

ATKIN DIET

Recommended Food Options: Meat of all kind, sea food of Any kind, eggs, Green Vegetables, dairy, Fruits, potatoes, nuts or all kind, healthy oil.

Touch Me Not Food: sugar, pasta, junk food, cold drinks, grains, low fat food, lentils



Days	Breakfast	Lunch	Dinner
Monday	Eggs of any kind with veggies in some oil.	Light Meat Meal with nuts	Meat with veggies and.
Tuesday	Eggs of any kind with meat and Fruits.	Meat with veggies.	Meat of any kind with veggies.
Wednesday	Eggs of any kind with veggies.	Veggies and good Oil.	Meat of any kind with veggies.
Thursday	Eggs of any kind with vegetables.	Meat of any kind with nuts.	Fish of any kind with veggies.
Friday	Eggs of any kind with any kind of meat.	Light Meat with nuts.	Meat of any kind with vegetables.
Saturday	Eggs of any kind with veggies.	Meat of any kind.	Meat of any kind with veggies.
Sunday	Meat of any kind with eggs.	Meat of any kind with veggies.	Light Meat with veggies.

