

Planning for Atkins

When it comes to the Atkins diet, your success will lie in your planning. Making sure you have the proper foods on hand when you begin your diet will go a long way toward your ongoing weight loss. There are many suggestions for Atkins diet meals in the Atkins books, and there are plenty of resources online for Atkins and low-carb recipes.

Planning your meals and snacks will be an important part of your life when you are on this diet. That advice really goes for any diet. When you eat whatever you like, you gain weight. Your current weight and health problems are a direct result of letting your eating habits go unchecked for so long.

As with all diet plans, becoming used to the Atkins way of eating is going to take some time and adjustment. The standard American diet relies heavily on carbohydrates and other restricted foods. Many people grew up on carbohydrate heavy favorites like spaghetti and meatballs, meat and potatoes and pasta casserole. It is going to take some effort and patience to get used to eating in an entirely new way.

There are two different approaches you can take in adjusting your diet. You can find replacements for your favorite foods with "mock" carbohydrates. For example, lasagna made with eggplant or zucchini instead of pasta is much more carb-friendly than the regular variety. Spaghetti squash noodles make a good substitute for spaghetti noodles. There are also many low-carb or carb-free replacements for bread, pasta and sugar products.

The second approach is to find out how to make new recipes that center around meats and other low-carb foods. There are a wide variety of meats that are acceptable on the Atkins plan. If you are used to just eating ground beef or chicken on a weekly basis, you'll be surprised by the variety of meats that are out there. Try incorporating pork, lamb and ham into your weekly routine. You can also experiment with game fowl like Cornish hen, quail and pheasant. If you've never been a fan of fish, try a different variety. Some people who don't like trout find they have a love of salmon or another fish. Don't forget shellfish like mussels, clams and shrimp. These foods are all acceptable and can add variety to your diet.

Make sure to have some easy to prepare foods on hand for snacks and quick meals. For example, thin sliced cucumbers, radishes and celery mixed with lemon mayonnaise makes a great low-carb meal or dinner salad. Fried peppers, mushrooms and garlic served on arugula with feta cheese is another good option.

Research and try out different low-carb recipes so you have a good base of

knowledge of what to prepare for meals. The most important step you can take in losing weight is planning. Getting a good arsenal of easy to prepare meals will prevent you from hitting the drive through or going to a restaurant and breaking your diet.

If you have delicious food to look forward to everyday, you'll be less bored with your diet. Even during the restrictive induction phase, there are many food combinations that you can use. At first glance, the vegetable and meat options may seem restrictive. But this is only in comparison to what you have been used to eating. With a little planning and creativity, you can find something interesting to eat everyday.

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