

File Created by [Blogging Rebirth](#) WP Plugin

Atkins Diet Recipes

Many people think that the Atkins diet means they have to eat energy bars, avoid bread and to say goodbye to desserts forever. Nothing could be further from the truth. If you look on the internet for Atkins diet recipes (or even in bookstores) you will see that the Atkins diet allows you to eat most of the things that you eat now.

Of course, there is a huge amount of controversy regarding the Atkins diet. The American Medical Association and many expert nutritionists question whether the Atkins diet is healthy and whether or not those who follow it will actually lose weight. While it's true that body types and nutritional requirements differ from person to person and that means that for some, the Atkins diet may not work. But the evidence is there when you examine those people who conscientiously follow this diet, both in terms of weight and health due to healthier eating habits.

Many people who decide to use this diet plan their daily routine according to regular meal times (ie. breakfast, morning tea, lunch, afternoon tea and dinner.) The essence of the Atkins diet is not eating less, but rather monitoring and controlling your nutrient intake. The Atkins diet recipes are frequently broken down into the following groups; Appetizers, Entree (first course), main course, beverages, grains and breads and dessert.

No matter what your food likes and dislikes or what cultural influences you have on your eating habits you will find it easy to adapt the Atkins diet to suit yourself. Furthermore, it is easy to find the recipes that suit your meal, for example, if you want a dinner or dessert beverage, both will be found in the beverage section.

Search for a variety of recipes that appeal to you then incorporate them into your Atkins diet. Just keep in mind that the aim of the Atkins diet is to make you healthier rather than provide an alternative to eating breads and other high carb items.

You will discover that in many ways the Atkins diet is similar to other diets you may follow. It isn't about forced reduction in the consumption of foods you enjoy, but rather, it is about limiting yourself in certain areas where necessary while providing the nutrition you need to improve your health and fitness. You will find that there are many recipes that will be to your liking, including chocolate recipes, slushies and desserts. If you are looking for a diet that you can adapt to fit your needs and likes then the Atkins diet could be perfect for you. You can even make your favorite treats healthy for you.

Okay, here are a couple of Atkins diet recipes.

Atkins Diet Recipe #1

Mushroom and Cheese breakfast Omelette

- 1/2 oz butter
- 1/4 cup sliced mushrooms
- 1/8 cup red onion - chopped
- 2 chopped garlic cloves
- mustard, thyme, salt and pepper to taste
- 3 eggs
- 1/8 cup parsley
- 1/3 cup shredded Mozzarella cheese

Melt some butter in a frypan over medium heat and make sure it spreads evenly. Add mushrooms, onion, garlic and thyme. Saute for four minutes, stir in mustard add salt and pepper to taste. Remove from heat.

Beat eggs in a bowl, add parsley and half the cheese, stir till mixed. Melt some butter in a frying pan over medium heat, add the egg mixture. Make sure the inside base of the pan is covered with egg mixture. Lift the omelet with a spatula periodically to allow uncooked egg to run under and to avoid sticking.

Top the omelet with the mushroom mix and the rest of the mozzarella. Enjoy!

Atkins Diet Recipe #2

BLT Salad

Ingredients:

- 7 slices bacon - cooked crisp, drained and crumbled
- 1 cup chopped lettuce
- 1/8 cup chopped onion
- 1/2 tomato chopped
- 1 tablespoon mayonnaise

Method:

Place tomato, lettuce and onion in a bowl and stir in mayonnaise till evenly coated then add bacon.

Atkins Diet Recipe #3

Baked Almond Chicken (Entree)

- 6 skinless chicken breast fillets
- 1 cup whipping cream
- 1 tsp celery salt
- 1 tsp paprika
- ½ tsp seasoned salt
- 1 tsp curry powder
- ¼ tsp pepper
- ¼ tsp almond extract
- ½ cup sliced or slivered toasted almonds

Note: tsp is short for teaspoon.

Arrange chicken in a greased baking dish.

Mix cream and seasonings together.

Pour cream mixture over and around chicken.

Bake uncovered, at 350F (190C) for 45 minutes.

Sprinkle almonds over the top.

Bake uncovered, for 5-8 minutes or until golden brown.

Atkins Diet Recipe #4

Egg Nog

Ingredients:

- 1 egg (or 2oz egg substitute)
- Granular sugar substitute to taste
- 1/4 teaspoon vanilla extract
- 1 cup full cream milk
- 1/4 cup dark rum or brandy (optional)
- Cinnamon or nutmeg

Method:

Beat egg and sugar substitute together in a bowl. Add vanilla, milk and rum or brandy (if using); mix thoroughly. Sprinkle top with cinnamon or nutmeg.

Note: 1 or two teaspoons of Rum or Brandy essence can be used in place of alcohol for flavor

You can also find this article published on [Atkins Diet Recipes](#)