

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Atkins Frozen Farmhouse-Style Sausage Scramble</p> <p>Net Carbs: 6g 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>	<p>Atkins Meal Strawberry Almond Bar</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, ½ Hass avocado 1 oz Monterey Jack Cheese</p> <p>Net Carbs: 4.8g FV 4.6g</p>	<p>Atkins Frozen Bacon Scramble</p> <p>Net Carbs: 5g FV .4g</p>
Snack	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs: 3.2g FV 2.6g</p>	<p>Atkins Milk Chocolate Delight Shake</p> <p>Net Carbs: 2g FV 0g</p>	<p>Atkins Vanilla Shake</p> <p>Net Carbs: 1g FV 0g</p>	<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs: 3.8g FV 3g</p>	<p>Atkins Café Caramel Shake</p> <p>Net Carbs: 2g 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>Atkins Day Break Cranberry Almond Bar</p> <p>Net Carbs: 2g FV 0g</p>
Lunch	<p>Atkins Frozen Crustless Chicken Pot-Pie 1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs: 6.6g FV 3.6g</p>	<p>Atkins Meal Chocolate Chip Granola Bar</p> <p>Net Carbs: 3g FV 0g</p>	<p>Atkins Frozen Orange Chicken</p> <p>Net Carbs: 7g FV 3.9g</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>Atkins Meal Chocolate Peanut Butter Bar</p> <p>Net Carbs: 2g FV 0g</p>	<p>Atkins Frozen Chicken Margherita</p> <p>Net Carbs: 7g FV 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>
Snack	<p>Atkins Strawberry Shake</p> <p>Net Carbs: 1g FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs: 3.6g FV 2.7g</p>	<p>Atkins Snack Coconut Almond Delight Bar</p> <p>Net Carbs: 2g FV 0g</p>	<p>2 celery stalks 2 oz Cheddar</p> <p>Net Carbs: 2.7g FV 2g</p>	<p>1 celery stick 1 oz Monterey Jack cheese</p> <p>Net Carbs: 1.4g FV 1g</p>	<p>Atkins Snack Caramel Chocolate Peanut Nougat Bar</p> <p>Net Carbs: 2g FV 0g</p>	<p>Atkins Vanilla Shake</p> <p>Net Carbs: 1g FV 0g</p>
Dinner	<p>Zucchini Chicken Alfredo</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 6.6g FV 4.4g</p>	<p>Greek Hamburger with Feta and Roasted Zucchini</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 7.4g FV 4.1g</p>	<p>Spicy Ahi Tuna Salad</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 6.6g FV 5.6g</p>	<p>Bacon Wrapped Filet with Blue Cheese Butter Sauce</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 6g FV 4.8g</p>	<p>Pork Tenderloin Medallions with Mustard Sauce</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 8.7g FV 6.7g</p>	<p>Maple Mustard Glazed Salmon and Asparagus</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 6.5g FV 5.8g</p>	<p>Baked Meatballs with Green Beans</p> <p>CHEF'D Order Fresh Recipe Delivery!</p> <p>Net Carbs: 6.8g FV 4.1g</p>
	<p>Total Net Carbs: 23.4g Total FV 12.7g</p>	<p>Total Net Carbs: 22g Total FV: 12.8g</p>	<p>Total Net Carbs: 22g Total FV 12.6g</p>	<p>Total Net Carbs: 21.2g Total FV 14.4g</p>	<p>Total Net Carbs: 21.1g Total FV 13g</p>	<p>Total Net Carbs: 22.6g Total FV 14.7g</p>	<p>Total Net Carbs: 22g Total FV 11.7g</p>

Enjoy Atkins Indulge Treats for dessert if Net Carb consumption allows!

Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable) FV = Foundation Vegetables

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Frozen Bacon Scramble	1 Tbsp olive oil, 2 cups baby spinach, 2 large eggs, 1 oz shredded Monterey Jack Cheese ½ Hass avocado, ¼ cup Salsa Cruda	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Meal Chocolate Chip Granola Bar	Atkins Frozen Bacon Scramble	1 large tomato 2 slices bacon ¼ cup shredded cheddar 1 Tbsp olive oil 1 large egg	Atkins Meal Peanut Butter Granola Bar
	Net Carbs: 5g FV .4g	Net Carbs: 8g FV 5.8g	Net Carbs: 6g FV 2.1g	Net Carbs: 3g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 5.8g FV 4.9g	Net Carbs: 3g FV 0g
Snack	1 small zucchini 1 ½ oz Cheddar	Atkins French Vanilla Shake	Atkins Strawberry Shake	5 cherry tomatoes 2 Tbsp aioli	Atkins French Vanilla Shake	Atkins Snack Caramel Chocolate Nut Roll Bar	½ Hass avocado 2 Tbsp Ranch Dressing
	Net Carbs: 3.2g FV 2.2g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2.8g FV 2.3g	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 2.2g FV 1.3g
Lunch	Atkins Frozen Beef Teriyaki Stir-Fry	Atkins Meal Chocolate Peanut Butter Bar	6 oz chicken breast 1/3 medium yellow squash 2 C mixed greens 3 Tbsp Italian Dressing	Atkins Frozen Crustless Chicken Pot Pie	Atkins Peanut Fudge Granola Bar	4 oz canned tuna, 2 Tbsp mayonnaise, 1 celery stalk, 2 Tbsp chopped cucumber, 1 oz Cheddar, ½ Hass avocado	Atkins Frozen Chicken and Broccoli Alfredo
	Net Carbs: 6g FV 3g	Net Carbs: 2g FV 0g	Net Carbs: 5.2g FV 4.8g	Net Carbs: 5g FV 2.3g	Net Carbs: 2g FV 0g	Net Carbs: 4.5g FV 4.5g	Net Carbs: 5g FV 2g
Snack	Atkins Milk Chocolate Delight Shake	1 small zucchini 1½ oz Cheddar	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Café Caramel Shake	½ C chopped red bell pepper, 2 Tbsp Greek Vinaigrette	Atkins Strawberry Shake	5 cherry tomatoes 2 Tbsp Aioli
	Net Carbs: 2g FV 0g	Net Carbs: 3.2g FV 2.2g	Net Carbs: 3g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 3.8g FV 3g	Net Carbs: 1g FV 0g	Net Carbs: 2.8g FV 2.3g
Dinner	Spicy Ahi Tuna Salad	Zucchini Chicken Alfredo	Maple Mustard Glazed Salmon and Asparagus	Chimichurri Steak and Cauliflower Mash	Greek Salad with Chicken	Steak Salad	Pork Tenderloin Medallions with Mustard Sauce
	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!	 Order Fresh Recipe Delivery!
	Net Carbs: 6.6g FV 5.6g	Net Carbs: 6.6g FV 4.4g	Net Carbs: 6.5g FV 5.8	Net Carbs: 10.3g FV 7.8g	Net Carbs: 9.7g FV 8.8g	Net Carbs: 7.5g FV 5.5g	Net Carbs: 8.7g FV 6.7g
	Total Net Carbs: 22.8g Total FV 11.2g	Total Net Carbs: 20.8g Total FV 12.4g	Total Net Carbs: 21.7g Total FV 12.7g	Total Net Carbs: 23.1g Total FV 12.4g	Total Net Carbs: 21.5g Total FV 12.2g	Total Net Carbs: 21.8g Total FV 14.9g	Total Net Carbs: 21.7g Total FV 12.3g

Enjoy Atkins Indulge Treats for dessert if Net Carb consumption allows!

Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable) FV = Foundation Vegetables



Week 1

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bacon
- Tuna
- Chicken Breasts
- Eggs
- Ground Beef

Vegetables

- Basil
- Celery
- Green or Red Bell Peppers
- Hass Avocados
- Mixed Greens
- Onions
- Snap Peas
- Spinach
- Tomatoes
- Zucchini

Fats

- Olive Oil

Other

- Cheddar Cheese
- Fresh Mozzarella Cheese
- Monterey Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Greek Vinaigrette
- Ranch Dressing
- Heavy Cream
- Mayonnaise

Week 2

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bacon
- Tuna
- Chicken Breasts
- Eggs

Vegetables

- Celery
- Cucumber
- Hass Avocados
- Red Bell Pepper
- Spinach
- Tomatoes
- Yellow Squash*
- Zucchini

Fats

- Olive Oil

Other

- Cheddar Cheese
- Mayonnaise
- Monterey Jack Cheese
- Italian Dressing
- Ranch Dressing
- Greek Vinaigrette
- Aioli*
- Salsa Cruda*