

Atkins Diet Recipes

Low Carb Breakfast Egg Muffins with Vegetables and Cheese

🕒 25 min 🍽️ 6 servings

Per serving: 140 Kcal 9g Protein 10g Fat 3g Carbs

Ingredients

- Eggs, 6 large (300 g)
- Salt, 1/4 tsp (1.6 g)
- Mushrooms, 1/2 cup (50 g)
- Olive oil, 1 tablespoons (13.3 g)
- Onions, 1/2 cup (83.3 g)
- Bell peppers, 1/2 cup (74.5 g)
- Cheddar cheese, 1/2 cup (56.5 g)
- Pepper, 1/4 tsp (0.5 g)



Instructions

Preheat the oven to 350°F (175°C) and grease a muffin tin with olive oil or cooking spray.

In a skillet, heat olive oil over medium heat. Add the diced bell peppers, onions, and mushrooms. Sauté until the vegetables are tender, about 5-7 minutes.

In a mixing bowl, whisk the eggs until well beaten. Add the sautéed vegetables, shredded cheddar cheese, salt, and black pepper. Stir to combine.

Pour the egg mixture evenly into the greased muffin tin, filling each cup about 3/4 full.

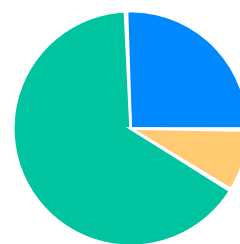
Bake in the preheated oven for 15-20 minutes, or until the egg muffins are set and slightly golden on top.

Remove from the oven and let them cool for a few minutes. Use a knife to gently loosen the edges and remove the egg muffins from the tin.

Serve warm and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	842.3	145.3	140.4
Protein [g]	54.1	9.3	9
Fat [g]	61.6	10.6	10.3
Carbs [g]	17.8	3.1	3
Fiber [g]	3.6	0.6	0.6
Net Carbs [g]	14.2	2.4	2.4



26 % Protein 66 % Fat 8 %
Carbs

Tuna Salad Lettuce Wraps

🕒 15 min 🍽️ 4 servings

Per serving: 182 Kcal 17g Protein 12g Fat 2g Carbs

Ingredients

- Lemon juice, 1 tablespoons (15.2 g)
- Celery, 1/4 cup (22.9 g)
- Mayonnaise, 1/4 cup (58.3 g)
- Tuna, 2 cans (340 g)
- Onion, 1/4 cup (40 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 1 leaves (1 g)



Instructions

In a bowl, combine the drained tuna, mayonnaise, celery, red onion, lemon juice, salt, and pepper.

Mix well until all ingredients are evenly combined.

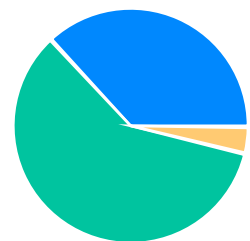
Place a scoop of the tuna salad onto each lettuce leaf.

Wrap the lettuce leaf around the tuna salad, securing it with toothpicks if necessary.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	725.8	151.4	181.5
Protein [g]	65.8	13.7	16.5
Fat [g]	47	9.8	11.8
Carbs [g]	6.1	1.3	1.5
Fiber [g]	1.1	0.2	0.3
Net Carbs [g]	5	1	1.3



37 % Protein 60 % Fat 3 % Carbs

Chicken Stir Fry with Bok Choy and Mushroom

🕒 30 min 🍽️ 4 servings

Per serving: 225 Kcal 26g Protein 10g Fat 7g Carbs

Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Salt**, 1 1/2 teaspoons (8.9 g)
- **Green onions**, 2 green onions (24 g)
- **Bok choy**, 4 cup (276 g)
- **Mushrooms**, 1 cup, whole (96 g)
- **Ginger**, 1 tablespoon (7 g)
- **Garlic**, 4 clove (12 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Chicken breasts**, 1 lb (453.6 g)
- **Coconut aminos**, 1/4 cup (60 g)



Instructions

In a large skillet or wok, heat the coconut oil over medium-high heat.

Add the minced garlic and grated ginger to the skillet, and sauté for 1-2 minutes until fragrant.

Add the sliced chicken breasts to the skillet, and cook until browned and cooked through, about 5-7 minutes.

Remove the chicken from the skillet and set aside.

In the same skillet, add the chopped bok choy and sliced mushrooms.

Sauté the vegetables for 3-4 minutes until slightly tender.

In a small bowl, whisk together the coconut aminos, apple cider vinegar, and salt.

Pour the sauce into the skillet with the vegetables, and stir to coat.

Add the cooked chicken back to the skillet, and toss everything together.

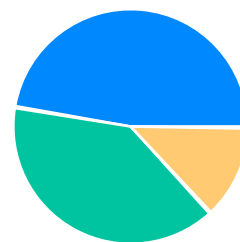
Cook for an additional 2-3 minutes to heat everything through.

Serve the stir fry hot, garnished with chopped green onions.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	901.6	92.1	225.4
Protein [g]	104.7	10.7	26.2
Fat [g]	38.7	4	9.7
Carbs [g]	28.3	2.9	7.1
Fiber [g]	4.7	0.5	1.2
Net Carbs [g]	23.6	2.4	5.9



48 % Protein 40 % Fat 13 %
Carbs

Pan Fried Pork Chops with Broccoli Salad

🕒 30 min 🍽️ 4 servings

Per serving: 353 Kcal 31g Protein 23g Fat 5g Carbs

Ingredients

- **Lemon juice**, 1 tablespoon (14.7 g)
- **Apple cider vinegar**, 2 tablespoon (30.1 g)
- **Thyme**, 1/2 teaspoon (0.5 g)
- **Coconut oil**, 2 tablespoon (26.1 g)
- **Pork chops**, 4 (536 g)
- **Sea salt**, 1 1/4 teaspoon (7.5 g)
- **Garlic powder**, 1/2 teaspoon (1.5 g)
- **Broccoli florets**, 2 cups (182 g)
- **Onion**, 1/4 cup (40 g)
- **Parsley**, 1/4 cup (15 g)
- **Extra virgin olive oil**, 2 tablespoons (28 g)



Instructions

In a mixing bowl, combine 1 teaspoon salt, dried thyme, and garlic powder. Rub the mixture onto both sides of the pork chops.

Heat coconut oil in a large skillet over medium-high heat. Add the pork chops and cook for about 4-5 minutes per side, or until cooked through and nicely browned. Remove from the skillet and set aside.

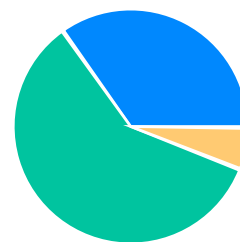
In a separate mixing bowl, combine apple cider vinegar, extra virgin olive oil, lemon juice, and 1/4 teaspoon salt. Whisk until well combined.

In a large salad bowl, combine broccoli florets, sliced red onion, and chopped fresh parsley. Pour the dressing over the salad and toss until all ingredients are well coated.

Serve the pan fried pork chops with the AIP broccoli salad on the side. Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1410.6	160	352.7
Protein [g]	121.9	13.8	30.5
Fat [g]	92	10.4	23
Carbs [g]	19.5	2.2	4.9
Fiber [g]	6.3	0.7	1.6
Net Carbs [g]	13.2	1.5	3.3



35 % Protein 59 % Fat 6 %
Carbs

Lemon Ginger Tea (unsweetened)

🕒 10 min 🍽️ 2 servings

Per serving: 5 Kcal 0g Protein 0g Fat 1g Carbs

Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Ginger**, 1 tablespoon (7 g)
- **Water**, 2 cups (473.2 g)



Instructions

In a small saucepan, bring the water to a boil.

Add the grated ginger to the boiling water and let it simmer for 5 minutes.

Remove the saucepan from heat and strain the ginger pieces using a fine-mesh strainer.

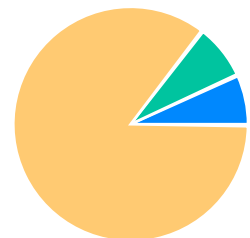
Stir in the lemon juice and maple syrup into the ginger-infused water.

Pour the tea into mugs and serve hot.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	8.9	1.8	4.5
Protein [g]	0.2	0	0.1
Fat [g]	0.1	0	0.1
Carbs [g]	2.3	0.5	1.2
Fiber [g]	0.2	0	0.1
Net Carbs [g]	2.1	0.4	1.1



7 % Protein 7 % Fat 86 % Carbs

Herbed Chicken Breast with Brussel Sprouts

🕒 15 min 🍽️ 2 servings

Per serving: 274 Kcal 26g Protein 17g Fat 6g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salt and pepper, 2 tsp (4 g)
- Italian Seasoning, 1 tablespoon (5 g)
- Chicken breasts, 2 portion (226 g)
- Brussels sprouts, halved, 2 serving (88 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the chicken breasts on a baking sheet lined with parchment paper.

Drizzle olive oil over the chicken breasts, then sprinkle with dried Italian herbs, salt, and pepper.

Toss the Brussel Sprouts with olive oil, salt, and pepper in a separate bowl.

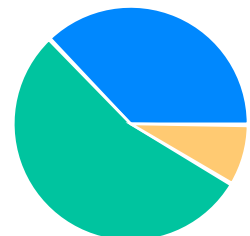
Arrange the Brussel Sprouts around the chicken breasts on the baking sheet.

Bake in the preheated oven for 10-12 minutes, or until the chicken is cooked through and the Brussel Sprouts is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	547.4	156.4	273.7
Protein [g]	51.4	14.7	25.7
Fat [g]	33.3	9.5	16.7
Carbs [g]	11.3	3.2	5.7
Fiber [g]	5.5	1.6	2.8
Net Carbs [g]	5.8	1.7	2.9



37 % Protein 54 % Fat 8 % Carbs

Spinach and Mushroom Scramble

🕒 10 min 🍽️ 2 servings

Per serving: 139 Kcal 10g Protein 10g Fat 2g Carbs

Ingredients

- Eggs, 3 medium (132 g)
- Mushrooms, 1/2 cup, whole (48 g)
- Olive oil, 2 teaspoons (8 g)
- Salt and pepper, 1 pinch (0.1 g)
- Spinach, 1 cup (30 g)



Instructions

Heat olive oil in a non-stick skillet over medium heat.

Add mushrooms and sauté for 2-3 minutes until they start to soften.

Add spinach to the skillet and cook for another 1-2 minutes until wilted.

In a separate bowl, whisk the eggs with salt and pepper.

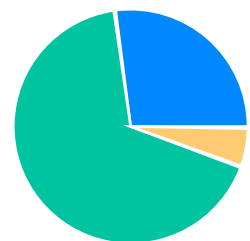
Pour the whisked eggs into the skillet with the spinach and mushrooms.

Stir gently until the eggs are fully cooked and scrambled, about 3-4 minutes.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	276.9	127	138.5
Protein [g]	18.9	8.7	9.5
Fat [g]	20.8	9.5	10.4
Carbs [g]	3.6	1.7	1.8
Fiber [g]	1.1	0.5	0.6
Net Carbs [g]	2.5	1.1	1.3



27 % Protein 68 % Fat 5 % Carbs