

## ATKINS DIET

Protein  
Fats



Food	Protein	Fats
Meat	High	High
Eggs	High	High
Dairy	High	High
Grains	Low	Low
Fruits	Low	Low
Vegetables	Low	Low

Food	Protein	Fats	Carbs
Meat	High	High	Low
Eggs	High	High	Low
Dairy	High	High	Low
Grains	Low	Low	High
Fruits	Low	Low	High
Vegetables	Low	Low	High