 1, as long as the carb counts are comparable.

• We recommend no more than 15g of sugar alcohols from Atkins products per day.
**ATKINS TWO-WEEK MEAL PLAN:**
**PHASE 1, KICK-START**

This Kick-Start meal plan is not necessarily a complete list of everything you’ll eat each day. Rather, it serves as a guide to help you plan the basics of each meal. You can also go online at atkins.com or use the FREE Atkins mobile app to customize your own meal plan to include foods you prefer and meet your needs.

**WEEK TWO**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheddar Omelet Sautéed with Tomato and Zucchini</td>
<td>Turkey Breakfast Meatloaf</td>
<td>Atkins Farmhouse-Style Sausage Scramble</td>
</tr>
<tr>
<td>Net Carbs: 6g</td>
<td>Net Carbs: 2.8g</td>
<td>Net Carbs: 5g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherry Tomatoes with Muenster Cheese</td>
<td>Atkins Coconut Almond Delight Bar</td>
<td>Avocado and Ranch Dressing</td>
</tr>
<tr>
<td>Net Carbs: 2.9g</td>
<td>Net Carbs: 2g</td>
<td>Net Carbs: 2.2g</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamy Lemon-Spinach Chicken Soup</td>
<td>Italian Sausage with Pasta and Green Beans</td>
<td>Atkins Italian-Style Pasta Bake</td>
</tr>
<tr>
<td>Net Carbs: 3.9g</td>
<td>Net Carbs: 6.7g</td>
<td>Net Carbs: 7g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atkins Caramel Fudge Brownie Bar</td>
<td>Atkins Mocha Latte Shake</td>
<td>Zucchini and Monterey Jack Cheese</td>
</tr>
<tr>
<td>Net Carbs: 3g</td>
<td>Net Carbs: 2g</td>
<td>Net Carbs: 1.6g</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atkins Beef Merlot</td>
<td>Chicken Parmesan with Garlic Sautéed Baby Broccoli</td>
<td>Beef Sautéed with Vegetables Over Romaine</td>
</tr>
<tr>
<td>Net Carbs: 6g</td>
<td>Net Carbs: 7.9g</td>
<td>Net Carbs: 6.3g</td>
</tr>
</tbody>
</table>

**Total Net Carbs:**
- MONDAY: 21.8g
- TUESDAY: 21.4g
- WEDNESDAY: 22.1g

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- Atkins product options are convenient, delicious meal, snack and treat alternatives when you don’t have time to prepare Atkins recipes.
- Be sure to eat approximately 12 to 15 grams of Net Carbs per day in the form of foundation vegetables. This meal plan is complete with 12-15g FV.
- Add or subtract vegetables, side dishes, Atkins products or even desserts to ensure that you come close to the appropriate level of carb intake.
- Feel free to substitute other foods acceptable for Phase 1, as long as the carb counts are comparable.
- We recommend no more than 15g of sugar alcohols from Atkins products per day.

*You may need to add or subtract items to meet personal carb targets.

**Enjoy ATKINS ENDULGE TREATS for dessert if Net Carbs consumed allows!**

**THURSDAY**
- Chorizo, Green Chili and Tomato Frittata
- Atkins Dark Chocolate Royale Shake
- Net Carbs: 3.3g
- Net Carbs: 2.5g
- Net Carbs: 3.2g

**FRIDAY**
- Atkins Steak Scramble
- Black Olives and Cheddar
- Net Carbs: 3g
- Net Carbs: 2.3g
- Net Carbs: 2.3g

**SATURDAY**
- Beef Huevos Rancheros on Canadian Bacon
- Atkins Caramel Fudge Brownie Bar
- Cauliflower Salad with Salmon
- Net Carbs: 3.3g
- Net Carbs: 3g
- Net Carbs: 6.6g

**SUNDAY**
- Fluffy Flax Waffles with Turkey Sausage
- Cucumber with Greek Vinaigrette
- Atkins Sesame Chicken Stir-Fry
- Net Carbs: 7g
- Net Carbs: 7g
- Net Carbs: 6.9g

**Total Net Carbs:**
- THURSDAY: 21g
- FRIDAY: 21.5g
- SATURDAY: 20.8g
- SUNDAY: 22.4g
**BALANCING**

Add More Foods to Your Diet, While You Keep Losing Weight

Here, you’ll start to vary your diet by continuing to try different vegetables and gradually adding nuts and seeds, berries and a few other low-sugar fruits. Depending on your metabolism, you may be able to reintroduce legumes, such as lentils and kidney beans, or you may have to wait until the next phase. A hallmark of this phase, and of Atkins in general, is the ability to personalize the program to the specific foods and cuisines you enjoy.

Meanwhile, you’ll continue to lose weight, even as you gradually increase the number of daily grams of Net Carbs you consume. As long as you continue to eat the recommended amount of protein and enough fat to keep you satisfied, you’ll remain in control of your appetite and not be unduly tempted by cravings as you add back delicious, healthy foods. During this phase, if you haven’t done so already, you should ramp up your activity level or begin a fitness program such as walking.

**What You’ll Have During This Phase:**

1. **Continue to enjoy** the same delicious, filling protein sources.
2. **Keep consuming those natural fats:** olive oil, canola oil, butter, avocado, olives and more.
3. **In addition to the leafy greens** and other non starchy veggies that we call foundation vegetables, start gradually adding nuts and seeds, berries and more dairy products, such as cottage cheese, other cheeses and plain whole milk yogurt, and finally begin to add small portions of legumes, if you can handle them.
4. You can also add alcohol. But understand that your body burns alcohol for fuel before it burns fat—so when you have a glass of wine or spirits, your body stops burning fat. This doesn’t interfere with weight loss; it simply postpones it.
5. **Add one new item at a time** and remember not to exceed your daily Net Carb gram count as you add new foods.
6. **Continue** to take your two daily supplements.

**CARB INTAKE IN PHASE 2:**

<table>
<thead>
<tr>
<th>1st Week</th>
<th>Each Week</th>
<th>GOAL WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>25g Net Carbs per day</td>
<td>+ 5g Net Carbs each week</td>
<td>within 10 lbs. of goal weight</td>
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</tbody>
</table>

*Gradually increasing your intake in 5-gram increments each week or every several weeks, as long as weight loss continues and you don’t experience renewed cravings for carb foods. You may need to go for two or more weeks between increases — whichever works for you to get within 10 pounds of your goal weight.

**Myth vs FACT**

**Myth**

Because it excludes fruits, vegetables and grains, Atkins is deficient in nutrients.

**FACT**

The Atkins Diet allows fruits, vegetables and grains.

The initial Kick-Start phase of Atkins, which people often mistake for the entire program, is the strictest phase, permitting 20 grams of net carbs. However, 70 percent of those come in the form of vegetables. As you progress through the phases, you add fruits, nuts, legumes and whole grains as your carb tolerance allows.

**Ingredient**

**Vegetable Beef Soup**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>2 Tablespoons unsalted butter</td>
</tr>
<tr>
<td>8 Ounces sliced mushrooms</td>
</tr>
<tr>
<td>3 Ounces diced portobello mushroom</td>
</tr>
<tr>
<td>1 Small onion, chopped (¾ cup)</td>
</tr>
<tr>
<td>1 Celery stalk, diced (¼ cup)</td>
</tr>
<tr>
<td>1 Small carrot, diced (½ cup)</td>
</tr>
<tr>
<td>1 ½  Pounds beef stew meat, trimmed</td>
</tr>
<tr>
<td>1 Cup canned diced tomatoes</td>
</tr>
<tr>
<td>½ Cup dry red wine</td>
</tr>
<tr>
<td>1 ½ Teaspoons chopped garlic</td>
</tr>
<tr>
<td>1 Cup canned diced tomatoes</td>
</tr>
<tr>
<td>1 ½ Cup dry red wine</td>
</tr>
<tr>
<td>1 Pounds beef stew meat, trimmed and cut into ¼-inch strips</td>
</tr>
<tr>
<td>2 Tablespoons olive oil</td>
</tr>
<tr>
<td>58 Ounces beef broth</td>
</tr>
<tr>
<td>½ Cup broccoli, broken into small florets</td>
</tr>
<tr>
<td>1 Escarole, washed, tough ribs trimmed</td>
</tr>
<tr>
<td>2 Teaspoons fresh thyme, chopped</td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. In large non-stick skillet, melt butter over medium-high heat. Add mushrooms and season with salt and pepper to taste. Sauté until golden brown, about 5 minutes.
2. Add onion, celery and carrot and sauté until barely softened, about 2 minutes. Then, add garlic and sauté until aroma is released, about 30 seconds. Finally, add tomatoes and wine and cook until thickened, about 5 minutes.
3. Meanwhile, season meat with salt and pepper. In large pot over medium-high heat, heat olive oil. Add meat and sauté until well-browned, about 8 minutes.
4. Add the tomato-vegetable mixture, beef broth and water to the pot with the cooked meat. Bring to a boil and reduce heat. Simmer until meat is very tender and vegetables are soft, about 15 minutes.
5. Add broccoli, cook 5 minutes. Stir in escarole and fresh thyme then season with freshly ground black pepper and salt to taste.

Makes 8 servings

4.8g Net Carbs per serving
FINE-TUNING

You’re Almost at Your Goal Weight

At this point, you’re almost there. Once you reach your goal weight, you’ll begin the “dress rehearsal” for a way of eating that enables you to maintain your healthy new weight—for good.

If you’re starting in Phase 3, remember:

Net Carbs equal total grams of carbs minus fiber grams and sugar alcohols. See example on right.

Refer to the list of Acceptable Foods for Phase 1 (page 6) and for a list of Acceptable Foods for Phase 2 (page 12). These will form the basis of foods upon which you can expand in Phase 3.

“

Atkins fits into your lifestyle, so you don’t fall off the wagon—it’s easy to continue to make this a part of your life.”

– MONICA GUTIERREZ, AGE 44

Lost 93 pounds. Been on maintenance for 2 years.

SUCCESS STORY WINNER!

Women over 40 Category

Read more about Monica’s Success Story at atkins.com

Portobello Mushroom "Pizza"

INGREDIENTS

1 portobello mushroom (about 3 oz.), stem removed, wiped clean with a damp paper towel
1 tablespoon virgin olive oil
1 large clove garlic, sliced
1 tablespoon no-added-sugar tomato sauce
2 tablespoons shredded mozzarella cheese

DIRECTIONS

1. Heat oven to 425°F and line a baking sheet with aluminum foil.
2. In a small sauté pan, heat olive oil until fragrant and shimmering; add garlic, lower heat and cook, stirring, until golden, being careful not to burn.
3. Place mushroom on lined baking sheet and brush both sides with olive oil.
4. Bake 30 minutes, or until fork tender, turning after 15 minutes. Remove from oven and raise heat to broil.
5. Place concave side of mushroom with tomato sauce, cheese and garlic.
6. Place under broiler for 1 minute or until cheese melts and bubbles.

Makes 1 serving

4g Net Carbs per serving

Myth vs. Fact

Atkins is high-fat leading to high cholesterol and heart disease

Studies show Atkins improves cholesterol levels, heart disease markers and insulin resistance.

Fat is the essential nutrient that makes low-carb eating safe and effective. Fats pose no health risk on their own, and it is the combination of fat with a high carb intake that is linked to many serious medical conditions.

You’re Almost at Your Goal Weight

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PHASE 4: LIFETIME MAINTENANCE

Now It’s Time to Prove That You Can Keep Doing It

In this phase—which is really the rest of your healthy, active life—you’ll stay slim as you continue eating some of the best foods on Earth, just as you did in Fine-Tuning. Losing weight is challenging, but so is maintaining it. You now have the tools to do it. Stay with Atkins, and Atkins will help you stay in control—for good.

“My weight has a frightening consistency. The Atkins Diet has brought my weight under control, and I no longer have to worry about it.”

—SHARON OSBOURNE, AGE 61

Lost 30 pounds on Atkins

What You’ll Have During This Phase:

Okay, no surprises here.

1. Keep eating an adequate amount of protein from a variety of sources, including legumes and other plant proteins, if your metabolism can handle them.

2. Keep consuming those good fats.

3. Enjoy a rich variety of whole-food carbs in the form of vegetables, nuts, seeds and berries, along with legumes, other fruits and moderate portions of starchy vegetables and whole grains.

4. In order to maintain your goal weight and avoid losing more than you want to, you may need to add a little more fat to your meals—in the form of olives, olive oil, avocado and the like—rather than increasing carbs or protein. Remember, fat is your friend—when you control your carb intake, there’s no health risk in eating foods that contain fat.

5. Continue your daily multivitamin/mineral and omega-3 supplements.

6. Continue to avoid processed foods with white flour and refined grains, all forms of added sugar and trans fats.

FACT

The Atkins Diet does work.

Atkins is backed by over 80 studies validating the diet’s principles and its success rate for weight loss and weight management.

One recent example is the NIH funded Stanford University Diet Study published March 7, 2007 in the Journal of American Medical Association. This study found that the Atkins Diet delivered the most beneficial metabolic effects among four top diet regimens. (The study compares Atkins against the Zone, LEARN and Ornish diets).

Unlike other diets, Atkins is not based on limiting calories and deprivation, but rather choosing the right nutrient-dense foods that allow the body to feel fuller while burning more fat and working more efficiently.

Myth vs FACT

Ginger Pork Tenderloin, Candied Sweet Potatoes and Salad

INGREDIENTS
1 ½ Pounds pork tenderloin
2 Cups chicken broth (or dry white wine)
4 Tablespoons fresh ginger, minced
2 Tablespoons tamari soy sauce
2 Tablespoons toasted sesame oil
4 Cloves garlic, minced
4 Green onions, sliced
2 ½ sweet potatoes
2 Ounces sugar-free pancake syrup
2 Tablespoons butter
8 Cups mixed greens
1 Cup canned chickpeas, drained and rinsed
4 Servings Russian Dressing

DIRECTIONS
1. Combine the pork, chicken broth, 1 tablespoon ginger, tamari, sesame oil and garlic in a resealable plastic storage bag; seal and refrigerate at least 2 hours or overnight.
2. Heat oven to 450°F. Butter a small baking dish.
3. Cook potato in boiling salted water until almost tender, 8-10 minutes. Drain, cool and cut into thin slices.
4. Combine pancake syrup and remaining ginger in a small saucepan. Cook over low heat until syrup is warm and the flavors have blended, about 3 minutes.
5. Arrange potatoes in a single layer in baking dish. Pour syrup mixture over potatoes. Dot with butter. Cover with aluminum foil and bake until potatoes are very soft, about 40 minutes.
6. Remove tenderloin from the marinade and discard marinade. Heat a gas grill to medium and grill whole tenderloin in covered grill for 15 to 20 minutes, until an instant-read-thermometer inserted in the center reaches 155-160°F. Slice pork into 4 equal portions and garnish with green onions.
7. Combine the greens and chickpeas with the dressing. Serve with pork and potatoes.

Makes 4 servings
35.3g Net Carbs per serving
Download the Atkins Carb Tracker mobile app for an easier way to track your weight loss goals.

**Food Search**
Get nutritional information on grocery items, restaurant meals, and over 1,600 delicious Atkins recipes and products. Search by keyword or scan the UPC label.

**Progress**
Keep up with your weight loss goals by tracking Net Carbs consumed each day based on your Atkins Phase, plus track your weight and how close you are to reaching your goal.

**Daily Plan**
Follow the optional recommended daily meal plan or create your own custom low carb plan for each day based on your Atkins Phase. Add Atkins products, your choice of over 1,600 low-carb recipes, or add foods on your own.

**Phases**
Discover all the delicious foods acceptable in each Phase and create your daily plan based on your carb range.

**Dining Out**
Find a restaurant with menu items in your selected carb range. Search for restaurants based on meal type, name and location.

**MEAL BARS**
A NUTRITIOUS AND SATISFYING SOLUTION WHEN YOU DON’T HAVE TIME TO STOP FOR A MEAL.

Packed with protein and fiber Atkins Meal Bars satisfy your taste buds as well as your hunger while providing the nutrition you need, no matter where the day takes you.

**SNACK BARS & SHAKES**
A NUTRITIOUS AND SATISFYING SNACK THAT WILL FILL YOU UP AND HELP YOU STAY ON TRACK.

Enjoy delicious Atkins Snack Bars or Shakes at home or when you’re on the go. Packed with protein, fiber and the taste you love, Atkins Snacks are a convenient, nutritious and delicious way to stay satisfied until your next meal.

**TREATS**
A DELICIOUS INDULGENCE THAT SATISFIES YOUR SWEET TOOTH WITHOUT THE SUGAR.

With the rich, sweet taste you crave, but without the carbs or sugar, an Atkins Endulge Treat is the perfect solution for your sweet tooth. Enjoy an Atkins Endulge Treat whenever a sweet craving strikes!

**FROZEN MEALS**
A DELICIOUSLY SATISFYING MEAL TO HELP YOU STAY ON TRACK WHEN THERE IS NO TIME TO COOK.

With over 18 savory flavors made with high quality ingredients, you can enjoy convenient meals with amazing taste any time of day.