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## Atkins Diet Breakfast

Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast

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## Introduction

I want to thank you and congratulate you for downloading the book, "*Atkins Diet Breakfast Ideas, Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast!*"

This book contains proven steps and strategies on how to prepare Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast breakfast using the Atkins Nutritional Approach.

Dr. Robert Atkins was a well-known cardiologist who discovered the Atkins diet. He discovered it when he was searching for a dietary method to resolve his own weight problems. He then studied a research published by Alfred W. Pennington about a low-carbohydrate diet and recommended it to his patients.

Atkins diet is a diet that is high in protein Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast and fat, but low in carbohydrates and sugar. In this book, you will find out about preparing breakfast meals that strictly follow the principles of Atkins diet to improve your health and figure.

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Thanks again for downloading this book, I hope you enjoy it!

## Chapter 1 – Acceptable Foods

If you are planning to go through the Atkins diet, you have to take note that you need to regulate the foods you will eat. You need to avoid some foods or ingredients in preparing meals during the first two weeks of the diet. Your choices for ingredients will increase gradually after completing the first two weeks.

For example, legumes will only be allowed during Phase 3 and you can Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast only consume brown rice once you are on the later part of the diet plan.

These regulations are all part of the guide used for Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast Atkins diet.

### **Phases of Atkins Diet**

Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast Atkins diet features four phases that serve as a guide for successful dieting. Each phase has

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different goals and purpose. Carbohydrate intake increases while you move towards the later part of the diet.

## **Phase 1 – Induction**

Suggested Total Net Carb per day: 20g

Atkins Diet Phase 1 refers to the first 2 weeks of the diet. You can think of the following goals during this phase:

Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast  
Avoid consuming more than 20 grams of carbs per day during this Phase. As for this, it is advisable to get most of the carbs from Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast non-starchy veggies and salad greens. Do not assume that a certain food is low in carbohydrates. Spend time checking the nutritional information panel found on the food's package all the time. Using a carb counter can also help.

## **Phase 2 – Ongoing Weight Loss**

Suggested Total Net Carb per day: 25-50g

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After the first two weeks, you should have lost a few pounds and have lower hunger levels and cravings, but you may still be wondering about what foods to prepare at this point.

You can increase your total carb intake. Do this in 5-gram increments whenever desired. New choices of food to eat are available too.

In this phase, you can use more variety of cheeses, fruits and nuts for food preparation.

### **Phase 3 and 4**

These phases are all about maintenance now. The key point here is to maintain your weight, levels of hunger and cravings. Since you are on the later part of the diet, you can now enjoy any of what is in the low carb food lists.

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Reaching phases 3 and 4 opens up the door for other restricted foods since you can now use some of them. You can now use legumes and other vegetables, even brown rice, as ingredients for your meals.

There is no daily limit for carb intake anymore.

## **Foods you can Eat**

The Atkins diet requires you to adhere to a few restrictions in foods or ingredients especially when you are on a certain phase like the induction phase.

It is good to know Atkins Diet Breakfast: Energize Your Morning Breakfast with a Healthy Atkins Diet Breakfast what you can eat. You should also set goals so you can easily follow certain limitations. You will also need to know how to count carbs. This can help you determine what specific foods you should eat and what you should avoid.

## **Atkins Diet Breakfast Energize Your Morning Breakfast With A Healthy Atkins Diet Breakfast**

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