

Newport Schools

Class of 1958



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Phase I: Induction

The first phase of the Atkins Nutritional Program™ sets the stage for you to reach your goals. Induction is designed to jump-start your weight loss, end your carbohydrate cravings and stabilize blood sugar levels. Phase I lasts a minimum of 14 days and will switch your body chemistry to burning primarily fat for energy rather than carbohydrate.

Top Things to Know About Induction

To ensure success doing Atkins, you must follow the first phase precisely. This helps you kick-start weight loss. Any variance or rationalizations such as "just this one taste won't hurt" may interfere with results, which could in turn affect your commitment to stay with the program.

To achieve speedy weight loss while feeling good, follow these 20 rules to the letter:

1. Do not skip meals. You can eat three regular-size meals a day or four or five smaller meals.
2. Do not go more than 6 waking hours without eating.
3. Eat enough protein in the form of poultry, fish, shellfish, eggs and red meat to feel comfortably full but not stuffed.
4. Eat liberal amounts of natural fats, such as olive oil, butter, mayonnaise, sunflower and other vegetable oils (preferably expeller-pressed or cold-pressed). You need not trim fat from meat or poultry.
5. Avoid hydrogenated fats, which contain trans fats.
6. Eat no more than 20 grams a day of Net Carbs, in the form of 3 cups of salad greens or 2 cups of greens and 1 cup of other vegetables.
7. Eat no fruit, bread, pasta, grains, starchy vegetables or legumes.
8. Eat no dairy products other than cheese, cream or butter.
9. Do not eat nuts or seeds in the first two weeks.
10. Eat only food on the [Acceptable Foods list](#).
11. Let your appetite be your guide. Eat when you're hungry but stop as soon as you are pleasantly full.
12. Have a small low carb snack if you are hungry between meals.

13. If you' re not hungry at mealtime, eat a small low carb snack with your nutritional supplements.
14. Don' t assume any food is low in carbohydrates. Check the carb count on every package (be sure your serving size corresponds to that listed) and/or use a carbohydrate gram counter.
15. When you eat out, watch for hidden Carbs. Flour, cornstarch and sugar are often in gravies, sauces and dressings.
16. Use sucralose or saccharin as a sweetener. Be sure to count each packet as 1 gram of Net Carbs.
17. Avoid caffeine in the form of coffee, tea and soft drinks. Excessive caffeine can cause low blood sugar, making you crave sugar.
18. Drink at least eight glasses (8 oz. each) of water each day
19. If you are constipated, mix a tablespoon or more of psyllium husks in a cup or more of water and drink daily. Or mix ground flaxseed into a shake or sprinkle wheat bran on a salad or vegetables. Fiber need not be counted in your daily carb count.
20. Take a good daily multivitamin with minerals, including potassium, magnesium and calcium, plus essential fatty acids.

The following is a list of Menu' s and Recipes to help you jump start the Low Carb Diet. You can mix and match these Menu' s to suit yourself but remember do not exceed 20 gram' s of Carbohydrates for the first 2 week' s.

[Download Carb Gram Counter](#)

	Day 1	Day 2
Morning	Smoked salmon, cream cheese and tomato 6 oz. smoked salmon 1 1/2 oz. cream cheese 1 medium size fresh tomato	Atkins Crunchy Almond Crisp Cereal and cheese * 1 oz. cheddar cheese
Afternoon	Baked Fish and Vegetables	Broiled Shrimp Oreganata with watercress salad 3 cherry tomatoes 3 fresh radishes 2 tbsp. Atkins Sweet Dressing 1 1/2 cups watercress
Evening	Greek Chicken Salad	Pork Kabobs
Snack	Black Olives with Lemon and Fennel	Cheese toast with olives 1/2 slice Atkins Multigrain Bread 1 oz. cheese 2 black olives

	Day 3	Day 4
Morning	Hard boiled eggs and Atkins shake 3 hard boiled eggs 1 Atkins Ready to Drink Shake (1 can/serving)	Mediterranean Rosemary Zucchini Omelet with pork sausage * 1 oz. pork sausage

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Afternoon	Chicken Cordon Bleu with salad 2 cups mixed salad greens 6 cherry tomatoes 2 tbsp. Atkins Sweet Dressing	Crab and cheese salad with Atkins bread 1 cup mixed salad greens 2 cups fresh spinach 6 oz. crab meat, canned 2 tbsp. Atkins Sweet Dressing 1/2 oz. Gouda cheese 1 slice Atkins Multigrain Bread
Evening	Chicken Salad with greens 2 cups mixed salad greens 3 cherry tomatoes 3 fresh radishes 1/2 cup chopped or sliced cucumber 1 tbsp. Atkins Sweet Dressing	Open-faced hamburger with mixed greens 1 frozen char-broiled beef patty, fully cooked 1 slice Atkins Bread 1 tbsp. mayonnaise 1 slice bacon 1/2 cup mixed salad greens
Snack	Crab Salad over greens 1 cup mixed salad greens	Egg Salad with bread 1/2 slice Atkins Bread

	Day 5	Day 6
Morning	Turkey sausage and eggs 2 hard boiled eggs 6 tomato slices 3 oz. turkey breakfast sausage	Tuscan Scrambled Eggs with Canadian bacon and tomato 3 oz. Canadian bacon 1/2 medium size fresh tomato
Afternoon	Crab Bisque	Roast beef with cheese and cucumber salad 5 oz. sliced, deli roast beef 1 oz. Gouda cheese 2 cups cucumber, chopped or sliced 1 1/2 tbsp. Atkins Sweet Dressing
Evening	Open-faced roast beef, avocado and vegetable sandwich 5 oz. sliced, deli roast beef 1 tbsp. mayonnaise 1/3 cup chopped or sliced cucumber 1/3 cup peeled and chopped avocado 2 tomato slices 1 slice Atkins Multigrain Bread	Sesame Beef and Roasted Asparagus
Snack	Salmon salad with celery sticks 1 1/2 large celery stalks 2 oz. canned salmon 2/3 tbsp. mayonnaise	Tuna-celery salad 2 1/2 oz. tuna, packed in oil 1/3 tbsp. mayonnaise 3 large celery stalks

	Day 7	
Morning	Creamy Scrambled Eggs and Onions, turkey bacon and tomato 2 oz. turkey bacon 1/3 medium size fresh tomato	
Afternoon	Shrimp and broccoli salad 2 cups mixed salad greens 1/2 cup fresh broccoli	

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	<p>1/2 cup fresh broccoli 7 oz. canned shrimp 2 tbsp. Atkins Sweet Dressing</p>	
Evening	Traditional Tuna Fish Over Salad Greens	
Snack	<p>Veggie dog with cheese 1 1/2 soy hot dogs 1 oz. cheddar cheese</p>	

Recipes

Baked Fish and Vegetables

7 oz. fillet of fish of choice
1/4 small onion
1/2 tsp. thyme
1/2 tsp. dried dill
1/3 tbsp. fresh lemon juice
1 fresh medium zucchini
1/3 tbsp. olive oil

Preheat oven to 400 degrees F. Rinse and pat dry the fish. Julienne or slice onion and zucchini. Toss the vegetables with half of the oil. Spread half of the vegetables on the bottom of the dish, top with fish fillet and drizzle it with remaining oil. Then top fish with the rest of the vegetables. Sprinkle lemon juice and herbs over the mixture plus a couple of grinds of black pepper, if desired. Cover with foil and bake about 15 minutes or until fish is no longer translucent and vegetables are tender.

Greek Chicken Salad

3 1/2 oz. boneless roasted chicken thigh with skin
2 cups mixed salad greens
1/2 medium size fresh tomato
3 black olives
2 tbsp. olive oil and vinegar dressing
1/2 tsp. oregano
1 oz. feta cheese

Shred chicken and set aside. Rinse and dry salad greens, rinse and chop tomato and slice olives. Top greens with chicken, tomato and olives. Pour dressing over salad and sprinkle with oregano and crumbled feta cheese.

Black Olives with Lemon and Fennel

1/2 clove garlic
6 small olives
1/2 tsp. fennel seeds
1/3 tbsp. fresh lemon juice
1 tbsp. olive oil

Mince garlic. Mix olives with other ingredients in a plastic container with a lid then marinate for at least 1 hour so the flavors can blend. Note: These olives can be made in advance and kept in the refrigerator for up to 2 weeks.

Pork Kabobs

6 oz. lean pork
3/4 red bell pepper
1/2 cup fresh mushrooms
2/3 tbsp. olive oil
1 clove garlic
1/2 tsp. oregano
2 tbsp. white wine
1/3 tbsp. Atkins Teriyaki Sauce and Marinade

Rinse and cut pork into 1 1/2-inch cubes. Cut pepper into chunks, wipe mushrooms clean and mince garlic. In a deep dish, combine oil, garlic, oregano, wine and teriyaki sauce; add pork and vegetables; toss to coat. Cover with plastic wrap and refrigerate for at least 30 minutes. Alternately thread pork, mushrooms and pepper onto skewer(s). Discard marinade. Grill or broil; turn every 5 minutes until well done, about 15 minutes. Serve.

Atkins Crunchy Almond Crisp Cereal

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<p>2/3 cup Atkins Crunchy Almond Crisp Cereal 3 tbsp. heavy cream 1/4 cup water</p>	<p>Mix heavy cream with about equal parts of water and serve with cereal flakes.</p>
<p>Broiled Shrimp Oreganata</p>	
<p>6 oz. fresh or frozen medium-sized, shrimp 1/4 tsp. garlic powder 1/2 tsp. oregano 1 tbsp. olive oil 2/3 tbsp. fresh lemon juice</p>	<p>Preheat broiler. Clean and rinse shrimp, if fresh. (Defrost if using frozen shrimp). Mix garlic powder and oregano with olive oil and lemon juice. Marinade shrimp for about 30 minutes in the refrigerator. Broil 2-3 minutes per side until lightly golden.</p>
<p>Chicken Cordon Bleu</p>	
<p>4 oz. boneless chicken breast 1 oz. deli ham 1/2 oz. Swiss cheese 1 tbsp. olive oil</p>	<p>Pre-heat oven to 400 degrees F. Rinse and pat dry chicken breast; place on separate cutting board and make a horizontal slit through the thicker side, cutting almost to opposite side. Open breast to form two flaps. Place ham and Swiss cheese on one side of chicken breast, leaving 1/4-1/2 inch" border depending on size), then fold over filling. Season breast with spices if desired, and drizzle it with olive oil ; place on baking sheet. Bake for 25 to 30 minutes turning once half way through cooking, until browned on the outside and cooked through.</p>
<p>Chicken Salad</p>	
<p>5 oz. boneless chicken breast 1/4 tsp. garlic powder 1/4 tsp. onion powder 2 tbsp. mayonnaise 1/3 tbsp. fresh lemon juice</p>	<p>Rinse chicken and place in about 1/2 cup of water in a saucepan; cook for about 8-10 minutes until cooked through. Remove chicken and let cool; cut up into 1/2-inch cubes. Blend spices with mayonnaise and lemon juice; combine with chicken to mix thoroughly. Serve with salad.</p>
<p>Crab Salad</p>	
<p>2 1/2 oz. crab meat, canned 1/2 large celery stalk 1 green onion 1 tbsp. mayonnaise 1/4 tsp. garlic powder 1/4 tsp. black pepper</p>	<p>Drain and flake crab; set aside. Rinse and finely chop celery and green onion. Mix all ingredients until well blended. Serve.</p>
<p>Mediterranean Rosemary Zucchini Omelet</p>	
<p>1/3 cup zucchini or yellow squash 2 large eggs 1/2 tsp. fresh rosemary 2/3 tbsp. olive oil</p>	<p>Rinse and slice zucchini into thin rounds. Chop rosemary very fine. Heat oil on medium high in a nonstick skillet. When pan is hot, pour in eggs and swirl pan to cover the entire surface. Layer zucchini over one half of the skillet. Sprinkle with rosemary and cover. Cook for 3-4 minutes until set, and then using a spatula, gently fold one side over the other. Cook for 1 minute more and serve.</p>
<p>Egg Salad</p>	
<p>1 hard boiled egg 2/3 tbsp. mayonnaise 1/4 tsp. dried dill</p>	<p>Chop egg(s) and mix with mayonnaise and spices until well blended. Serve.</p>

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1/4 tsp. black pepper

Crab Bisque

1/2 large celery stalk
 1/4 medium size onion
 1/2 clove garlic
 1/2 cup white wine
 2 tsp. tomato paste
 1/4 tsp. cayenne pepper
 4 tbsp. heavy cream
 4 oz. crab meat, canned
 1 cup vegetable broth
 1 tbsp. fresh parsley
 2/3 tbsp. olive oil

Rinse and chop vegetables and parsley; set parsley aside. Chop garlic. In a non-stick saucepan heat oil on medium heat and sauté vegetables with garlic until tender. Add wine, tomato paste, broth and cayenne pepper. Cover and cook for about 10 minutes. Add cream, remove from heat and puree in blender. Return mixture to saucepan. Drain crab meat; add to mixture and warm for about 1 minute at low heat. Sprinkle parsley on top and serve.
 Note: If mixture is too thick, add water for desired consistency.

Sesame Beef

6 oz. beef, loin cut
 1/2 clove garlic
 1/2 tsp. onion powder
 2 tsp. sesame oil
 2 portabella mushrooms
 2/3 tbsp. sesame seeds

Mince garlic and slice mushroom; set aside. Rinse and slice beef into inch-wide strips. Heat sesame oil in a nonstick skillet over medium heat and sauté beef and garlic for about 5-6 minutes, or until beef is no longer pink. Half way through cooking time, add sliced mushroom to pan. Add sesame seeds and onion powder to beef and cook one minute more.

Roasted Asparagus

2/3 cup cooked asparagus
 1/3 tbsp. olive oil

Preheat oven to 425 degrees F. Place asparagus in a single layer in roasting pan. Drizzle with the olive oil and roast about 5-6 minutes, turning once. Note: You can use fresh asparagus instead and increase cooking time about 5-8 minutes.

Tuscan Scrambled Eggs

2 large eggs
 1/4 tsp. black pepper
 2/3 tbsp. olive oil

Whisk eggs with black pepper. Heat oil in nonstick skillet to medium high heat and scrambled eggs until set.

Traditional Tuna Fish Over Salad Greens

4 oz. tuna, packed in oil
 1 tbsp. mayonnaise
 6 cherry tomatoes
 2 cups mixed salad greens
 2 tbsp. Atkins Sweet Dressing

Drain and flake tuna; mix with mayonnaise and set aside. Rinse and cut tomatoes. Toss greens with tomatoes and dressing and top with tuna salad.

Creamy Scrambled Eggs and Onions

2 large eggs
 2 tbsp. heavy cream
 1/2 green onion

Dice onion. In a small bowl, whisk egg and heavy cream until slightly fluffy. Stir in onion. Over medium heat, spray non-stick skillet lightly with cooking spray and add scramble egg mixture until set.

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