



The First 14 Days of Your Diet - The Induction Phase

Suggested Eating Plan

This 14 day induction diet plan focuses on providing your body with the nutrition it needs (protein and fat), while minimizing the food your body doesn't need a lot of (carbohydrates). Focus on keeping your dietary carbohydrates to 20-35g (up to 50g for men) a day for the best results. The foods and beverages on this list are the only foods and beverages to be consumed while in the induction phase. The food can be prepared any way you please, including frying. However, you

are not to use any flour, breading or cornmeal to coat your food.

THE INDUCTION PHASE

This is a brief summary of the Induction Phase, which is Part 1 of the suggested eating plan. This phase is meant to change your body from burning carbohydrates for energy to burning your body fat. The induction phase lasts 14 days. This phase consists of eating mostly protein in the form of meat, chicken, fish and eggs. You will also have fats in the form of mayonnaise, butter and olive oil. Vegetables will consist of leafy greens for salads, all types of cheese (except cottage cheese), and normal salad dressing. No low fat salad dressing is allowed, it contains sugar. The main objective is to keep your carbohydrate consumption between 20 to 35 grams a day (up to 50g for men).

There are no fruit, bread, pasta, potatoes, beans or other starchy vegetables in this phase. No drinks sweetened with aspartame can be consumed. Choose drinks with sucralose while in this phase. You must drink at least half your body weight in ounces of water a day to help flush the toxins from the body.

When you are hungry, EAT AS MUCH AS YOU WANT OF THE FOLLOWING FOODS.

MEAT:

- Beef, (hamburger, steak, etc),
- pork (ham, bacon, pepperoni, etc),
- Lamb,
- Veal,
- Sausage,
- Hot dogs or other meat

Poultry:

- chicken,
- turkey,
- duck or other fowl

Fish & Shellfish:

- tuna,
- salmon,
- catfish,
- sea bass,
- trout,
- shrimp,
- scallops,

●crab

●Lobster

Eggs:

whole eggs are permitted without any restrictions

*Make sure to include your fats. Don't avoid the butter and oils, there don't contain carbs so you're fine. You don't have to deliberately limit quantities, but you should stop eating when you feel full.

Make sure to drink plenty of water.

CHEESE: Up to 4 ounces daily.

(Includes hard, aged cheeses such as swiss, cheddar, brie, camembert, brie, mozzarella, gruyere, cream cheese and goat cheeses as well. No cottage cheese)

CREAM: Up to 2 tablespoons daily

MAYONNAISE: Up to 2 tablespoons daily

OLIVES: (black or green) up to 6 daily

AVOCADO: up to ½ of the fruit daily

LEMON/LIME JUICE: Up to 2 teaspoons daily

SOY SAUCES: Up to 2 tablespoons daily

PICKLES, dill or sugar free: Up to 2 servings daily

ZERO CARB SNACKS:

- Sugar free jell-o,
- pork rinds,
- pepperoni slices,
- ham, turkey,
- beef jerky
- deviled eggs

ALCOHOL: Alcohol shouldn't be consumed while in this phase.

Salad green and non-starchy vegetables **MUST BE EATEN DAILY**. However, make sure it is within the limited amounts.

LEAFY GREENS: 2 cups daily.

This includes romaine, arugula, bok choy, cabbage, chard, chives, endive greens, kale, lettuce, parsley, spinach, radicchio, radishes, scallion and watercress. If it has a leaf, you can eat it.

NON-STARCHY VEGGIES: 1 cup (measured, uncooked) daily. Includes artichokes, asparagus, broccoli, Brussel sprouts, cauliflower, celery, cucumber, eggplant, green beans, jicama, leeks, mushrooms, okra, onions, peppers, pumpkin, shallots, snow peas, sprouts, sugar snap peas, summer squash, tomatoes, rhubarb, wax beans and zucchini.

If you do not have high blood pressure or heart failure, then use boullion as needed during the first few weeks of the diet to minimize headache or fatigue.

BOULLION: Up to 2 times daily- as needed for sodium replenishment. Clear broth (consomme') is strongly recommended. Unless you're told to restrict your salt intake, do not use the low sodium boullion.

TIPS

- Carb cravings are common the first week of the program. This can be relieved by taking L-glutamine. L-glutamine is found in Lose A Pound Daily's "Skinny Drops" and can be purchased here.
- When on the run and preparing dinner is difficult, rotisserie chicken from your grocer's is an acceptable meal.
- Fast food options include the grilled chicken from KFC as well as Chicken Caesar salad from McDonald's. Most

places will serve their hamburgers without the bun...just ask.

- Also seek Pinterest for tons of recipes.

SNACKS

- Cubed cheese,
- string cheese,
- pepperoni slices,
- almonds, cashews,
- Atkins bars,
- all forms of jerky,
- pork rinds,
- hardboiled eggs,
- sugar free jell-o,
- dill pickles,
- sugar free popsicles,
- Breyers Carb Smart ice cream bars,
- slim jims or beef sticks,
- sugar free hard candy,
- lunch meats
- Carb Master Yogurt at Kroger.

REMINDERS:

Eat when you are hungry, stop eating when you're full. The program works best on a "demand feeding" type basis. Don't just eat to be eating. A low carb program has a natural

appetite reduction affect to ease you into the consumption of smaller and smaller quantities comfortably. You do not have to eat everything on your plate and you are not counting calories. Enjoy losing weight comfortably, without hunger and without cravings.

IMPORTANT REMINDERS about the 14 Day Induction Diet :

The following are NOT on the program. Sugar, bread, cereal, flour, fruit, juice, honey, whole or skimmed milk, yogurt, canned soups, dairy substitutes, ketchup, sweet condiments and relishes.

Avoid these common mistakes: Beware of the “fat-free” or “lite” diet products and foods containing hidden sugars and starches (such as cole slaw or sugar free cookies and cakes).

Check the labels of liquid medications, cough syrups, cough drops, and other over the counter medications that may contain sugar. Avoid products that are labeled “Great for Low-Carb Diets!”

Once you’ve completed the 14 day induction diet, you may transition to our Low Carb Cycling Program or any other Low Carb Program you may choose.

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