



	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: 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>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 Teriyaki Stir-Fry</p> <p>Net Carbs: 6g FV 3g</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 Orange Chicken</p> <p>Net Carbs: 7g FV 3.9g</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>¾ cup sliced cucumber 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs: 3.3g FV 3g</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>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>Atkins Frozen Chicken & Broccoli Alfredo 1½ cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs: 7.4g 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>	<p>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</p> <p>Net Carbs: 8g FV 2.7g</p>	<p>Atkins Frozen Crustless Chicken Pot Pie 1 cup broccoli florets 1 Tbsp olive oil</p> <p>Net Carbs: 6.6g 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>
	<p>Total Net Carbs: 21.5g Total FV 12.6g</p>	<p>Total Net Carbs: 21.8g Total FV 12.7g</p>	<p>Total Net Carbs: 22.3g Total FV 13.2g</p>	<p>Total Net Carbs: 23.2g Total FV 12.3g</p>	<p>Total Net Carbs: 21.9g Total FV 12.2g</p>	<p>Total Net Carbs: 20.7g Total FV 15g</p>	<p>Total Net Carbs: 21.7g Total FV 13.9g</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 Meal Peanut Butter Granola Bar	Atkins Frozen Farmhouse-Style Sausage 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 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 Frozen Farmhouse-Style Sausage Scramble
	Net Carbs: 3g FV 0g	Net Carbs: 6g FV 2.1g	Net Carbs: 8g FV 5.8g	Net Carbs: 3g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 5.8g FV 4.9g	Net Carbs: 6g FV 2.1g
Snack	½ Hass avocado 2 Tbsp Ranch Dressing	Atkins Strawberry Shake	Atkins Vanilla Shake	1 stalk celery 1 oz Monterey Jack Cheese	Atkins Dark Chocolate Royale Shake	Atkins Snack Caramel Chocolate Nut Roll Bar	5 cherry tomatoes 1 oz Gouda Cheese
	Net Carbs: 2.2g FV 1.3g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1.4g FV 1g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 2.9g FV 2.3g
Lunch	Atkins Frozen Beef Teriyaki Stir-Fry	6 oz chicken breast 1/3 medium yellow squash, 1 cup mixed greens, 3 Tbsp Italian Dressing	Atkins Meal Chocolate Peanut Butter Bar	Atkins Frozen Chicken & Broccoli Alfredo 2 cups mixed greens 2 Tbsp Creamy Italian Dressing	Atkins Meal 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 Beef Teriyaki Stir-Fry
	Net Carbs: 6g FV 3g	Net Carbs: 3.9g FV 3.5g	Net Carbs: 2g FV 0g	Net Carbs: 7.9g FV 4.7g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 4.5g	Net Carbs: 6g FV 3g
Snack	10 cherry tomatoes 2 Tbsp Aioli	Atkins Snack Caramel Chocolate Peanut Nougat Bar	1 small zucchini 1½ oz Cheddar	Atkins Café Caramel Shake	1 large tomato 2 Tbsp Ranch Dressing	Atkins Strawberry Shake	Atkins Milk Chocolate Delight Shake
	Net Carbs: 5.1g FV 5g	Net Carbs: 2g FV 0g	Net Carbs: 3.2g FV 2.2g	Net Carbs: 3g FV 0g	Net Carbs: 5.8g FV 5g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g
Dinner	Atkins Frozen Crustless Chicken Pot Pie	4 oz diced ham, 3 cups shredded Romaine lettuce, 1 large tomato, ½ Hass avocado, 2 Tbsp Sweet Mustard Dressing	Atkins Crustless Chicken Pot Pie 1½ cup mixed greens 2 Tbsp Ranch Dressing	6 oz bone-in pork chop 1/cup cauliflower florets 1 Tbsp olive oil, 2 cups hearts of Romaine lettuce, ¼ cup shredded Cheddar, 2 Tbsp Creamy Italian Dressing	6 oz top sirloin steak 7 asparagus spears 1½ Tbsp olive oil, 2 cups mixed greens, ¼ cup chopped red bell pepper 2 Tbsp Creamy Italian Dressing	Atkins Frozen Chicken Margherita	6 oz chicken breast 1 Tbsp olive oil, 2 cups chopped arugula, 8 cherry tomatoes, ½ Hass avocado, 1 oz crumbled Feta cheese, 2 Tbsp Sweet Mustard Dressing
	Net Carbs: 5g FV 2.3g	Net Carbs: 8.4g FV 7.8g	Net Carbs: 8g FV 4.1g	Net Carbs: 6.8g FV 6.2g	Net Carbs: 7.2g FV 7g	Net Carbs: 7g FV 2g	Net Carbs: 6.3g FV 5.7g
	Total Net Carbs: 21.3g Total FV 11.6g	Total Net Carbs: 21.3g Total FV 13.4g	Total Net Carbs: 22.2g Total FV 12.1g	Total Net Carbs: 22.1g Total FV 11.9g	Total Net Carbs: 22g Total FV 12.4g	Total Net Carbs: 19.7g Total FV 11.4g	Total Net Carbs: 23.2g Total FV 12.1g

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
- Bone-in Pork Chop
- Tuna
- Chicken Breasts
- Eggs
- Ground Beef
- Whitefish

Vegetables

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

Fats

- Olive Oil

Other

- Blue Cheese
- Cheddar Cheese
- Fresh Mozzarella Cheese
- Monterey Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Greek Vinaigrette
- Italian Dressing
- Ranch Dressing
- Sherry Vinaigrette
- Heavy Cream
- Herb-Butter Blend
- Hollandaise Sauce
- Mayonnaise

Week 2

Atkins Products

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

Proteins

- Bacon
- Bone-In Pork Chop
- Tuna
- Chicken Breasts
- Ham*
- Eggs
- Top Sirloin Steak*

Vegetables

- Arugula*
- Asparagus*
- Cauliflower
- Celery
- Cucumber
- Hass Avocados
- Red Bell Pepper
- Romaine Lettuce/Mixed Greens
- Spinach
- Tomatoes
- Yellow Squash*
- Zucchini

Fats

- Olive Oil

Other

- Cheddar Cheese*
- Feta Cheese*
- Gouda Cheese*
- Mayonnaise
- Monterey Jack Cheese
- Creamy Italian Dressing
- Italian Dressing
- Ranch Dressing
- Sweet Mustard Dressing*
- Aioli*
- Salsa Cruda*