<table>
<thead>
<tr>
<th>Day</th>
<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>2 small tomatoes 1 Tbsp olive oil 2 Large eggs 2 oz turkey sausage 1 stalk celery 2 Tbsp cream cheese</td>
<td>5 oz smoked salmon 2 Tbsp cream cheese 1/4 cucumber, cut into sticks</td>
<td>1/4 cup chopped green bell pepper 2 large eggs 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</td>
<td>2 large eggs 2 slices bacon 1 medium tomato 2 Tbsp grated Parmesan cheese</td>
<td>5 oz ground beef 1 Tbsp olive oil 1/2 cup chopped green bell pepper 2 Tbsp chopped onion 1/4 cup shread Cheddar</td>
<td>1 small tomato 1/2 Hass avocado 4 oz prosciutto 2 Tbsp Hollandaise Sauce</td>
<td>2 cups baby spinach 1 Tbsp olive oil 1/4 cup shread Monterey Jack cheese</td>
</tr>
<tr>
<td><strong>Net Carbs:</strong></td>
<td>6g FV 4.9g</td>
<td>3.5g FV 2.4g</td>
<td>4.6g FV 2.8g</td>
<td>4.7g FV 3.3g</td>
<td>4.1g FV 3.3g</td>
<td>3.9g FV 3.8g</td>
<td>3.8g FV 2.9g</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>5 oz smoked salmon 2 Tbsp cream cheese 1 oz feta cheese 6 oz chicken 2 cups mixed greens 5 oz hamburger 1 oz Cheddar cheese</td>
<td>2 cups mixed greens 2 Tbsp Ranch Dressing 1/2 Hass avocado 1 Romaine lettuce leaf</td>
<td>5 oz roasted chicken 2 cups baby spinach 1/2 Hass avocado 2 Tbsp Ranch Dressing</td>
<td>6 oz turkey cutlets 2 cups baby spinach 1/2 Hass avocado 2 Tbsp Creamy Italian Dressing</td>
<td>4 oz tuna 1/2 celery stalks 1/2 cup chopped red bell pepper 2 Tbsp mayonnaise</td>
<td>5 oz ham 2 cups mixed greens 1/2 cup sliced cucumbers 2 Tbsp Blue Cheese Dressing</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs:</strong></td>
<td>3.1g FV 2.7g</td>
<td>5.7g FV 4.8g</td>
<td>4.4g FV 4.1g</td>
<td>3.8g FV 2.8g</td>
<td>4.4g FV 4.1g</td>
<td>4.5g FV 4.5g</td>
<td>5.5g FV 4.3g</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td>1 medium tomato 1 oz Cheddar</td>
<td>3/4 cup sliced red bell pepper 2 Tbsp Ranch Dressing</td>
<td>3/4 cup sliced cucumber 1 oz Monterey Jack cheese</td>
<td>1 celery stalk 2 Tbsp cream cheese</td>
<td>1/2 medium cucumber, sliced 1 oz Cheddar cheese</td>
<td>5 cherry tomatoes 1 oz Cheddar</td>
</tr>
<tr>
<td><strong>Net Carbs:</strong></td>
<td>2g FV 0g</td>
<td>3.7g FV 3.3g</td>
<td>2.8g FV 1.9g</td>
<td>1.8g FV 1.6g</td>
<td>2.2g FV 1g</td>
<td>3.4g FV 3g</td>
<td>2.7g FV 2.3g</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>6 oz rotisserie chicken 2 cups baby spinach 1/4 cup sliced cucumber 1/2 Hass avocado 2 Tbsp Sherry Vinaigrette</td>
<td>6 oz steak 2 cups broccoli and cauliflower, roasted with 2 Tbsp olive oil</td>
<td>6 oz chicken 1 cup green beans 1 Tbsp butter</td>
<td>6 oz fillet of whitefish 7 oz bone-in pork chop 1/2 cup Brussels sprouts 1 Tbsp butter, 2 cups mixed greens, 2 Tbsp Sherry Vinaigrette</td>
<td>6 oz fillet of whitefish 1 cup broccoli florets 1 Tbsp butter</td>
<td>Akins Frozen Chili Con Carne 2 cups Romaine lettuce 2 Tbsp Creamy Italian Dressing</td>
<td>6 oz chicken 1 cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce</td>
</tr>
<tr>
<td><strong>Net Carbs:</strong></td>
<td>6.2g FV 5.7g</td>
<td>4.8g FV 4.8g</td>
<td>4.3g FV 4.3g</td>
<td>6.1g FV 6.1g</td>
<td>5.4g FV 5g</td>
<td>9.2g FV 4.1g</td>
<td>4.9g FV 4g</td>
</tr>
<tr>
<td><strong>Total Net Carbs:</strong></td>
<td>19.5g Total FV 14.3g</td>
<td>19.5g Total FV 16g</td>
<td>19.5g Total FV 15.1g</td>
<td>18.4g Total FV 13.8g</td>
<td>19.5g Total FV 16g</td>
<td>22.5g Total FV 16.2g</td>
<td>19.1g Total FV 14.8g</td>
</tr>
</tbody>
</table>

**Enjoy Atkins Endulge Treats for dessert if Net Carb consumption allows!**

Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable) FV = Foundation Vegetables
### Atkins® 20 - Foodie Meal Plan

#### Week 2

<table>
<thead>
<tr>
<th>Meal</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| **Breakfast** | 2 large eggs  
2 cups baby spinach  
1 tsp olive oil  
1 oz Swiss cheese | ⁴ large eggs  
1/3 cup chopped red bell pepper  
2 Tbsp chopped onion  
1 oz Monterrey Jack cheese | 2 large eggs  
¼ cup shred Cheddar cheese  
4 Tbsp Salsa Cruda | 1 cup coconut milk  
1 oz protein powder  
½ tsp vanilla  
½ -1 tsp sweetener  
½ cup ice | 2 large eggs  
½ Hass avocado  
1 oz pepper Jack cheese | 2 small tomatoes  
4 oz sausage  
1 oz Cheddar cheese | 2 large eggs  
1 medium tomato  
2 oz Canadian bacon  
2 Tbsp Hollandaise Sauce |
| **Snack**    | 1 celery stalk  
1 oz Monterey Jack cheese | Atkins Advantage  
Caramel Chocolate  
Nut Roll Bar | ½ medium zucchini, cut into sticks  
1 oz pepper Jack cheese | 5 cherry tomatoes  
1 oz Cheddar | 5 large black olives  
2 Tbsp Creamy Italian Dressing | ¼ cup sliced cucumber  
2 Tbsp Creamy Italian Dressing | Atkins Advantage  
Vanilla Shake |
| **Lunch**    | 6 oz chicken  
½ Hass avocado  
2 cups mixed greens  
2 Tbsp Sherry Vinaigrette | 5 oz hamburger  
1 oz pepper jack cheese  
1 small tomato  
½ Hass avocado  
2 Romaine lettuce leaves | 4 oz tuna  
1 ½ celery stalks  
5 cherry tomatoes  
2 Tbsp mayonnaise  
½ Hass avocado | 6 oz chicken breast  
2 cups Romaine hearts  
¼ cup chopped red bell pepper  
½ Hass avocado  
2 Tbsp Creamy Italian Dressing | 5 oz ham  
2 cups mixed greens  
1 small tomato  
2 Tbsp Blue Cheese Dressing | 6 oz grilled chicken  
6 stalks asparagus  
1 tsp butter  
2 cups mixed greens  
2 Tbsp Sherry Vinaigrette | 5 oz hamburger  
½ cup sliced mushrooms  
1 Tbsp olive oil  
2 Tbsp Barbecue Sauce  
2 cups mixed greens  
2 Tbsp Sherry Vinaigrette |
| **Snack**    | ⅛ medium red bell pepper, sliced  
2 Tbsp Creamy Italian Dressing | ¼ cup sliced cucumber  
2 Tbsp Creamy Italian Dressing | 2 celery stalks  
2 Tbsp Blue Cheese Dressing | 2 oz ham  
2 Tbsp cream cheese  
2 dill pickle spears | ¼ cup sliced cucumber  
2 Tbsp Ranch Dressing | ½ cup sliced red bell pepper  
2 Tbsp Ranch Dressing | 1 celery stalk  
2 oz Monterey Jack cheese |
| **Dinner**   | 5 oz Italian sausage  
⅛ medium onion, sliced  
1 tsp olive oil  
2 cups mixed greens  
2 Tbsp Blue Cheese Dressing | 6 oz chicken  
6 stalks asparagus  
1 Tbsp butter  
2 cups mixed greens  
2 Tbsp Ranch Dressing | 6 oz salmon  
2 cups broccoli and cauliflower, roasted  
With 1 Tbsp olive oil | 7 oz bone-in pork chop  
1 cup cauliflower florets  
1 Tbsp butter  
2 cups mixed greens  
2 Tbsp Ranch Dressing | Atkins Frozen  
Crustless Chicken Pot Pie | 6 oz steak  
2/3 cup sliced zucchini  
1 Tbsp olive oil  
2 cups Romaine hearts  
2 Tbsp Blue Cheese Dressing | 6 oz chicken, ⅛ cup green beans, 1 Tbsp butter, 2 Tbsp sliced almonds, 2 cups arugula  
¼ cup sliced cucumber  
2 Tbsp Creamy Italian Dressing |
| **Net Carbs** | 5.1g  
FV 2.8g | 3g  
FV 0g | 2.8g  
FV 1.7g | 3g  
FV 0g | 1.8g  
FV 0.7g | 1.9g  
FV 1.6g | 1g  
FV 0g |
| **FV**      | 4g | 2.2g | 5.1g  
FV 5.1g | 5.1g  
FV 4.9g | 6.3g  
FV 5.2g | 5.5g  
FV 5.1g | 8.2g  
FV 5.9g |

**Total Net Carbs:** 19.7g  
**Total FV:** 15g

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

Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable)  
FV = Foundation Vegetables
## Atkins® 20 - Foodie Meal Plan

### Shopping List

#### 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)

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

**Meat & Proteins**
- Bacon (2 slices – ¾ 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 (1/2 cup)
- Green Bell Pepper (1 medium)
- Mixed greens (1/2 cup)
- 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
- 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)

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