

ATKINS WEIGHT LOSS DIET ESSENTIALS



Dr Robert C. Atkins (1930-2003) was a prominent American physician and cardiologist who developed and popularised the Atkins Diet. The fundamental principle of the Atkins Diet revolves around Dr Atkins' hypothesis that excessive consumption of carbohydrates and heightened sensitivity to them are the underlying causes of overweight issues. According to his theory, weight gain is primarily influenced by how our bodies process carbohydrates rather than the amount of fat we consume. Dr Atkins posits that numerous individuals struggling with weight problems might be "insulin

USEFUL OVERVIEW OF THE POPULAR ATKINS DIET.

INDUCTION PHASE
20-25g Daily Net Carbs

The induction phase is the most restrictive phase and lasts for a minimum of two weeks. The goal is to kickstart your body's fat-burning metabolism by significantly reducing carbohydrate intake. You are allowed to consume 20-25 grams of net carbs per day, primarily from low-carb vegetables. You can also eat protein-rich foods, such as meat, fish, eggs, and cheese, as well as healthy fats like oils and butter. Foods high in carbohydrates, including grains, sugar, fruits, and

ONGOING WEIGHT LOSS (25-50g Daily Net Carb)

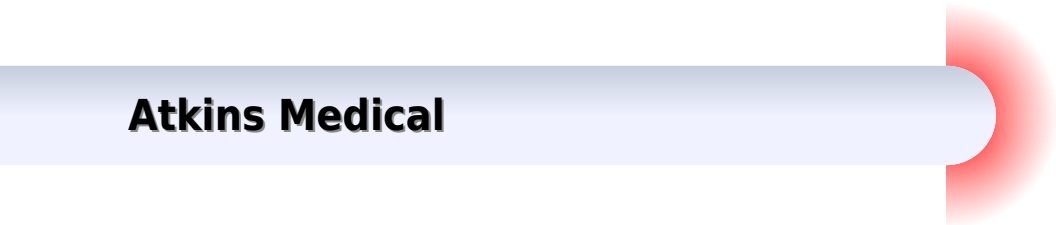
In the ongoing weight loss phase, you gradually increase your daily carb intake by 5 grams each week. The purpose is to find your personal carbohydrate tolerance, which is the maximum amount of carbohydrate you can consume while still losing weight effectively. This phase continues until you are within 10 pounds (4.5 kg) of your target weight. You can introduce a wider variety of low-carb vegetables, small amounts

of the level at which you can maintain your weight without gaining. The focus is on finding the optimal balance of carbohydrates that allows you to sustain your weight loss in the long term. You can add more types

of food—moving to high-protein, nutrient-dense whole foods while avoiding processed carbohydrates and sugar. You continue to monitor your weight and adjust your carbohydrate intake

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100 recipes

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