

YES! YOU CAN RECOMMEND A LOW-CARB LIFESTYLE ON A VEGETARIAN DIET

THE ATKINS NUTRITIONAL APPROACH® is driven by science and designed for life. Backed by decades of independent, peer-reviewed research and Scientific Advisory Board oversight, it's been shown to promote effective weight loss and healthy weight maintenance, improve many risk markers and support overall good health.

It's also intended as a long-term lifestyle, which means flexibility is essential. The Just the Right Amount of Atkins diet plan can flex to fit almost any patient's food preferences or healthy eating pattern – including a vegetarian diet, which is typically higher in carbohydrates and offers more limited proein choices.

WHY IT WORKS!



Includes 100 grams of net carbs (total carbs minus fiber) each day, allowing portion control options for higher carb protein sources:

- Soy
- Beans
- Lentils
- Peas
- Milk and yogurt
- Whole grains



Works well with other lower-carb sources of vegetarian protein:

- Nuts
- Seeds
- Eggs
- Cheese
- Vegetarian meat alternatives



Makes healthy eating simple and accessible:

- Encourages a variety of fruits, healthy fats and an abundance of colorful vegetables
- Makes room for pleasurable foods
- Encourages patients to prioritize their preferred carb choices and keep track throughout the day

Share this sample meal plan **(see reverse side)** for inspiration and encourage patients to start making more carb-smart choices.

SAMPLE MENU: A SNAPSHOT OF A CARB-CONSCIOUS, VEGETARIAN MEAL PLAN

This sample meal plan demonstrates how doable and delicious a low-carb, plant-based lifestyle can be.



VEGGIE OMELET AND APPLE SLICES

BREAKFAST: **27.0 g NET CARBS**

Start your day with a satisfying plate packed with protein and produce. Fiber from fruits and veggies and high-quality protein from eggs provide fullness and endurance to start the day.

- 2 eggs, 1 egg white
- 1/4 cup bell pepper
- 1/4 cup mushrooms
- 1/4 cup spinach
- 2 Tbsp onion
- Cooking spray (1 spray)

APPLE:
- 1 apple, cut into slices

COFFEE:
- 8 oz coffee
- 2 Tbsp whole milk



ALMONDS

SNACK: **7.0 G g NET CARBS**

Nuts make a great snacking food! They provide plant-based protein, filling fiber and heart-healthy fat.

- 1/2 cup almonds



SOUTHWESTERN SALAD

LUNCH: **27.0 g NET CARBS**

Protein-rich beans and nutrient-dense starchy vegetables are welcome on the Atkins Diet! This savory and spicy salad features black beans and corn as well as a heart-healthy dressing made with avocado oil.

- 1 cup mixed baby greens
- 1/2 cup black beans
- 1 oz shredded cheddar cheese
- 1/4 cup tomatoes, chopped
- 1/4 cup green bell pepper
- 1/3 cup corn
- 2 Tbsp red onion
- 2 Tbsp jalapeno

SALAD DRESSING:
- 2 Tbsp avocado oil
- 1 Tbsp lime juice
- 1/2 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste

ICED TEA:
- 8 oz unsweetened iced tea with lemon wedge



CELERY STICKS WITH PEANUT BUTTER

SNACK: **7.0 g NET CARB**

Choose snacks that offer a satisfying combination of protein and fiber to keep you feeling full until dinner time.

- 2, 8-inch stalks, cut into 4, 4-inch pieces
- 2 Tbsp peanut butter



GARLIC & GINGER STIR FRY

DINNER: **27.0 g NET CARBS**

Did you know there are 60 Foundational Vegetables included in the Atkins Diet? Make this stir-fry your own by adding your favorite veggies. And, don't forget the soba noodles or quinoa! High-fiber carbohydrates are always allowed on the Atkins 100 plan.

- 1 cup tofu
- 1/2 cup soba noodles
- 1/4 cup carrots, chopped
- 1/2 cup broccoli florets
- 1/4 cup mushrooms
- 2 Tbsp onions, chopped
- 1 clove fresh garlic
- 1 Tbsp canola oil

STIR FRY SAUCE:
- 2 Tbsp fresh ginger
- 1 clove fresh garlic, minced
- 1.5 Tbsp soy sauce
- 1 Tbsp sesame oil

WATER:
- 8 oz plain water

TOTAL NUTRITION:

TOTAL: **95.0 g NET CARBS**

Fat: 143 g
Monounsaturated Fats: 75 g
Polyunsaturated Fats: 34 g
Saturated Fats: 24 g

Protein: 90 g
Fiber: 34 g*
Sodium: 2,105 milligrams*
Potassium: 3,318 milligrams*

Total calories: 2,050

*Within recommended range of daily intake values

Footnote: The lacto-ovo vegetarian dietary pattern features protein from primarily plant-based sources. It includes dairy and eggs, but excludes meat, poultry and seafood. The pattern contains more nuts, seeds, beans, peas, lentils and soy than the traditional American diet.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.