



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Meal Peanut Fudge Granola Bar	Atkins Frozen Bacon Scramble	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Frozen Bacon Scramble	Atkins Meal Blueberry Greek Yogurt Bar	Atkins Frozen Bacon Scramble
	Net Carbs: 6g FV 2.1g	Net Carbs: 2g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 6g FV 2.1g	Net Carbs: 5g FV 0.4g	Net Carbs: 3g FV 0g	Net Carbs: 5g FV .4g
Snack	Atkins Strawberry Shake	Atkins Day Break Creamy Chocolate Shake	Atkins Dark Chocolate Royale Shake	Atkins Strawberry Shake	Atkins Vanilla Shake	Atkins Strawberry Shake	Atkins Snack Caramel Chocolate Peanut Nougat Bar
	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g
Lunch	6 oz fillet of salmon 6 stalks asparagus	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower , 2 cups mixed greens, 5 large radishes, ½ Hass avocado, 2 Tbsp Creamy Italian Dressing	5 oz hamburger 1 oz Cheddar 1 large tomato ½ Hass avocado	Atkins Frozen Chicken & Broccoli Alfredo 1 cup green beans 1½ Tbsp Herb Butter Blend	Atkins Frozen Beef Teriyaki ½ cup steamed Brussels sprouts 1 Tbsp butter	6 oz chicken ¾ cup stir-fry vegetables 2 Tbsp olive oil 1 Tbsp tamari sauce	Atkins Frozen Chicken and Broccoli Alfredo 2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing
	Net Carbs: 2.4g FV 2.4g	Net Carbs: 11g FV 6.8g	Net Carbs: 6.6g FV 6.3g	Net Carbs: 9.5g FV 6.3g	Net Carbs: 9.5g FV 7.5g	Net Carbs: 3.9g FV 3g	Net Carbs: 11.7g FV 8g
Snack	Atkins Snack Caramel Chocolate Peanut Nougat Bar	Atkins Vanilla Shake	Atkins Strawberry Shake	Atkins Vanilla Shake	Atkins Strawberry Shake	Atkins Vanilla Shake	Atkins Strawberry Shake
	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g
Dinner	Atkins Frozen Chicken & Broccoli Alfredo 2 cups baby spinach ½ Hass avocado ½ cup sliced cucumbers 2 Tbsp Creamy Italian Dressing	6 oz steak 1 Tbsp Herb Butter Blend 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil	Atkins Frozen Crustless Chicken Pot Pie ½ cup chopped zucchini	6 oz fillet of whitefish 2 cups mixed greens 4 cherry tomatoes 2 Tbsp Ranch Dressing	6 oz steak 2/3 cup sliced mushrooms 1 Tbsp butter 2 cups baby spinach 2 Tbsp Creamy Italian Dressing	Atkins Frozen Mexican-Style Chicken and Vegetables , 2 cups Romaine hearts, ½ cup chopped red bell pepper, ½ Hass avocado, 2 Tbsp Blue Cheese Dressing	7 oz bone-in pork chop 2 cups mixed greens 2 Tbsp Creamy Italian Dressing
	Net Carbs: 11g FV 7.7g	Net Carbs: 4.9g FV 4.9g	Net Carbs: 7.8g FV 5.1g	Net Carbs: 5.4g FV 4.5g	Net Carbs: 4.2g FV 3.9g	Net Carbs: 14.1g FV 8.9g	Net Carbs: 2.9g FV 2.7g
	Total Net Carbs: 22.4g Total FV 12.2g	Total Net Carbs: 21.9g Total FV 11.7g	Total Net Carbs: 22.4g Total FV 11.8g	Total Net Carbs: 22.9g Total FV 12.9g	Total Net Carbs: 20.7g Total FV 11.8g	Total Net Carbs: 23g Total FV 11.9g	Total Net Carbs: 22.6g Total FV 11.1g

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 Meal Peanut Butter Granola Bar	Atkins Meal Blueberry Greek Yogurt Bar	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Meal Peanut Fudge Granola Bar	Atkins Frozen Bacon Scramble	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Frozen Bacon Scramble
	Net Carbs: 2.9g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 6g FV 2.1g	Net Carbs: 2g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 6g FV 2.1g	Net Carbs: 5g FV .4g
Snack	Atkins Strawberry Shake	Atkins Vanilla Shake	Atkins Day Break Cranberry Almond Bar	Atkins Vanilla Shake	Atkins Strawberry Shake	Atkins French Vanilla Shake	Atkins Vanilla Shake
	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g
Lunch	6 oz chicken 2 cups mixed greens ½ Hass avocado 2 Tbsp Creamy Italian Dressing	5 oz hamburger 1 oz pepper jack cheese 4 Tbsp Salsa Cruda ½ Hass avocado	Atkins Frozen Crustless Chicken Pot Pie 6 stalks asparagus 1 Tbsp Butter	Atkins Frozen Mexican-Style Chicken and Vegetables , 1 cup cauliflower, steamed 1½ Tbsp Herb Butter Blend	5 oz ham 2 cups baby spinach 1 small tomato ½ Hass avocado 2 Tbsp Creamy Italian Dressing	4 oz tuna 1½ stalks celery 2 Tbsp mayonnaise ½ Hass avocado	Atkins Frozen Crustless Chicken Pot Pie ¼ cup snow peas 1½ Tbsp olive oil
	Net Carbs: 4.2g FV 4g	Net Carbs: 4g FV 3g	Net Carbs: 7.4g FV 4.7g	Net Carbs: 10.3g FV 5.8g	Net Carbs: 7.2g FV 6.6g	Net Carbs: 2.8g FV 2.8g	Net Carbs: 7g FV 4.3g
Snack	Atkins Vanilla Shake	Atkins Strawberry Shake	Atkins Vanilla Shake	Atkins Snack Dark Chocolate Almond Coconut Crunch Bar	Atkins Vanilla Shake	Atkins Snack Caramel Chocolate Peanut Nougat Bar	Atkins Strawberry Shake
	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g
Dinner	Atkins Frozen Beef Merlot ½ med. red bell pepper, sliced, 2 cups baby spinach, 1 Tbsp chopped onion, 2 Tbsp Ranch Dressing	Atkins Frozen Chicken & Broccoli Alfredo 1¼ cups steamed broccoli, 1 Tbsp butter 2 Tbsp Parmesan cheese	6 oz grilled chicken 2 cups baby spinach ½ Hass avocado, ½ cup sliced red bell pepper 2 Tbsp Creamy Italian Dressing	7 oz bone-in pork chop 1 cup snap peas 1 Tbsp olive oil	Atkins Frozen Beef Teriyaki Stir-Fry 1 cup chopped zucchini, cooked with 1 Tbsp butter	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups mixed greens 3 cherry tomatoes 2 Tbsp Lemon Vinaigrette	5 oz hamburger, ½ cup sliced mushrooms, 1 Tbsp olive oil, 2 cups mixed greens, ½ Hass avocado, 5 cherry tomatoes, 2 Tbsp Creamy Italian Dressing
	Net Carbs: 14g FV 8g	Net Carbs: 13g FV 9.6g	Net Carbs: 6.2g FV 6g	Net Carbs: 6g FV 6g	Net Carbs: 8.8g FV 5.8g	Net Carbs: 11.3g FV 6.1g	Net Carbs: 7.9g FV 7.7g
	Total Net Carbs: 23.1g Total FV 12g	Total Net Carbs: 22g Total FV 12.6g	Total Net Carbs: 22.6g Total FV 12.8g	Total Net Carbs: 22.3g Total FV 11.8g	Total Net Carbs: 23g Total FV 12.8g	Total Net Carbs: 23.1g Total FV 11g	Total Net Carbs: 21.9g Total FV 12.4g

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

- Bone-in Pork Chop
- Chicken
- Ground Beef
- Salmon
- Steak
- Whitefish

Vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Cucumbers
- Cucumber
- Green Beans
- Green or Red Bell Peppers
- Hass Avocados
- Radishes
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Stir-Fry Vegetables
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Cheddar Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Ranch Dressing
- Herb-Butter Blend
- Tamari Sauce

Week 2

Atkins Products

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

Proteins

- Bone-In Pork Chop
- Chicken
- Ground Beef
- Ham*
- Tuna*

Vegetables

- Asparagus
- Broccoli
- Cauliflower
- Celery*
- Hass Avocados
- Mixed Greens
- Onion*
- Red Bell Pepper
- Sliced Mushrooms
- Snap Peas*
- Snow Peas*
- Spinach
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Parmesan Cheese*
- Pepper Jack Cheese*
- Creamy Italian Dressing
- Ranch Dressing
- Lemon Vinaigrette*
- Herb-Butter Blend
- Mayonnaise*
- Salsa Cruda*