



# No-Recipe Easy Induction Meal Plan

Low Carbe Diem™

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Low Carbe Diem is not a medical company or organization.

This eBook's recipes, information about healthy eating and nutrition stats are intended for informational purposes only.

We are not doctors, nutritionists, dietitians or medical professionals. The information in this eBook and on LowCarbeDiem.com is not medical advice.

Low Carbe Diem shares strategies and resources for low carb/keto ways of eating.

Before starting any diet, please discuss the changes with your doctor and follow all professional medical advice, seeking help if needed.



If you have medical conditions (such as diabetes), you must consult your doctor and only follow suggestions under medical supervision.

As with any dietary change, medications may need adjusting.

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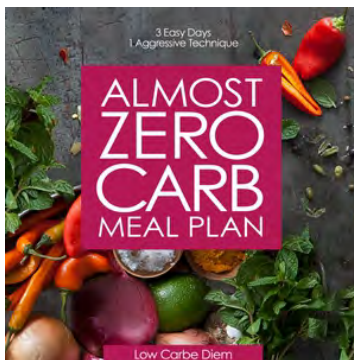
3 Easy Days  
1 Aggressive  
Technique

## Reach Deep Ketosis in 3 Days

Enter deep ketosis, break your stall and reset your diet **in three days** using this aggressive technique, first made famous by Dr. Robert Atkins over 40 years ago.

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- Break your toughest diet stall.
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- Avoid plateau completely: Use once a month.
- Reach deep ketosis over the weekend.
- Restart or reset your low carb/keto diet.
- Sharpen your sense of portion control.

Expect Rapid Results

Dr. Atkins' patients lost an average of 1-2 pounds of fat each day of their fat fasting plan. The weight loss was fat loss, specifically. Traditional fat fasting is an aggressive strategy that works!

You'll eat high fat, almost no carb recipes with specific keto macros designed to burn large amounts of stored body fat. Best of all, your weight loss is fat loss.

If You're Doing Everything,  
but Nothing's Working...

Ditch the nervous carb counting! Take three days off and start burning fat with your next meal.

Create a personalized plan that **works** with a decadent variety of workhorse recipes you'll keep using long after reaching your goals.



## Atkins Induction

The first few weeks of a low carb diet are also called Atkins Induction. During this phase, only certain foods are allowed. Induction foods jump start your diet – helping you lose fat at a feverish pace.

These low carb tools are simple, but cover everything you'll need to start your low carb diet (and a little advice for a successful start.)

### What Happens?

Atkins Induction usually lasts 1 to 2 weeks. Induction transforms your body into a fat-burning machine and kick-starts your weight loss.

By limiting the amount of carbs you eat, your body changes its main fuel source from carbs to fat.

Induction is completely safe, and a natural way to lose weight. Using Induction to start a low carb or keto diet is based on proven scientific principles, refined over the last 40 years by Atkins.

## Food List

Use these Induction foods for meals during the first two weeks (or more) of your low carb diet. Some low carbers continue Induction for several weeks, maximizing fat loss.

### Meat, Seafood and Poultry

Meat, poultry and seafood usually don't have carbs. But there are two exceptions: processed bacon and deli meats often have starchy binders. Check each label carefully.



These low carb meats are perfect for Induction:

- Meat: Bacon, Beef, Ham, Pork, Veal, Lamb, Venison
- Poultry: Chicken, Turkey, Duck, Goose, Cornish Hen, Pheasant, Quail
- Fish and Shellfish: Flounder, Salmon, Herring, Sardines, Sole, Tuna, Trout, Crab, Oysters, Shrimp, Mussels, Clams, Squid

### Eggs

Eggs are a staple Atkins Induction food. Try them deviled, fried in butter, hard boiled, poached or scrambled. Soon, you will be able to do them 1,000 ways.



## Cheese

Most cheeses have less than 1 gm of carbs per ounce, but be sure to check the label.

You may have 3 to 4 ounces of cheese per day during Atkins Induction. This includes cream cheese.

However, there are exceptions. These cheeses do not apply to the 3 to 4 ounce rule: Cottage Cheese, Farmer's Cheese and other fresh/raw cheeses.

*(Type, Serving Size, Net Carbs)*

- Blue Cheese, 1 oz, 0.7
- Cheddar, ½ cup, 0.0
- Cow, Sheep and Goat, 1 oz, 0.3
- Cream Cheese, 1 oz, 0.8
- Feta, 1 oz, 1.2
- Gouda, 1 oz, 0.6
- Mozzarella, 1 oz, 0.6
- Parmesan, 1 tbs, 0.2
- Swiss, 1 oz, 1.0



## Vegetables

During Atkins Induction, 12 to 15 net carbs each day should come from low carb vegetables.

Choose the lowest carb veggies from the Atkins Induction food list during your first two weeks on the low carb diet.

### Lowest Carb Veggies

*(Veggie, Serving Size/Prep, Net Carbs)*

- Alfalfa Sprouts, 1 cup/raw, 0.4
- Argula, ½ cup/raw, 0.2
- Bok Choy, 1 cup/raw, 0.8
- Celery, 1 stalk, 0.8
- Chicory Greens, ½ cup/raw, 0.6
- Chives, 1 tbs, 0.1
- Cucumber, ½ cup, 1.0
- Daikon, ½ cup, 1.0
- Endive, ½ cup, 0.0
- Escarole, ½ cup, 0.0
- Fennel, 1 cup, 3.6
- Iceberg Lettuce, ½ cup, 0.1
- Jicama, ½ cup, 2.5
- Mushrooms ½ cup, 1.2
- Parsley, 1 tbs, 0.1
- Peppers, ½ cup/raw, 2.3
- Radicchio, ½ cup/raw, 0.7
- Radishes, 10/raw, 0.9
- Romaine Lettuce, ½ cup, 0.2



## Low-er Carb Veggies

These veggies have more carbs than the lowest carb veggies above. Measure carefully when adding them to your low carb diet.

(Veggie, Serving Size/Prep, Net Carbs)

- Artichoke, ¼ of medium/boiled, 4.0
- Artichoke Hearts, 1 heart/in water, 1.0
- Asparagus, 6 spears/boiled, 2.4
- Avocado, 1 whole/raw, 3.5
- Bamboo Shoots, 1 cup/boiled, 1.1
- Beets, ½ cup/canned, 4.7
- Broccoli, ½ cup/boiled, 1.6
- Broccoli, ½ cup/raw, 1.0
- Broccoli Rabe, 1 ounce, 1.3
- Broccoli, ½ cup, 1.4
- Brussels Sprouts, ¼ cup boiled, 2.4
- Cabbage, ½ cup/boiled or raw, 2.0
- Cauliflower, ½ cup/boiled or raw, 1.0
- Chard, ½ cup Swiss/boiled, 1.8
- Collard Greens, ½ cup/boiled, 4.2
- Eggplant, ½ cup boiled/raw, 1.8
- Hearts of Palm, 1 heart, 0.7
- Kale, ½ cup, 2.4
- Kohlrabi, ½ cup, 4.6
- Leeks, ¼ cup/boiled, 1.7
- Okra, ½ cup/boiled or raw, 2.4
- Olives, green, 5 olives, 2.5
- Olives, black, 5 olives, 0.7

- Onion, ¼ cup/raw, 2.8
- Pumpkin, ¼, cup/boiled, 2.4
- Rhubarb, ½ cup, unsweetened, 1.7
- Sauerkraut, ½ cup canned/drained, 1.2
- Peas, ½ cup edible podded, 3.4
- Spaghetti Squash, ½ cup/boiled, 2.0
- Spinach, ½ cup/raw, 0.2
- Summer Squash, ½ cup/boiled, 2.0
- Tomato, 1 whole/raw, 4.3
- Turnips, ½ cup/boiled, 2.2
- Water Chestnuts, ½ cup/canned, 6.9
- Zucchini, ½ cup/sauté, 2.0

## Zoodles & Low Carb Veggie Pasta

Spiralizers are another fun, favorite tool of low carbers.

- Zucchini spaghetti (Zoodles)
- Cucumber ribbon strands
- Sweet potato, radish or turnip curly fries
- Long spiral squash strands

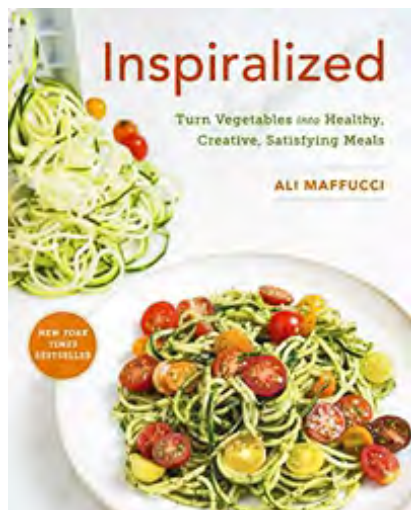
## Spiral Veggie Slicer



[The Paderno vegetable slicer](#) makes spiral cuts for veggie noodles in seconds.

The spiral veggie slicer comes with three blades: a shredder blade (small holes), a chipper blade (large holes) and a straight blade.

## Inspiralized Cookbook



The [Inspiralized cookbook](#) shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice.

## Veggie Spiralizer Cookbook



[Top 98 recipes Spiralizer Cookbook](#) is a step-by-step guide on using a spiralizer, includes a list of spiralizer-friendly veggies and delicious recipes:

## Spices and Herbs

Most spices and herbs are very low or zero carb, and suitable for Atkins Induction. But these will also increase your metabolism.

*(Spice/Herb, Serving Size, Net Carbs)*

- Basil, 1 tbs, 0.0
- Cayenne Pepper, 1 tbs, 0.0
- Cilantro, 1 tbs, 0.0
- Dill, 1 tbs, 0.0
- Garlic, 1 clove, 0.9
- Ginger, 1 tbs, 0.0
- Oregano, 1 tbs, 0.0
- Pepper, 1 tbs, 0.0
- Rosemary, 1 tbs, 0.0
- Sage, 1 tbs, 0.0
- Tarragon, 1 tbs, 0.0

## Salad Dressing

*(Type, Serving Size, Net Carbs)*

- Blue Cheese, 2 tbs, 2.3
- Caesar, 2 tbs, 0.5
- Italian, 2 tbs, 3.0
- Lemon Juice, 2 tbs, 2.8
- Oil and Vinegar, 2 tbs, 1.0
- Ranch, 2 tbs, 1.4

## Healthy Fats & Oils

- Butter (Grass-fed)
- Coconut Oil
- Mayonnaise (Select full fat with no added sugar.)
- Olive oil
- MCT oil

## Drinks

Soda water or carbonated water with sugar-free flavors are ok, and diet sodas sweetened with sucralose (Splenda) are also acceptable.

- Clear Broth/Bouillon
- Cream: Heavy or Light
- Coffee and Tea
- Club Coda
- Diet Soda
- Flavored Seltzer
- Herb Tea
- Water



## Artificial Sweeteners

Dr. Atkins prefers sucralose (Splenda), but small amounts (2 to 3 servings) of saccharine (Sweet N Low) are also allowed.

*(Type, Serving Size, Net Carbs)*

- Splenda: (sucralose) 1 packet, 1 net carb / liquid is zero carb
- Sweet N Low: (saccharine) 1 packet, 0.9 net carbs / liquid is zero carb
- Stevia: (all natural) 1 packet, 1 net carb / liquid is zero carb
- Erythritol (all natural) trace net carbs per serving

## Sucralose Liquid Sweetener

[EZ-Sweetz liquid sweetener](#) is made of sucralose and has no bitter aftertaste. Zero carb, zero calories, zero impact.

## De-Bittered Liquid Stevia

[EZ-Sweetz's de-bittered stevia](#) blend has no unpleasant aftertaste. EZ-Sweetz's blend has none of the characteristic bitterness of typical stevia sweeteners.

## Erythritol Sweetener

[Now Foods erythritol powder](#) is a natural sweetener that's non-GMO, low glycemic impact and zero calorie.

## Foods Not Allowed

### There is One Rule

If it's not on the Atkins Induction food list, it's not allowed.

#### Steer clear of the following:

- Grains and anything made with them, including bread, cake, pastries.
- Pasta, or anything else made of flour.
- Dairy products, except for cheeses and cream in limited quantities.
- Starchy vegetables, such as potatoes, beets, corn.
- Fruits/Fruit Juice
- Legumes
- Nuts
- Deli Salad (Sliced deli meat often has added sugar and starch.)
- Any Processed Food
- Alcoholic Beverages



# 7-Day Atkins Induction Meal Plan

## Monday Breakfast

2 sm tomatoes  
1 tbsp olive oil  
2 lg eggs  
2 oz sausage

548 Calories; 47g Fat (76.5% calories from fat); 21g Protein; 11g Carbohydrate; 5g Fiber.

## Snack 1

1 stalk celery  
2 tbsp cream cheese

103 Calories; 9g Fat (83.4% calories from fat); 2g Protein; 2g Carbohydrate; 1g Fiber.

## Lunch

6 oz salmon  
2 c lettuce leaves  
2 tbsp sherry vinegar

214 Calories; 6g Fat (25.8% calories from fat); 35g Protein; 4g Carbohydrate; 1g Fiber.

## Snack 2

1 oz deli roast beef (or any deli meat)  
1 oz cheddar cheese slice (or any type of cheese)

164 Calories; 10g Fat (58.2% calories from fat); 15g Protein; 2g Carbohydrate; 0g Fiber.

## Dinner

6 oz chicken, cooked  
2 c spinach  
1/4 c cucumber slices  
1/2 avocado  
2 tbsp sherry vinegar

451 Calories; 35g Fat (65.4% calories from fat); 25g Protein; 16g Carbohydrate; 12g Fiber.

## Monday Macros

1481 Calories – 16g Net Carbs: 107g Fat (64.3% calories from fat); 99g Protein; 35g Carbohydrate; 19g Fiber.

## Tuesday Breakfast

5 oz salmon, smoked  
2 tbsp cream cheese  
1/4 cucumber, cut into sticks

271 Calories; 14g Fat (48.7% calories from fat); 30g Protein; 3g Carbohydrate; 1g Fiber.

## Snack 1

5 lg olives, black  
1 oz feta cheese

100 Calories; 8g Fat (74.9% calories from fat); 4g Protein; 2g Carbohydrate; 1g Fiber.

## Lunch

6 oz chicken  
2 c lettuce  
5 lg radishes  
1/2 avocado  
2 tbsp ranch salad dressing

563 Calories; 51g Fat (74.4% calories from fat); 26g Protein; 13g Carbohydrate; 10g Fiber.

## Snack 2

1 med tomato  
1 oz cheddar cheese

136 Calories; 10g Fat (61.8% calories from fat); 8g Protein; 5g Carbohydrate; 2g Fiber.

## Dinner

6 oz steak  
1 c broccoli  
1 c cauliflower  
2 tbsp olive oil

657 Calories; 57g Fat (77.5% calories from fat); 28g Protein; 9g Carbohydrate; 5g Fiber.

## Tuesday Macros

1728 Calories – 14g Net Carbs: 140g Fat (70.9% calories from fat); 97g Protein; 32g Carbohydrate; 18g Fiber.

## Wednesday Breakfast

1/4 c bell pepper, chopped  
2 lg eggs  
1 oz hot pepper cheese  
4 tbsp salsa

286 Calories; 19g Fat (60.1% calories from fat); 21g Protein; 8g Carbohydrate; 2g Fiber.

## Snack 1

2 celery stalks  
2 tbsp ranch salad dressing

125 Calories; 16g Fat (89.9% calories from fat); 2g Protein; 2g Carbohydrate; 0g Fiber.

## Lunch

5 oz ground beef, cooked  
1 oz cheddar cheese  
1 sm tomato  
1/2 avocado  
1 lettuce leaf

738 Calories; 63g Fat (74.8% calories from fat); 34g Protein; 14g Carbohydrate; 10g Fiber.

## Snack 2

1/2 c bell pepper, sliced  
2 tbsp ranch salad dressing

133 Calories; 16g Fat (84.0% calories from fat); 2g Protein; 5g Carbohydrate; 1g Fiber.

## Dinner

6 oz chicken  
1 c green beans  
1 tbsp butter

400 Calories; 31g Fat (69.0% calories from fat); 23g Protein; 8g Carbohydrate; 4g Fiber.

## Wednesday Macros

1683 Calories – 19g Net Carbs: 145g Fat (73.4% calories from fat); 82g Protein; 36g Carbohydrate; 17g Fiber.

## Thursday Breakfast

2 lg eggs  
2 bacon slices  
1 med tomato  
2 tbsp Parmesan cheese, grated

289 Calories; 19g Fat (60.5% calories from fat); 22g Protein; 7g Carbohydrate; 2g Fiber.

## Snack 1

2 oz cheddar cheese

228 Calories; 19g Fat (74.0% calories from fat); 14g Protein; 1g Carbohydrate; 0g Fiber.

## Lunch

5 oz chicken, roasted  
2 c spinach  
2 tbsp ranch salad dressing

346 Calories; 32g Fat (74.0% calories from fat); 21g Protein; 5g Carbohydrate; 4g Fiber.

## Snack 2

1/4 c cucumber slices  
2 oz Monterey jack cheese

219 Calories; 17g Fat (70.9% calories from fat); 14g Protein; 2g Carbohydrate; 1g Fiber.

## Dinner

6 oz fish fillets  
1 c broccoli, florets  
2 tbsp butter

363 Calories; 24g Fat (60.1% calories from fat); 33g Protein; 4g Carbohydrate; 2g Fiber.

## Thursday Macros

1445 Calories – 8g Net Carbs: 112g Fat (67.5% calories from fat); 104g Protein; 17g Carbohydrate; 9g Fiber.

## Friday Breakfast

5 oz ground beef  
1 tbsp olive oil  
1/2 c bell pepper, chopped  
2 tbsp onion, chopped  
1/4 c cheddar cheese, shredded

698 Calories; 61g Fat (78.2% calories from fat); 32g Protein; 6g Carbohydrate; 2g Fiber.

## Snack 1

1/2 med zucchini, cut into sticks  
2 oz provolone cheese

213 Calories; 15g Fat (64.4% calories from fat); 16g Protein; 3g Carbohydrate; 1g Fiber.

## Lunch

6 oz turkey breast cutlets  
2 c spinach  
1/2 avocado  
2 tbsp Italian salad dressing

482 Calories; 32g Fat (56.1% calories from fat); 40g Protein; 16g Carbohydrate; 11g Fiber.

## Snack 2

1 celery stalk  
2 tbsp cream cheese

103 Calories; 9g Fat (85.0% calories from fat); 2g Protein; 2g Carbohydrate; 0g Fiber.

## Dinner

7 oz pork chops  
1/2 c Brussels sprouts  
1 tbsp butter  
2 c lettuce  
2 tbsp sherry vinegar

451 Calories; 31g Fat (62.1% calories from fat); 34g Protein; 10g Carbohydrate; 4g Fiber.

## Friday Macros

1948 Calories – 19g Net Carbs: 148g Fat (67.6% calories from fat); 123g Protein; 37g Carbohydrate; 18g Fiber.

## Saturday Breakfast

1 sm tomato  
1/2 avocado  
4 oz prosciutto  
2 tbsp Hollandaise sauce

436 Calories; 28g Fat (55.1% calories from fat); 35g Protein; 15g Carbohydrate; 10g Fiber.

## Snack 1

5 lg radishes  
1 oz Gouda cheese

106 Calories; 8g Fat (67.3% calories from fat); 7g Protein; 1g Carbohydrate; trace Fiber.

## Lunch

4 oz tuna  
1 1/2 celery stalk  
1/2 c bell pepper, chopped  
2 tbsp mayonnaise

390 Calories; 29g Fat (65.8% calories from fat); 28g Protein; 6g Carbohydrate; 1g Fiber.

## Snack 2

1/2 med cucumber, sliced  
1 oz cheddar cheese

34 Calories; 10g Fat (63.1% calories from fat); 8g Protein; 5g Carbohydrate; 1g Fiber.

## Dinner

5 oz ground beef  
1 oz cheddar cheese  
1 sm tomato  
1 c lettuce  
2 tbsp ranch salad dressing

698 Calories; 63g Fat (77.7% calories from fat); 34g Protein; 7g Carbohydrate; 3g Fiber.

## Saturday Macros

1763 Calories – 19g Net Carbs: 138g Fat (67.8% calories from fat); 112g Protein; 35g Carbohydrate; 16g Fiber.

## Sunday Breakfast

2 c spinach  
1 tbsp olive oil  
2 lg eggs  
1/4 c Monterey jack cheese, shredded

386 Calories; 32g Fat (72.9% calories from fat); 21g Protein; 6g Carbohydrate; 4g Fiber.

## Snack 1

1/2 avocado  
2 tbsp ranch salad dressing

274 Calories; 31g Fat (85.5% calories from fat); 3g Protein; 9g Carbohydrate; 8g Fiber.

## Lunch

5 oz ham  
2 c lettuce  
1/2 c cucumber slices  
2 tbsp blue cheese salad dressing

448 Calories; 31g Fat (64.8% calories from fat); 29g Protein; 10g Carbohydrate; 5g Fiber.



Congrats! You did it!  
Viva la Bacon

## Snack 2

5 cherry tomatoes  
1 oz cheddar cheese

132 Calories; 10g Fat (64.4% calories from fat); 8g Protein; 4g Carbohydrate; 1g Fiber.

## Dinner

6 oz chicken  
1 c mixed vegetables, low carb (peppers, onions, broccoli, cauliflower, squash, green beans, tomato)  
1 tbsp olive oil  
1 tbsp soy sauce

482 Calories; 33g Fat (62.9% calories from fat); 26g Protein; 19g Carbohydrate; 9g Fiber.

## Sunday Macros

1722 Calories – 21g Net Carbs: 138g Fat (69.9% calories from fat); 87g Protein; 47g Carbohydrate; 26g Fiber.