

# YES! YOU CAN RECOMMEND A LOW-CARB LIFESTYLE ON A MEDITERRANEAN 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 glycemic control 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 Mediterranean diet to support cardiovascular health and weight maintenance.

## WHY IT WORKS!



**Includes 100 grams of net carbs (total carbs minus fiber) each day, allowing portion control options for higher carbohydrate food choices:**

- Dairy
- Fruit
- Legumes
- Starchy vegetables
- Whole grains



**Works well with Mediterranean sources of heart-healthy fats:**

- Avocados
- Fatty fish like salmon
- Nuts
- Olive and other vegetable oils
- Seeds



**Makes healthy eating simple and accessible:**

- Encourages a variety of food choices from each food group
- Makes room for pleasurable foods
- Empowers 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, MEDITERRANEAN MEAL PLAN

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



## SINGLE-SERVE MICROWAVE SHAKSHUKA

BREAKFAST: **25.0 g NET CARBS**

Start your day full of flavor with this dish packed with herbs and spices – not to mention filling protein from egg, beans and farro, a nutrient-dense whole grain.

- 1 medium fresh tomato, roughly chopped
- 1/4 cup no added sugar marinara sauce
- 1/8 cup white cannellini beans
- 1/4 cup farro, cooked
- 1/2 garlic clove, minced
- 1/8 tsp red pepper flakes
- 2 Tbsp fresh herbs (parsley, chives, basil, oregano)
- 1 tsp smoked paprika
- 1 large egg

COFFEE:

- 8 oz coffee
- 2 Tbsp whole milk





## ALMONDS AND GRAPES

SNACK: **12.0 G g NET CARBS**

Nuts make a great snacking food! They provide plant-based protein, filling fiber and heart-healthy fat and pair well with your favorite fruits and vegetables.

- 1/4 cup almonds
- 1/3 cup grapes



## MEDITERRANEAN CHICKPEA SALAD TOPPED WITH GARLIC CHICKEN

LUNCH: **25.0 g NET CARBS**

Protein-rich chicken, chickpeas and feta top this Mediterranean-inspired salad with an abundance of veggies. Add some heart-healthy fat by mixing with your favorite olive oil-based dressing.

- 5 oz chicken breast, grilled
- 1/2 cup chickpeas
- 1/4 cup cucumber, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup artichoke hearts, chopped
- 2 Tbsp red onion, chopped
- 2 Tbsp feta, crumbled
- 1 Tbsp parsley, chopped

LEMON VINAIGRETTE:

- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp oregano
- 1/4 tsp salt
- 1/4 tsp pepper

ICED TEA:

- 8 oz unsweetened iced tea with lemon



## GREEK YOGURT WITH BERRIES

SNACK: **12.0 g NET CARB**

A bowl of protein-packed yogurt topped with fruit and a drizzle of honey makes for a balanced snack that's sure to satisfy until dinnertime. Consider mixing up your fruit toppings throughout the year to match what's in season.

- 1/3 cup plain, 1% Greek yogurt
- 1/4 cup mixed berries
- Drizzle of honey (~1 tsp)



## PESTO SALMON WITH LEMONY ARUGULA AND ORZO

DINNER: **26.0 g NET CARBS**

Heart-healthy salmon pairs perfectly with peppery arugula and lemony orzo, a traditional Mediterranean starchy side dish. Pesto made with olive oil, basil and pine nuts provides additional heart healthy fat and delicious flavor.

- 6 oz salmon
- 1 cup arugula
- 1/2 lemon, grilled
- 1/2 cup orzo

PESTO:

- 2 Tbsp olive oil
- 1/4 cup fresh basil
- 1 clove fresh garlic
- 1 tsp pine nuts
- 2 tsp lemon juice

WATER:

- 8 oz plain water

## TOTAL NUTRITION:

TOTAL: **100 g NET CARBS**

Fat: 111 g
Monounsaturated Fats: 62 g
Polyunsaturated Fats: 22 g
Saturated Fats: 19 g

Protein: 125 g
Fiber: 24 g*
Sodium: 1,481 milligrams*
Potassium: 3,978 milligrams*

Total calories: 1,942

*Within recommended range of daily intake values

**Footnote:** The Mediterranean dietary pattern emphasizes intake of fruits, vegetables, whole grains, legumes and beans. It includes low to moderate consumption of fat-free or low-fat dairy foods, nuts, poultry, fish, vegetable oils (particularly olive oil) and wine. Foods or beverages with high levels of sodium, fat, saturated fat and added sugars are limited.

**Source:** American Heart Association. "What is the Mediterranean Diet?". Last updated January 2020. Available at What is the Mediterranean Diet? | American Heart Association.