



# QUICK-START GUIDE



[atkins.com](http://atkins.com)

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# WELCOME FROM ALYSSA

## Atkins gave me the tools to become my best, healthiest self.

As a mother of two small children, my priority is making sure my kids are thriving. But I learned quickly that if I wasn't the healthiest me, how could I be the role model I wanted them to have?

I discovered Atkins, and quickly learned all the delicious and satisfying food I could eat. Those last stubborn pounds that had stuck around after my babies were born melted off! By making simple changes to my diet and understanding how carbs and sugar actually deter weight loss, I empowered myself to live healthier.

My goal was to lose the weight that had been bugging me, but what I gained was even more important: more energy, better sleep, improved skin, and feeling strong. Best of all, I had learned a better way to eat for my family —and myself.

I live the low carb lifestyle and have no plans to stop. My kitchen is stocked with colorful vegetables; lower sugar fruits; lean proteins including fish and poultry; healthy fats like olive oil, Greek yogurt, avocados, and nuts; and yes, even nutrient-dense carbs from whole grains.

Beyond the delicious whole foods I eat, I feel confident following the Atkins lifestyle because it is grounded in science. I did my research and learned that the Atkins Diet was developed by Dr. Robert Atkins, a respected New York cardiologist, to help his patients improve their heart health. Weight loss was an added benefit! This low carb approach is supported by 80+ independent clinical studies, so I feel good knowing that time and time again, this program is proven safe and effective by medical professionals.

Because I am giving my body the best possible fuel, I'm never hungry. I don't feel deprived. I'm never at a loss on what to order when I go out to eat. Atkins is easier and more sustainable than you think, and I know you can do it. And I know you deserve to do it!

Having support throughout this lifestyle change is important, so join me in the Atkins Online Community where we can encourage each other. Check out the free app, meal planner, recipes, and meet people who are on this journey with you. I know that if we commit to take care of ourselves, we can truly give our best to the people who matter most.

To your health,  
*Alyssa Milano*



\*The average person can expect to lose 1-2 lbs per week. Results may vary. Weight loss is influenced by exercise, food consumed and diet.



## ATKINS MEANS...

Over 80 published clinical studies confirm the principles of the Atkins Diet produce effective weight loss and long-term health benefits.

Atkins dieters frequently achieve lower blood pressure, lower triglycerides and healthier blood sugar levels. Dozens of published studies confirm these common "side-effects" from low carb eating.

No diet is any good if you can't eat the food. On Atkins, you'll feast on all kinds of mouth-watering, rich, and tasty foods, including many that are "forbidden" on other, less effective diets.

Cravings derail any diet, and cravings come from certain trigger foods. Eliminate these foods and you eliminate cravings. You'll never feel hungry or deprived, and food cravings will be a thing of the past.

It's carbs – not calories – that drive your fat-making hormones through the roof. And once you understand that weight gain is driven by hormones, you'll understand why we count carbs not calories. Reducing carbs – the fat storage driver – makes far more sense than reducing calories.

Every single person is metabolically unique, and no one diet works for everyone. That's why there's Atkins 20 and Atkins 40. You'll achieve your goal weight on Atkins with a plan that was designed for you and for your body type. And you'll further adjust your carb intake to your individual needs.

The amount of net carbs allowed on even the first phase of Atkins 20 still allows you to consume more vegetables than the USDA guidelines! Vegetables are nutritional powerhouses that support your fat burning metabolism without stimulating weight gain. Don't worry – nuts, fruits, starchy vegetables and whole grains can be added back as you progress through the diet.

**QUICK AND EFFECTIVE**

**HEALTHY**

**DELICIOUS**

**THE END OF CRAVINGS**

**NO COUNTING CALORIES**

**INDIVIDUALIZED PLANS**

**BALANCE**

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# HOW ATKINS WORKS

**Let's face it: any diet with too many carbs is going to make you fat, even if you're exercising constantly.**

But fat in your diet only creates fat on your body if you're consuming too many carbohydrates at the same time. The typical American diet typically mixes too many carbs with too little fat, causing a metabolic imbalance that's virtually guaranteed to put weight on your thighs, hips, tummy and butt.

## WHEN YOU EAT TOO MANY CARBS

your body immediately uses them for energy instead of accessing your fat stores. And what you don't use, the body stores as more fat.

## WHEN YOU EAT FEWER CARBS

your body begins to rely on fat as its primary fuel source!

## ON ATKINS:

- Your body burns fat rather than carbohydrates
- You have much more energy
- Cravings for sugar and carbs virtually disappear

## THE ATKINS SOLUTION

By turning your body from a sugar-burning machine to a fat-burning machine, you'll be able to stay in complete control of your appetite. The diet is easy, sustainable and balanced. This guide—along with [atkins.com](http://atkins.com)—will show you how a low-carb lifestyle can help you achieve lasting, sustainable weight loss!



ALL YOU NEED TO  
LOSE WEIGHT IS **FREE**  
ON **ATKINS.COM**



MOBILE APP



CARB  
COUNTER



FAVORITE RECIPES  
& PRODUCTS



CELEBRITY &  
NUTRITIONIST  
BLOGS



MEAL  
PLANNER



TRACKERS

We have over 1,800 recipes. Plus meal plans, progress trackers, tips and advice.



# HOW TO GET STARTED

*The first thing to do is to choose the right plan.*

Here are descriptions of the **ATKINS 20** and **ATKINS 40** plans to help you determine the best fit for you.

## ATKINS 20

ATKINS 20 is the classic Atkins Diet that has been so successful for so many people over the past four decades. If you have more than 40 pounds to lose, have a waist of over 35" (women) or 40" (men), are diabetic or pre-diabetic, this is the plan for you. If you want to start with Atkins 20, see page 5 for more info.

## ATKINS 40

ATKINS 40 was designed just for you if you have less than 40 pounds to lose. It is also the best option for people that are pregnant or breastfeeding. With Atkins 40, you can enjoy a full range of food options right from the beginning. You can eat foods from every food group—carbohydrates, protein and fats—while still losing weight and feeling satisfied. If you want to start with Atkins 40, see page 11 for more info.



## PHASE 1

Phase 1 will jump start your weight loss safely and effectively, so you'll see results fast. During this phase, you'll eat 20g Net Carbs of all kinds of protein and healthy fats, plus carbs that are rich in fiber such as leafy greens and broccoli. You can also eat delicious Atkins Bars, Shakes, and Frozen Meals. As you limit your intake of carbs, your metabolism begins to run on fat and your weight starts to come down. You can stay on Phase 1 as long as you want, but we recommend moving through the phases to discover your personal carb balance.

### WHAT YOU'LL EAT DURING THIS PHASE:

#### 1 FOUNDATION VEGETABLES

Includes leafy greens and other non-starchy vegetables and should make up 12 to 15 grams of your daily Net Carb intake.

**Net Carbs represent Total Carb grams minus Fiber grams.**

#### 2 PROTEIN SOURCES

Satisfy your appetite with 4 to 6 ounces of protein per meal from chicken, turkey, beef, fish, shellfish, lamb, pork, veal, eggs, tofu and other soy products.

#### 3 NATURAL FATS

Add flavor and satiety with olive oil, canola oil, butter, avocado, olives and other natural fats.

#### 4 VITAMINS & MINERALS

Also take a good multivitamin/ mineral and an omega-3 supplement daily.



Rosemary-Roasted  
Chicken and Vegetables

Find this recipe and  
more at [atkins.com](http://atkins.com)

### YOU CAN ALSO HAVE PER DAY:

- Up to 4 ounces of cheese
- 1 ounce of sour cream or 1½ ounces of unsweetened cream
- Up to 3 tablespoons of lemon or lime juice
- Atkins Meals, Snacks and Treats
- Up to three packets of noncaloric sweeteners: stevia, sucralose or saccharin—count each packet as 1 gram of Net Carbs
- Diet beverages made with noncaloric sweeteners
- Sugar-free gelatin

## PHASE 2

Here's where you start to add variety with an expanded list of vegetables, plus nuts, seeds, berries, and a few other low-sugar fruits. Depending on your metabolism, you might also be able to reintroduce legumes here—such as beans and lentils. Remember, you are always able to personalize the program to your specific needs and body type. You'll continue to lose weight, while you gradually increase your carbs. As long as you keep eating the right amount of protein, vegetables, and fat, you'll be totally satisfied—and in control of your appetite.

Gradually increase your net carbs in 5-gram increments each week as long as you keep losing weight and you don't experience cravings. You may find you need to go two or more weeks between increases. When you get within 10 pounds of your goal weight, move on to Phase 3.

### WHAT YOU'LL EAT DURING THIS PHASE:

#### 1 PROTEIN

the same delicious protein foods you've been eating in Phase One.

#### 2 NATURAL FATS

olive oil, butter, avocado, olives, coconut oil and more.

#### 3 EXPANDED VEGETABLE LIST

In addition to foundation vegetables, you'll add nuts and seeds, berries and dairy products such as soft cheeses and plain whole milk yogurt. Finally, start to add small portions of legumes, if you can handle them.

#### 4 ALCOHOL

Yes, you can have a drink! But remember: your body burns alcohol for fuel before it burns fat. So when you have a glass of wine or spirits, your body temporarily puts the brakes on fat burning, slowing down weight loss.



Atkins has delicious  
products when you don't  
have time to cook!

An **ATKINS 20 Meal Plan** is  
included on **pages 9 & 10**

## PHASE 3

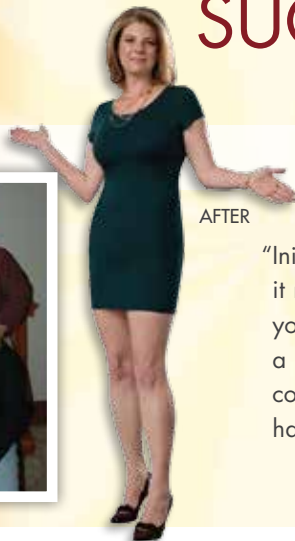
You're almost to your goal weight! Once you're within ten pounds of your weight loss goal, you simply start adding an additional 10 gram portion of Net Carbs per week, for a total of 10 grams of net carbs added each week. The first time you add 10 grams, keep your carb intake at that level for two weeks. Then add 10 grams extra per week till you reach your goal. If your weight stalls, drop back 10 grams of carbs. Once weight loss resumes, stay at that level for a couple of weeks or so and then try adding another 5 daily grams.

### WHAT YOU'LL EAT DURING THIS PHASE:

- 1 **THE SAME DELICIOUS AND FILLING PROTEIN FOODS** you've been eating since Phase 1.
- 2 **THE SAME HEALTHY FATS** they'll continue to be the key to appetite control.
- 3 **A GREATER CARBOHYDRATE VARIETY** a broader array of fruits, some starchy veggies like winter squash and sweet potatoes, and some whole grains like brown rice, oatmeal and quinoa.

## SUCCESS STORY TORI BERRY

**LOST 100 LBS.** in 12 Months



AFTER

"Initially, the weight falls off so quickly that it motivates you to keep going because you can really see the results. There's also a lot of freedom in this diet. I don't even consider it a diet. I'm sleeping better and have a lot more energy!"

\*The average person can expect to lose 1-2 lbs per week. Results may vary. Weight loss is influenced by exercise, food consumed and diet.

## PHASE 4

This is the "rest of your life" phase, and it's what separates Atkins from all the rest. You're going to have a healthy, active life, and you're going to stay slim while doing it! You'll continue to eat some of the best foods on earth, plus you'll have the tools to stick with it. Stay with Atkins. We'll help you stay in control—for good!

### WHAT YOU'LL EAT DURING THIS PHASE:

- 1 **KEEP EATING THE RIGHT AMOUNT OF PROTEIN.**  
Get it from a variety of sources. If your metabolism can handle them, you can include legumes and beans.
- 2 **KEEP EATING THOSE GOOD FATS!**  
Seriously! In fact, in order to maintain your goal weight you may even need to add a little more fat—olives, olive oil, avocado. Remember—fat is your friend. Extra fat will also put the brakes on appetite and cravings. And when you control your carb intake there's absolutely no health risk in eating of it.
- 3 **ENJOY A WHOLE BUNCH OF WHOLE-FOOD,**  
slow-burning carbs like vegetables, nuts, seeds and berries. You can even have some low-sugar fruits, and moderate portions of starchy veggies and whole grains.
- 4 **KEEP TAKING YOUR DAILY MULTIVITAMIN/MINERAL**  
and omega-3 supplements.
- 5 **KEEP AWAY FROM PROCESSED FOODS**  
with white flour and refined grains. Ditto for all forms of added sugar and man-made trans fats.



**Ginger Pork Tenderloin,  
Candied Sweet Potatoes  
and Salad**

Find this recipe and more at [atkins.com](http://atkins.com)



An **ATKINS 20 Meal Plan** is included on pages 9 & 10



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Standard Menu Plan

ATKINS 20

- ▲ Go to **ATKINS.COM** for these plans or customize your own!
- ▲ **Standard Menu Plan** (pictured): Helps you learn how to balance cooking and convenience while getting started on Atkins. Great for people who like to cook, but need to have convenient choices available.

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper ¼ cup chopped onion ½ cup shredded cheddar</p> <p>Net Carbs 6g • FV 6g</p>	<p>1 tsp olive oil ¼ cup chopped onion 2 large eggs ¼ cup shredded Cheddar</p> <p>Net Carbs 5.4g • FV 3.1g</p>
SNACK	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.6g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
LUNCH	<p><i>Atkins Frozen Crustless Chicken Pot-Pie</i></p> <p>1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.6g • FV 3.6g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>Net Carbs 6g • FV 3g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs 3.7g • FV 2.7g</p>	<p><i>Atkins Snack Coconut Almond Delight Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
DINNER	<p>6 oz chicken breast 1 cup broccoli florets 2 Tbsp Hollandaise Sauce 2 cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 4.7g • FV 4.3g</p>	<p><i>Atkins Frozen Chicken &amp; Broccoli Alfredo</i></p> <p>1½ cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.2g • FV 4g</p>	<p>6 oz fillet of whitefish 2 cups broccoli florets 1 Tbsp Herb-Butter Blend ½ Hass avocado 2 Tbsp Italian Dressing</p> <p>Net Carbs 7.9g • FV 7.1g</p>
Total Net Carbs: 20.5g Foundation Vegetables: 12.6g		Total Net Carbs: 21.9g Foundation Vegetables: 12.7g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

- ▲ **Quick-Start Plan** (access on atkins.com): Teaches you the types of food and portion control you need for the best start. A fool-proof approach that gets you started with a minimum amount of carb-counting. Great for people who don't have time or don't like to cook.

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Atkins Meal Strawberry Almond Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ medium red bell pepper 1 Tbsp olive oil 2 cups baby spinach 2 large eggs 2 Tbsp heavy cream ¼ cup shredded Monterey Jack Cheese</p> <p>Net Carbs 7g • FV 5.3g</p>	<p>2 cups chopped spinach 1 tsp olive oil 1 small tomato 1 oz Monterey Jack Cheese</p> <p>Net Carbs 3.5g • FV 3.3g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>
<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>5 cherry tomatoes 2 oz fresh mozzarella cheese 1 Tbsp olive oil 1 Tbsp fresh basil</p> <p>Net Carbs 2.3g • FV 2.3g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
<p>1 slice bacon 6 oz chicken breast 1 cup mixed greens ½ medium tomato ½ Hass avocado ¼ cup diced Monterey Jack Cheese 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 5.7g • FV 4.6g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Sesame Chicken Stir-Fry</i></p> <p>Net Carbs 7g • FV 2.2g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise ½ cup chopped snap peas ¼ cup chopped red bell pepper 1 medium tomato</p> <p>Net Carbs 7.2g • FV 7.2g</p>
<p>2 celery stalks 2 oz Cheddar</p> <p>Net Carbs 2.7g • FV 2g</p>	<p>¾ cup sliced cucumber 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.3g • FV 3g</p>	<p><i>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
<p><i>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</i></p> <p>Net Carbs 7g • FV 2.7g</p>	<p><i>Atkins Frozen Beef Teriyaki Stir-fry</i></p> <p>1 cup broccoli florets 1 Tbsp olive oil</p> <p>Net Carbs 7.6g • FV 3.9g</p>	<p>7 oz bone-in pork chop ½ cup cauliflower florets 1 cup mixed greens ½ Hass avocado 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 4.6g • FV 4.2g</p>	<p>6 oz ground beef 1 Tbsp crumbled blue cheese 1 medium zucchini 1 Tbsp olive oil ½ Hass avocado ½ inch slice tomato</p> <p>Net Carbs 6.5g • FV 6.3g</p>
Total Net Carbs: 22.2g Foundation Vegetables: 12.3g		Total Net Carbs: 21.4g Foundation Vegetables: 12g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!



# ATKINS 40

If you've got less than 40 pounds to lose or are pregnant/breast feeding, then the new Atkins 40 was designed just for you.

*The Atkins 40 Plan is pure simplicity.*

## HERE'S HOW IT WORKS:

- Every day you'll eat 15 grams of net carbs from foundation vegetables, plus 25 grams of additional net carbs from any combination of foods on the acceptable food list
- Eat three 4- to 6-ounce servings of protein each day
- Eat 2 to 4 servings of additional, healthy fat each day
- Drink 8-10 glasses of water
- Take a multi-vitamin and a fish oil capsule every day
- You can consume alcohol in moderation but keep a watch out for hidden sugar and try to abstain during your first two weeks

Once you're  
10 pounds  
from your  
goal weight,

YOU CAN ADD  
10 GRAMS OF  
NET CARBS  
PER WEEK!

## CARBOHYDRATES ON THE ATKINS 40 PLAN

Vegetables, pasta, even potatoes? You can have it all on the Atkins 40 Plan!

- You have a daily budget of 40 grams of Net Carbs
- 15 grams of Net Carbs each day come from Foundation Vegetables
- The remaining 25 grams of Net Carbs are like "discretionary income".
- Just like any budget, you'll want to spend wisely. It's important to spread your extra carbs throughout the day for more variety and to avoid dreaded blood sugar spikes. Don't blow your 25g of discretionary carbs on a ½ large baked potato or other high carb food.

## FOR EXAMPLE, YOU COULD SPEND YOUR EXTRA 25 GRAMS A DAY OF CARBS AS:

- Five 5-gram Net Carb portions spread out over three meals and snacks
- One 15 gram portion with a meal or as a snack plus a second 10 gram portion
- Two 10-gram portions with a meal or as a snack plus an additional 5 gram serving

However you choose to divide them up, your total net carbs for the day should equal 40 grams of Net Carbs—15g from foundation vegetables and 25g from whatever foods you choose.

## WHEN IS IT TIME TO ADD MORE CARBOHYDRATES?

- When you are 10 pounds from your goal weight, increase your budget to 50g of Net Carbs per day.
- Each week after that, add 10g of Net Carbs to your carb budget and stop adding when you reach your goal weight.
- The carb level you reach when you achieve your goal weight is your Carb Balance Level. Remember this number because it will be the maximum number of carbs you should consume to maintain your weight.
- If you hit a plateau or start to gain weight, don't worry! Just drop back to 40g of Net Carbs per day.

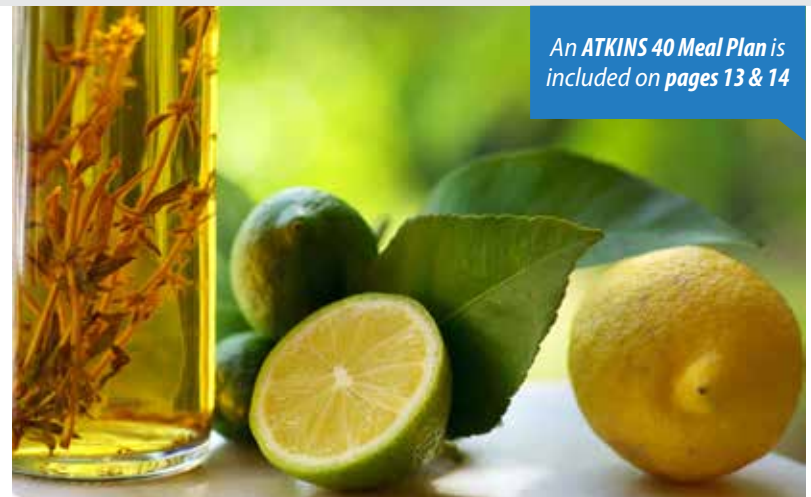
## FAT

Fat helps you feel full and makes food satisfying because of its flavor. When you are controlling your carbs, the calories from fat are used for energy; they are not stored as fat!

- Eat 2 to 4 servings of fat each day (don't count the fat that comes along with any protein foods like meat or chicken)
- There are many sources to choose from, including: Butter, canola oil, coconut oil, flaxseed oil, olive oil, grapeseed oil, mayonnaise, high oleic safflower oil, sesame oil, no sugar added salad dressings

## THERE ARE MANY DELICIOUS WAYS TO INCORPORATE FAT INTO YOUR PLAN:

- Cook your food with a tablespoon of oil or butter
- Spread some mayo on a ham and cheese rollup
- Make your own salad dressing with olive oil, vinegar, herbs and a squeeze of lemon or lime



An *ATKINS 40 Meal Plan* is included on pages 13 & 14



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Standard Menu Plan

ATKINS 40

- ▲ Go to **ATKINS.COM** for these plans or customize your own!
- ▲ **Standard Menu Plan** (pictured): Helps you learn how to balance cooking and convenience while getting started on Atkins. Great for people who like to cook, but need to have convenient choices available.

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>½ cup cooked oatmeal 2 pieces bacon</p> <p>Net Carbs 12.4g • FV 0g</p>	<p>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</p> <p>Net Carbs 5.8g • FV 4.1g</p>
SNACK	<p>½ cup fresh pineapple chunks ½ cup cottage cheese</p> <p>Net Carbs 10.6g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Decadence Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>½ banana</p> <p>Net Carbs 8.8g • FV 0g</p>
LUNCH	<p>6 oz fillet of salmon ¼ cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 13.4g • FV 5g</p>	<p><i>Atkins Frozen Orange Chicken</i></p> <p>2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 12g • FV 8.7g</p>	<p>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</p> <p>Net Carbs 11g • FV 4.6g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup raspberries ½ cup Greek yogurt</p> <p>Net Carbs 7.9g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>
DINNER	<p><i>Atkins Frozen Chicken &amp; Broccoli Alfredo</i></p> <p>2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 9.4g • FV 6.1g</p>	<p>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</p> <p>Net Carbs 4.8g • FV 4.8g</p>	<p><i>Atkins Frozen Stone Fired Three Meat Pizza</i></p> <p>½ cup chopped zucchini</p> <p>Net Carbs 12.4g • FV 3.4g</p>
Total Net Carbs: 39.4g Foundation Vegetables: 13.2g		Total Net Carbs: 40.1g Foundation Vegetables: 13.5g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

- ▲ **Quick-Start Plan** (access on atkins.com): Teaches you the types of food and portion control you need for the best start. A fool-proof approach that gets you started with a minimum amount of carb-counting. Great for people who don't have time or don't like to cook.

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar 7-inch low-carb tortilla</p> <p>Net Carbs 7.1g • FV 3.7g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>	<p>4 oz turkey sausage 1 medium tomato 1 slice whole grain toast</p> <p>Net Carbs 15.3g • FV 3.3g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>
<p><i>Atkins Harvest Trail Dark Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p>½ cubed cantaloupe 2 oz prosciutto</p> <p>Net Carbs 5.9g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Mocha Latte Shake</i></p> <p>3 large strawberries</p> <p>Net Carbs 6g • FV 0g</p>
<p><i>Atkins Frozen Chili Con Carne</i></p> <p>½ cup steamed Brussels sprouts 1 Tbsp butter</p> <p>Net Carbs 6.3g • FV 4.4g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette</p> <p>Net Carbs 14.1g • FV 10.6g</p>	<p>4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves</p> <p>Net Carbs 3.7g • FV 3.7g</p>	<p><i>Atkins Frozen Italian-Style Pasta Bake</i></p> <p>2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 12.9g • FV 7.4g</p>
<p>1 medium carrot ¼ cup hummus</p> <p>Net Carbs 9.1g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 stalk celery 1 slice Cheddar</p> <p>Net Carbs 1.4g • FV 1g</p>
<p>6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter</p> <p>Net Carbs 12.9g • FV 4.3g</p>	<p>7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 14.7g • FV 1.3g</p>	<p><i>Atkins Frozen Beef Merlot</i></p> <p>½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter</p> <p>Net Carbs 15g • FV 5g</p>	<p>6 oz chicken ¼ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice</p> <p>Net Carbs 14.5g • FV 3g</p>
Total Net Carbs: 39.4g Foundation Vegetables: 12.4g		Total Net Carbs: 40.8g Foundation Vegetables: 12.3g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!



# ATKINS MADE EASIER

## WITH THE FREE MOBILE APP

Download the Atkins Carb Tracker mobile app for an easier way to track your weight loss goals.



**Food Search** helps you find nutritional info for grocery items, restaurant meals, and Atkins-friendly recipes and products. Search by keyword for any of these items and track them instantly!



**Progress Tracker** to track your weight loss to date and the proximity to your goal weight.



**Meal Tracker** allows you to track net carbs consumed daily based on your specific Atkins Program. Includes popular brands and restaurant dishes and a breakdown of fat, protein and foundation veggies.



**Activity Tracker** allow you to synch your device and incorporate steps into your daily goals.



**Food Lists & Recipes** will help you discover all the delicious foods acceptable in each Phase and Program. Recipes making it easy to find and fix low-carb meals.



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Available for iPhone, iPad and Android!



GET IT NOW FOR FREE!



## GET INSPIRED BY ATKINS SUCCESS STORIES

### KENT ALTENA



**LOST 211 LBS.** in 15 Months

"I've tried other things, but this keeps me feeling full. Atkins tells you to listen to your body and for the first time I listened when my body told me I was full. It was better than counting calories or fat because I never felt deprived."

### MONICA GUTIERREZ



**LOST 93 LBS.** in 24 Months

"Atkins fits into your lifestyle, so you don't fall off the wagon – it's easy to continue to make this a part of your life."

New!



# Harvest Trail

Atkins Harvest Trail Bars take snacking to a whole new level. By using simple and nutritious ingredients, Atkins gives you the goodness of protein and fiber while keeping net carbs in check.

NET CARBS <b>4g</b>	PROTEIN <b>8g</b>	FIBER <b>9g</b>	SUGAR <b>1g</b>
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Dark Chocolate Sea Salt Caramel Bar



**NO** ARTIFICIAL  
 • PRESERVATIVES  
 • COLORS  
 • FLAVORS  
 SUGAR ALCOHOLS

Find Atkins Harvest Trail in the Health & Nutrition aisle or shop [ATKINS.COM](http://ATKINS.COM)

## STAY ON TRACK WITH GREAT TASTING OPTIONS FOR ANY TIME OF DAY.

FIND THESE DELICIOUS PRODUCTS AT [SHOP.ATKINS.COM](http://SHOP.ATKINS.COM) OR YOUR LOCAL RETAILER.



### MEAL BARS

NUTRITIOUS AND SATISFYING SOLUTIONS WHEN YOU DON'T HAVE TIME TO STOP FOR A MEAL



Packed with protein and fiber Atkins Meal Bars satisfy your taste buds as well as your hunger while providing the nutrition you need, no matter where the day takes you.

### SNACK BARS & SHAKES

SATISFYING AND NUTRITIOUS SNACKS THAT WILL FILL YOU UP AND HELP YOU STAY ON TRACK.



Enjoy delicious Atkins Snack Bars or Shakes at home or when you're on the go. Packed with protein, fiber and the taste you love, Atkins Snacks are a convenient, nutritious and delicious way to stay satisfied until your next meal.

### TREATS

DELICIOUS INDULGENCES THAT SATISFY YOUR SWEET TOOTH—WITHOUT THE SUGAR!



With the rich, sweet taste you crave, but without the carbs or sugar, an Atkins Endulge Treat is the perfect solution for your sweet tooth. Enjoy an Atkins Endulge Treat whenever a sweet craving strikes!

### FROZEN MEALS

DELICIOUS AND SATISFYING MEALS TO HELP YOU STAY ON TRACK WHEN THERE'S NO TIME TO COOK!



With over 20 savory flavors made with high quality ingredients, you can enjoy convenient meals with amazing taste any time of day.