<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Atkins Frozen</td>
<td>5 oz ground beef</td>
<td>1 tsp olive oil</td>
<td>Atkins Meal</td>
<td>½ medium red bell pepper</td>
<td>2 cups chopped spinach</td>
<td>Atkins Frozen</td>
</tr>
<tr>
<td>Farmhouse-Style</td>
<td>1 Tbsp olive oil</td>
<td>¼ cup chopped red bell pepper</td>
<td>Strawberry</td>
<td>1 Tbsp olive oil</td>
<td>1 Tbsp olive oil</td>
<td>Tex-Mex Scramble</td>
</tr>
<tr>
<td>Sausage Scramble</td>
<td>½ cup chopped onion</td>
<td>2 large eggs</td>
<td>Almond Bar</td>
<td>½ Hass avocado</td>
<td>1 oz Monterey Jack Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ cup chopped onion</td>
<td>¼ cup shredded Cheddar</td>
<td></td>
<td>½ Hass avocado</td>
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<tr>
<td></td>
<td>½ cup shredded cheddar</td>
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<td><strong>SNACK</strong></td>
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<td></td>
</tr>
<tr>
<td>1 small zucchini</td>
<td>Atkins Milk</td>
<td>Atkins Vanilla</td>
<td>Atkins Cafe</td>
<td>Atkins Frozen</td>
<td>Atkins Day</td>
<td></td>
</tr>
<tr>
<td>1½ oz Cheddar</td>
<td>Chocolate Delight Shake</td>
<td>Shake</td>
<td>Cafe Caramel</td>
<td>Sesame Chicken</td>
<td>Break Cranberry</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Shake</td>
<td>Stir-Fry</td>
<td>Almond Bar</td>
<td></td>
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</tr>
<tr>
<td><strong>LUNCH</strong></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Atkins Frozen</td>
<td>1 cup mixed</td>
<td>Atkins Meal</td>
<td>Atkins Meal</td>
<td>Atkins Frozen</td>
<td>Atkins Frozen</td>
<td></td>
</tr>
<tr>
<td>Crustless Chicken Pot-Pie</td>
<td>greens</td>
<td>Chocolate</td>
<td>Strawberry</td>
<td>Crustless</td>
<td>Day Break</td>
<td></td>
</tr>
<tr>
<td>1 cup mixed</td>
<td>Chip Granola Bar</td>
<td>Almond Bar</td>
<td>Almond Bar</td>
<td>Sesame</td>
<td>Cranberry</td>
<td></td>
</tr>
<tr>
<td>greens 2 Tbsp</td>
<td></td>
<td></td>
<td></td>
<td>Chicken</td>
<td>Almond Bar</td>
<td></td>
</tr>
<tr>
<td>Creamy Italian</td>
<td></td>
<td></td>
<td></td>
<td>Sty-Fry</td>
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</tr>
<tr>
<td>Dressing</td>
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<tr>
<td><strong>SNACK</strong></td>
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</tr>
<tr>
<td>Atkins Strawberry Shake</td>
<td>1 cup sliced green bell pepper</td>
<td>Atkins Snack Convenience</td>
<td>Atkins Snack</td>
<td>Atkins Frozen</td>
<td>Atkins Vanilla</td>
<td></td>
</tr>
<tr>
<td>Shake</td>
<td>2 Tbsp Ranch</td>
<td>Coconut Almond Delight Bar</td>
<td>Peanut Butter</td>
<td>Sesame Chicken</td>
<td>Shake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dressing</td>
<td>Bar</td>
<td>Bar</td>
<td>Stir-Fry</td>
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<td><strong>DINNER</strong></td>
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</tr>
<tr>
<td>Atkins Frozen</td>
<td>6 oz chicken</td>
<td>Atkins Frozen</td>
<td>Atkins Frozen</td>
<td>Atkins Frozen</td>
<td>Atkins Frozen</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp;</td>
<td>breast 1 cup</td>
<td>Chicken &amp;</td>
<td>Meatloaf with</td>
<td>Day Break</td>
<td>Frozen</td>
<td></td>
</tr>
<tr>
<td>Broccoli Alfredo</td>
<td>broccoli florets</td>
<td>Broccoli Alfredo</td>
<td>Portobello</td>
<td>Cranberry</td>
<td>Tex-Mex Scramble</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Tbsp Hollandaise Sauce</td>
<td>1½ cups mixed</td>
<td>Mushroom Gravy</td>
<td>Almond Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Tbsp mixed</td>
<td>greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>greens 2 Tbsp</td>
<td>Creamy Italian</td>
<td></td>
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</tr>
<tr>
<td>Creamy Italian</td>
<td>Dressing</td>
<td>Dressing</td>
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</tr>
</tbody>
</table>

**MONDAY**

- **Net Carbs**: 5g • **FV**: 2.1g
- **Foundation Vegetables**: 12.6g
- **Total Net Carbs**: 20.5g

**TUESDAY**

- **Net Carbs**: 6g • **FV**: 6g
- **Foundation Vegetables**: 12.7g
- **Total Net Carbs**: 21.8g

**WEDNESDAY**

- **Net Carbs**: 5.4g • **FV**: 3.1g
- **Foundation Vegetables**: 13.2g
- **Total Net Carbs**: 22.3g

**THURSDAY**

- **Net Carbs**: 3g • **FV**: 0g
- **Foundation Vegetables**: 12.3g
- **Total Net Carbs**: 22.2g

**FRIDAY**

- **Net Carbs**: 7g • **FV**: 5.3g
- **Foundation Vegetables**: 12.2g
- **Total Net Carbs**: 21.9g

**SATURDAY**

- **Net Carbs**: 4.8g • **FV**: 4.6g
- **Foundation Vegetables**: 13.3g
- **Total Net Carbs**: 20.7g

**SUNDAY**

- **Net Carbs**: 5g • **FV**: 1.2g
- **Foundation Vegetables**: 14.7g
- **Total Net Carbs**: 21.7g
<table>
<thead>
<tr>
<th>MONDAY</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atkins Meal Peanut Butter Granola Bar</td>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble</td>
<td>1 Tbsp olive oil 2 cups baby spinach 2 large eggs 1 oz shredded Monterey Jack Cheese ½ Hass avocado ¼ cup Salsa Cruda</td>
<td>Atkins Meal Chocolate Chip Granola Bar</td>
<td>Atkins Frozen Tex-Mex Scramble</td>
<td>Atkins Meal Peanut Butter Granola Bar</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 2.2g • FV 5.8g</strong></td>
<td><strong>Net Carbs 6g • FV 1g</strong></td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 5g • FV 2.1g</strong></td>
<td><strong>Net Carbs 5g • FV 2.1g</strong></td>
<td></td>
</tr>
<tr>
<td>½ Hass avocado 2 Tbsp Ranch Dressing</td>
<td>Atkins Mocha Latte Shake</td>
<td>Atkins Vanilla Shake 1 stalk celery 1 oz Monterey Jack Cheese</td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td>Atkins Snack Caramel Chocolate Nut Roll Bar</td>
<td>5 cherry tomatoes 1 oz Gouda Cheese</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 2.2g • FV 1.3g</strong></td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 1g • FV 0g</strong></td>
<td><strong>Net Carbs 1.4g • FV 1g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 2.9g • FV 2.3g</strong></td>
<td></td>
</tr>
<tr>
<td>Atkins Frozen Swedish Meatballs</td>
<td>6 oz chicken breast ½ medium yellow squash 1 cup mixed greens 3 Tbsp Italian Dressing</td>
<td>Atkins Meal Chocolate Peanut Butter Bar</td>
<td>Atkins Frozen Chicken &amp; Broccoli Alfredo</td>
<td>Atkins Meal Peanut Fudge Granola Bar</td>
<td>Atkins Frozen Beef Merlot</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 6g • FV 3g</strong></td>
<td><strong>Net Carbs 3.9g • FV 3.5g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 7.9g • FV 4.7g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 6g • FV 2g</strong></td>
<td></td>
</tr>
<tr>
<td>10 cherry tomatoes 2 Tbsp Aioli</td>
<td>Atkins Snack Caramel Chocolate Peanut Nougat Bar</td>
<td>1 small zucchini 1½ oz Cheddar</td>
<td>Atkins Café Carmel Shake</td>
<td>1 large tomato 2 Tbsp Ranch Dressing</td>
<td>Atkins Strawberry Shake</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 5.1g • FV 5g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 3.2g • FV 2.2g</strong></td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 5.8g • FV 5g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td></td>
</tr>
<tr>
<td>Atkins Frozen Crustless Chicken Pot Pie</td>
<td>4 oz diced ham 3 cups shredded Romaine lettuce 1 large tomato ½ Hass avocado 2 Tbsp Sweet Mustard Dressing</td>
<td>Atkins Frozen Chili Con Carne</td>
<td>6 oz bone-in pork chop ½ cup cauliflower florets 1 Tbsp olive oil 2 cups hearts of Romaine lettuce ¼ cup shredded Cheddar 2 Tbsp Creamy Italian Dressing</td>
<td>Atkins Frozen Sesame Chicken Stir-Fry</td>
<td>6 oz chicken breast 1 Tbsp olive oil 2 cups chopped arugula 8 cherry tomatoes ½ Hass avocado 1 oz crumbled Feta cheese 2 Tbsp Sweet Mustard Dressing</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 5g • FV 2.3g</strong></td>
<td><strong>Net Carbs 8.4g • FV 7.8g</strong></td>
<td><strong>Net Carbs 7g • FV 4.1g</strong></td>
<td><strong>Net Carbs 6.8g • FV 6.2g</strong></td>
<td><strong>Net Carbs 7.2g • FV 7g</strong></td>
<td><strong>Net Carbs 6.3g • FV 5.7g</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Total Net Carbs:**
- Monday: 21.3g
- Tuesday: 22.3g
- Wednesday: 21.2g
- Thursday: 23.1g
- Friday: 22.0g
- Saturday: 19.7g
- Sunday: 22.2g

**Foundation Vegetables:**
- Monday: 11.6g
- Tuesday: 13.4g
- Wednesday: 12.1g
- Thursday: 11.9g
- Friday: 13.2g
- Saturday: 11.6g
- Sunday: 12.1g
## WEEK 1

### Atkins Products
- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

### Proteins
- Bacon
- Bone-in Pork Chop
- Tuna
- Chicken Breasts
- Eggs
- Ground Beef
- Whitefish

### Vegetables
- Basil
- Broccoli
- Cauliflower
- Celery
- Cucumbers
- Green or Red Bell Peppers
- Hass Avocados
- Mixed Greens
- Onions
- Snap Peas
- Spinach
- Tomatoes
- Zucchini

### Fats
- Olive Oil

### Other
- Blue Cheese
- Cheddar Cheese
- Fresh Mozzarella Cheese
- Monterey Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Greek Vinaigrette
- Italian Dressing
- Ranch Dressing
- Sherry Vinaigrette
- Heavy Cream
- Herb-Butter Blend
- Hollandaise Sauce
- Mayonnaise

## WEEK 2

### Atkins Products
- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

### Proteins
- Bacon
- Bone-In Pork Chop
- Tuna
- Chicken Breasts
- Ham
- Eggs
- Top Sirloin Steak

### Vegetables
- Arugula
- Asparagus
- Cauliflower
- Celery
- Cucumber
- Hass Avocados
- Red Bell Pepper
- Romaine Lettuce/Mixed Greens
- Spinach
- Tomatoes
- Yellow Squash
- Zucchini

### Fats
- Olive Oil

### Other
- Cheddar Cheese
- Feta Cheese
- Gouda Cheese
- Mayonnaise
- Monterey Jack Cheese
- Creamy Italian Dressing
- Italian Dressing
- Ranch Dressing
- Sweet Mustard Dressing
- Aioli
- Salsa Cruda

10 new items for the Week 2 shopping list appear in italics.
Select sauces and condiments without added sugar.