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By Jennifer Jenkins

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<http://seatrainsgq/pcos-low-carb-fruit>

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Learn about low carb/high protein diets, the concerns about them and what the research shows. Also called the "Atkins Diet", this diet is very popular but has a

http://www.brighamandwomens.org/patients_visitors/pas/nutrition/services/healthweightforwomen/special_topics/intelihealth0803.aspx

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Calorie Secrets What to eat on a high protein -

A high protein low carb diet is not for everybody, however studies have suggested that for some people this type of diet is an effective way to reduce fat and weight.

<http://www.caloriesecrets.net/what-to-eat-on-a-high-protein-low-carb-diet/>

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<http://oregonuncovered.com/read/2156063/high-protein-low-carb-recipes>

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The Protein Power Diet: Low Carb, High Protein -

Like many high-protein, low-carb diets, you may really need to change what you're eating while you're on this plan. Lose Weight With These 9 Foods. Slideshow.
<http://www.webmd.com/diet/protein-power-what-it-is>

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