

# 7-Day Ketogenic Menu for Atkins Induction

## Day 1

### Breakfast:

Protein shake  
1-minute muffin, toasted  
1 tablespoon butter

### Lunch:

Baked chicken leg and thigh  
1 cup broccoli  
1 tablespoon butter

### Dinner:

Pork chop sautéed in butter  
2 cups of salad greens with tomatoes, cucumbers, and green onions  
2 tablespoons of homemade dressing

## Day 2

### Breakfast:

3-egg omelet  
4 slices of bacon  
1-minute muffin, toasted  
1 tablespoon butter  
1 cup chicken broth

### Lunch:

2-cup Chef salad with ham, chicken, hard-boiled eggs, bacon, 2 oz of cheese  
2 to 3 tablespoons homemade dressing  
10 to 20 olives

### Dinner:

½ pound cheeseburger on Oopsie rolls  
Mustard - sugar-free Ketchup  
Lettuce and tomato for the burger  
Assorted raw veggies with homemade Ranch dressing  
½ small avocado made into guacamole, served with pork rinds

## Day 3

### Breakfast:

Ham & cheese (2 oz cheese) omelet with remaining avocado  
1-minute muffin, toasted  
1 tablespoon butter

### Lunch:

Chicken wings with homemade Ranch or Bleu-cheese dressing  
Deviled eggs  
1 cup coleslaw  
10 to 20 olives

### Dinner:

8 oz steak  
2 cups of salad greens with tomatoes, cucumbers, bacon, & 2 oz of cheese  
2 tablespoons homemade dressing  
1 cup beef broth with egg drizzle, garnish with chives

### Beverages:

Coffee  
Tea  
Water  
Sparkling water

### Sweeteners:

100% Stevia  
100% Monk Fruit  
100% Erythritol  
or blend of the above

### Snacks:

Hard cheeses  
Eggs  
Tuna  
Pork rinds  
Chicken / Beef broth  
Ham roll-ups  
Leftovers

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## Day 4

### Breakfast:

Protein shake

### Lunch:

Ham & Cheese sandwich on  
Oopsie rolls  
Mayonnaise / mustard and  
Lettuce & tomato, if desired

### Dinner:

6 oz fish with butter & herbs  
2 cups of salad greens with  
tomatoes, cucumbers, and  
radishes  
2 tablespoons of homemade  
dressing  
1 cup broccoli or cauliflower, or  
mix of both

## Day 5

### Breakfast:

1 cup chicken-veggie soup  
1-minute muffin, toasted  
1 tablespoon butter

### Lunch:

Chicken or tuna salad w/ bacon,  
green onions, celery & spices on  
Oopsie rolls  
Pork rinds with  $\frac{1}{2}$  cup homemade  
salsa

### Dinner:

6 oz sliced pork roast  
2 cups of salad greens with  
tomatoes, cucumbers, green  
onions, & radishes  
2 tablespoons homemade  
dressing

## Day 6

### Breakfast:

Protein shake

### Lunch:

2-cup Chef salad with tuna,  
cheese, eggs, crumbled bacon  
2 to 3 tablespoons homemade  
dressing  
10 to 20 olives

### Dinner:

Meatballs made with crushed  
pork rinds simmered in Alfredo  
sauce served over  
1 cup green beans with  
mushrooms  
Deviled eggs

### Beverages:

Coffee  
Tea  
Water  
Sparkling water

### Sweeteners:

100% Stevia  
100% Monk Fruit  
100% Erythritol  
or blend of the above

### Snacks:

Hard cheeses  
Eggs  
Tuna  
Pork rinds  
Chicken / Beef broth  
Ham roll-ups  
Leftovers

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## Day 7

### Breakfast:

2 eggs, scrambled  
3 slices of bacon  
1-minute muffin, toasted  
1 tablespoon butter

### Lunch:

Baked chicken leg & thigh  
1 cup veggie salad with  
homemade dressing

### Dinner:

8 oz fish spread with mayo and  
rolled in crushed pork rinds  
and Parmesan cheese, baked  
1 cup coleslaw  
Small raw vegetable tray with  
homemade Ranch dressing

## Notes:

### ELECTROLYTES

Avoid the “keto flu.” Recommended that you drink normally, and add salt to your diet (about 2 to 3 teaspoons / 5000-7000mg/day). You will also need magnesium, 300-500mg in malate, glycinate, or citrate form (not oxide). Malate is kindest to the system. Most people won't have issues with malate, glycinate, or citrate. But for those that do, malate will be most gentle. It's also very readily absorbed, so you're not excreting a large part of what you ingest. Foods rich in magnesium include raw spinach, mackerel and avocados. Transdermal is the best way to absorb magnesium, so try soaking in an epsom salt bath or spray magnesium oil on your body in the morning (it's also a natural deodorant). If you take a supplement, take it in the evening. Eat potassium rich foods such as raw spinach, salmon, avocado, mushrooms, pork tenderloin, sirloin steak or add NoSalt® when you cook (recommended 1000-3500mg/day).

### ELIMINATE PROCESSED FOODS

The original Induction plan called for diet sodas, sugar-free gelatin, dressings and ketchup. I recommend making these things at home instead to avoid the preservatives and chemicals. Make your mayo, dressings, broths, and ketchup from scratch using whole ingredients. There are great recipes that can be found online. Once you start making homemade mayo and dressings, you will be hooked. I completely eliminated treats like sugar-free gelatin from this 7-day plan in order to cleanse my system and palate from sweets. If you must have a diet soda, use a soda sweetened with stevia such a Zevia®.

### TRACKING

It's not necessary to track your calories / macronutrients during Induction. You may want to record a starting weight, take measurements and snap a “before” photo.

### QUALITY

Pick organic, grass-fed, nitrate-free, whole foods where you can. Choose a low carb, no sugar, non-soy protein powder.

### Beverages:

Coffee  
Tea  
Water  
Sparkling water

### Sweeteners:

100% Stevia  
100% Monk Fruit  
100% Erythritol  
or blend of the above

### Snacks:

Hard cheeses  
Eggs  
Tuna  
Pork rinds  
Chicken / Beef broth  
Ham roll-ups  
Leftovers