



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 small tomatoes 1 Tbsp olive oil 2 Large eggs 2 oz turkey sausage	5 oz smoked salmon 2 Tbsp cream cheese ¼ cucumber, cut into sticks	¼ cup chopped green bell pepper 2 large eggs 1 oz pepper jack cheese 4 Tbsp Salsa Cruda	2 large eggs 2 slices bacon 1 medium tomato 2 Tbsp grated Parmesan cheese	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar	1 small tomato ½ Hass avocado 4 oz prosciutto 2 Tbsp Hollandaise Sauce	2 cups baby spinach 1 Tbsp olive oil 2 large eggs ¼ cup shred Monterey Jack cheese
Net Carbs: 6g FV 4.9g	Net Carbs: 3.5g FV 2.4g	Net Carbs: 4.6g FV 2.8g	Net Carbs: 4.7g FV 3.3g	Net Carbs: 4.1g FV 3.3g	Net Carbs: 3.9g FV 3.8g	Net Carbs: 3.8g FV 2.9g

Snack

1 stalk celery 2 Tbsp cream cheese	5 large black olives 1 oz feta cheese	2 celery stalks 2 Tbsp Ranch Dressing	Atkins Cranberry Almond Bar	½ medium zucchini, cut into sticks 2 oz provolone cheese	5 large radishes 1 oz Gouda cheese	½ Hass avocado 2 Tbsp Ranch Dressing
Net Carbs: 2.2g FV 1g	Net Carbs: 1.8g FV .7g	Net Carbs: 2.9g FV 2g	Net Carbs: 2g FV 0g	Net Carbs: 3.4g FV 2.2g	Net Carbs: 1.5g FV .8g	Net Carbs: 2.2g FV 1.3g

Lunch

6 oz fillet of salmon 2 cups mixed greens 2 Tbsp Sherry Vinaigrette	6 oz chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Ranch Dressing	5 oz hamburger 1 oz Cheddar 1 small tomato ½ Hass avocado 1 Romaine lettuce leaf	5 oz roasted chicken 2 cups baby spinach 2 Tbsp Ranch Dressing	6 oz turkey cutlets 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing	4 oz tuna 1½ celery stalks ½ cup chopped red bell pepper 2 Tbsp mayonnaise	5 oz ham 2 cups mixed greens ½ cup sliced cucumbers 2 Tbsp Blue Cheese Dressing
Net Carbs: 3.1g FV 2.7g	Net Carbs: 5.7g FV 4.8g	Net Carbs: 4.4g FV 4.1g	Net Carbs: 3.8g FV 2.8g	Net Carbs: 4.4g FV 4.1g	Net Carbs: 4.5g FV 4.5g	Net Carbs: 5.5g FV 4.3g

Snack

Atkins Dark Chocolate Royale Shake	1 medium tomato 1 oz Cheddar	½ cup sliced red bell pepper 2 Tbsp Ranch Dressing	¼ cup sliced cucumber 1 oz Monterey Jack cheese	1 celery stalk 2 Tbsp cream cheese	½ medium cucumber, sliced 1 oz Cheddar cheese	5 cherry tomatoes 1 oz Cheddar
Net Carbs: 2g FV 0g	Net Carbs: 3.7g FV 3.3g	Net Carbs: 2.8g FV 1.9g	Net Carbs: 1.8g FV 1.6g	Net Carbs: 2.2g FV 1g	Net Carbs: 3.4g FV 3g	Net Carbs: 2.7g FV 2.3g

Dinner

6 oz rotisserie chicken 2 cups baby spinach ¼ cup sliced cucumber ½ Hass avocado 2 Tbsp Sherry Vinaigrette	6 oz steak 2 cups broccoli and cauliflower, roasted with 2 Tbsp olive oil	6 oz chicken 1 cup green beans 1 Tbsp butter	6 oz fillet of whitefish 1 cup broccoli florets 1 Tbsp butter	6 oz fillet of whitefish 7 oz bone-in pork chop ½ cup Brussels sprouts 1 Tbsp butter, 2 cups mixed greens, 2 Tbsp Sherry Vinaigrette	Akins Frozen Chili Con Carne 2 cups Romaine lettuce 2 Tbsp Creamy Italian Dressing	6 oz chicken 1 cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce
Net Carbs: 6.2g FV 5.7g	Net Carbs: 4.8g FV 4.8g	Net Carbs: 4.3g FV 4.3g	Net Carbs: 6.1g FV 6.1g	Net Carbs: 5.4g FV 5g	Net Carb: 9.2g FV 4.1g	Net Carbs: 4.9g FV 4g
Total Net Carbs: 19.5g Total FV 14.3g	Total Net Carbs: 19.5g Total FV 16g	Total Net Carbs: 19g Total FV 15.1g	Total Net Carbs: 18.4g Total FV 13.8g	Total Net Carbs: 19.5g Total FV 16g	Total Net Carbs: 22.5g Total FV 16.2g	Total Net Carbs: 19.1g Total FV 14.8g

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	2 large eggs 2 cups baby spinach 1 tsp olive oil 1 oz Swiss cheese Net Carbs: 5.1g FV 2.8g	6 oz turkey sausage 1/3 cup chopped red bell pepper, 2 Tbsp chopped onion, 1 oz Monterey Jack cheese Net Carbs: 4g FV 3g	2 large eggs ¼ cup shred Cheddar cheese 4 Tbsp Salsa Cruda Net Carbs: 2.8g FV 1.7g	1 cup coconut milk 1 oz protein powder 1 tsp vanilla ½ -1 tsp sweetener ½ cup ice Net Carbs: 3g FV 0g	2 large eggs ½ Hass avocado 1 oz pepper jack cheese Net Carbs: 3g FV 1.3g	2 small tomatoes 4 oz sausage 1 oz Cheddar cheese Net Carbs: 5.3g FV 4.9g	2 large eggs 1 medium tomato 2 oz Canadian bacon 2 Tbsp Hollandaise Sauce Net Carbs: 5.2g FV 3.3g
Snack	1 celery stalk 1 oz Monterey Jack cheese Net Carbs: 1.2g FV 1g	Atkins Advantage Caramel Chocolate Nut Roll Bar Net Carbs: 3g FV 0g	½ medium zucchini, cut into sticks 1 oz pepper jack cheese Net Carbs: 3.2g FV 2.2g	5 cherry tomatoes 1 oz Cheddar Net Carbs: 2.7g FV 2.3g	5 large black olives 1 oz feta cheese Net Carbs: 1.8g FV 0.7g	¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing Net Carbs: 1.9g FV 1.6g	Atkins Advantage Vanilla Shake Net Carbs: 1g FV 0g
Lunch	6 oz chicken ½ Hass avocado 2 cups mixed greens 2 Tbsp Sherry Vinaigrette Net Carbs: 4.4g FV 4g	5 oz hamburger 1 oz pepper jack cheese 1 small tomato ½ Hass avocado 2 Romaine lettuce leaves Net Carbs: 5.4g FV 4.5g	4 oz tuna 1 ½ celery stalks 5 cherry tomatoes 2 Tbsp mayonnaise ½ Hass avocado Net Carbs: 5.1g FV 5.1g	6 oz chicken breast 2 cups Romaine hearts ¼ cup chopped red bell pepper, ½ Hass avocado 2 Tbsp Creamy Italian Dressing Net Carbs: 5.1g FV 4.9g	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing Net Carbs: 6.3g FV 5.2g	6 oz grilled chicken 6 stalks asparagus 1 tsp butter 2 cups mixed greens 2 Tbsp Sherry Vinaigrette Net Carbs: 5.5g FV 5.1g	5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 2 Tbsp Barbecue Sauce 2 cups mixed greens 2 Tbsp Sherry Vinaigrette Net Carbs: 8.2g FV 5.9g
Snack	½ medium red bell pepper, sliced 2 Tbsp Creamy Italian Dressing Net Carbs: 2.6g FV 2.4g	¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing Net Carbs: 1.9g FV 1.6g	2 celery stalks 2 Tbsp Blue Cheese Dressing Net Carbs: 2.7g FV 2g	2 oz ham 2 Tbsp cream cheese 2 dill pickle spears Net Carbs: 2.2g FV 1g	¼ cup sliced cucumber 2 Tbsp Ranch Dressing Net Carbs: 2.6g FV 1.6g	½ cup sliced red bell pepper 2 Tbsp Ranch Dressing Net Carbs: 2.8g FV 1.9g	1 celery stalk 2 oz Monterey Jack cheese Net Carbs: 1.4g FV 1g
Dinner	5 oz Italian sausage ¼ medium onion, sliced 1 tsp olive oil 2 cups mixed greens 2 Tbsp Blue Cheese Dressing Net Carbs: 6.4g FV 4.8g	6 oz chicken 6 stalks asparagus 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing Net Carbs: 6g FV 5.1g	6 oz salmon 2 cups broccoli and cauliflower, roasted With 1 Tbsp olive oil Net Carbs: 4.8g FV 4.8g	7 oz bone-in pork chop 1 cup cauliflower florets 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing Net Carbs: 6.8g FV 5.9g	Atkins Frozen Crustless Chicken Pot Pie Net Carbs: 6.4g FV 3.7g	6 oz steak 2/3 cup sliced zucchini 1 Tbsp olive oil 2 cups Romaine hearts 2 Tbsp Blue Cheese Dressing Net Carbs: 4.6g FV 3.8g	6 oz chicken, ½ cup green beans, 1 Tbsp butter, 2 Tbsp sliced almonds, 2 cups arugula ¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing Net Carbs: 4.7g FV 4.4g
	Total Net Carbs: 19.7g Total FV 15g	Total Net Carbs: 20.3g Total FV 14.2g	Total Net Carbs: 18.6g Total FV 15.8g	Total Net Carbs: 19.8g Total FV 14.1g	Total Net Carbs: 20.1g Total FV 12.5g	Total Net Carbs: 20.1g Total FV 17.3g	Total Net Carbs: 20.5g Total FV 14.6g

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 Cranberry Almond Bar
- Atkins Dark Chocolate Royale Shake
- Atkins Frozen Chili Con Carne

Meats & Proteins

- Bacon (2 slices – ¼ lb)
- Chicken breast (29 oz)
- Eggs (1 dzn)
- Ground beef (10 oz)
- Ham (5 oz)
- Pork chops (bone-in) (7 oz)
- Prosciutto (4 oz)
- Salmon (6 oz)
- Smoked salmon (5 oz)
- Steak (6 oz)
- Tuna (4 oz)
- Turkey cutlets (6 oz)
- Turkey Sausage (2 oz)
- White fish (6 oz)

Vegetables

- Avocado (3)
- Baby spinach (8 cups)
- Black olives (5 large)
- Broccoli (2 cups)
- Brussels sprouts (1/2 cup)
- Cauliflower (1 cup)
- Celery (6 stalks)
- Cherry Tomatoes (5 each)
- Cucumber (2 medium)
- Green beans (1 cup)
- Green Bell Pepper (1 medium)
- Mixed greens (8 cups)
- Onion (1 medium)
- Radishes (10 large)
- Red bell pepper (medium)
- Romaine lettuce (2 cups + 1 large leaf)
- Stir-Fry veggies (1 cup frozen)
- Tomato (2 medium, 4 small)
- Zucchini (1 each)

Sauces & Dressings

- Blue Cheese Dressing
- Creamy Italian Dressing
- Hollandaise Sauce
- Ranch Dressing
- Salsa Cruda
- Sherry Vinaigrette

Cheese & Dairy

- Butter or Olive Oil
- Cheddar (5 oz)
- Cream cheese (3 oz)
- Feta (1 oz)
- Gouda (1 oz)
- Monterey Jack (2 oz)
- Parmesan (1 oz)
- Pepper Jack (1 oz)
- Provolone (2 oz)

Week 2

Atkins Products

- Atkins Caramel Chocolate Nut Roll Bar
- Atkins French Vanilla Shake
- Atkins Frozen Shrimp Scampi

Meat & Proteins

- Bacon (2 slices – ¼ lb)
- Canadian Bacon (2 oz)
- Chicken breast (30 oz)
- Eggs (1 dzn)
- Ground beef (10 oz)
- Ham (7 oz)
- Italian Sausage (5 oz)
- Pork chops (bone-in) (7 oz)
- Salmon (6 oz)
- Steak (6 oz)
- Tuna (4 oz)
- Turkey Sausage (10 oz)

Vegetables

- Arugula (2 cups)*
- Asparagus (12 stalks)*
- Avocado (3)*
- Baby spinach (2 cups)*
- Black olives (5 large)*
- Broccoli (1 cup)*
- Cauliflower (1 cup)*
- Celery (6 stalks)*
- Cherry Tomatoes (10 each)*
- Cucumber (1 medium)*
- Dill pickle spears (2)*
- Green beans (½ cup)*
- Green Bell Pepper (1 medium)*
- Mixed greens (14 cups)*
- Mushrooms (1/2 cup sliced)*
- Onion (1 medium)*
- Red bell pepper (2 medium)*
- Romaine lettuce (4 cups, 2 large leaves)*
- Tomato (1 medium, 4 small)*
- Zucchini (2 each)*

Sauces & Dressings

- Barbecue Sauce
- Blue Cheese Dressing
- Creamy Italian Dressing
- Hollandaise Sauce
- Salsa Cruda
- Sherry Vinaigrette
- Coconut milk (1 cup)
- Protein Powder (whey less than 2g NC per serving)

Cheese & Dairy

- Butter or Olive Oil
- Cheddar (3 oz)
- Cream cheese (1 oz)
- Feta (1 oz)
- Monterey Jack (4 oz)
- Pepper Jack (3 oz)
- Swiss (1 oz)