

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>	½ cup cooked oatmeal 2 slices bacon	¼ cup chopped bell pepper, 2 eggs ½ Hass avocado 1 oz pepper jack cheese ¼ cup Salsa Crudase 4 Tbsp Salsa Cruda	5 oz ground beef 1 Tbsp olive oil, 1/2 cup chopped bell pepper, 2 Tbsp onion, 1/4 cup shredded cheddar, 1 low-carb tortilla	<b>Atkins Frozen Bacon Scramble</b>	4 oz turkey sausage links 1 medium tomato 1 slice whole grain bread	<b>Atkins Farmhouse-Style Sausage Scramble</b>
	<b>Net Carbs: 6g FV 2.1g</b>	<b>Net Carbs: 12.4g FV 0g</b>	<b>Net Carbs: 5.8g FV 4.1g</b>	<b>Net Carbs: 7.1g FV 3.7g</b>	<b>Net Carbs: 5g FV 0.4g</b>	<b>Net Carbs: 15.3g FV 3.3g</b>	<b>Net Carbs: 6g FV 2.1g</b>
Snack	1/2 cup pineapple chunks, ½ cup cottage cheese	<b>Atkins Snack Cranberry Almond Bar</b>	<b>Atkins Dark Chocolate Royale Shake</b> ½ small banana	<b>Atkins Strawberry Shake</b>	½ cup cantaloupe 2 oz prosciutto	<b>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</b>	<b>Atkins Milk Chocolate Delight Shake</b> ½ small apple
	<b>Net Carbs: 13.8g FV 0g</b>	<b>Net Carbs: 2g FV 0g</b>	<b>Net Carbs: 8.8g FV 0g</b>	<b>Net Carbs: 1g FV 0g</b>	<b>Net Carbs: 5.9g FV 0g</b>	<b>Net Carbs: 3g FV 0g</b>	<b>Net Carbs: 10.5g FV 0g</b>
Lunch	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing	<b>Atkins Frozen Orange Chicken</b> 2 cups mixed greens ½ Hass avocado 2 Tbsp Creamy Italian Dressing	Chicken Cauliower Mac and Cheese  <b>Order Fresh Recipe Delivery!</b>	<b>Atkins Frozen Beef Fiesta Taco Bowl</b> 5 corn tortilla chips	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b> , ½ small baked potato, 1 Tbsp butter, 2 cups arugula, 5 cherry tomatoes, 2 Tbsp Fresh Raspberry Vinaigrette	Spicy Ahi Tuna Salad  <b>Order Fresh Recipe Delivery!</b>	<b>Atkins Frozen Italian-Style Pasta Bake</b> 2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing
	<b>Net Carbs: 9.4g FV 6.1g</b>	<b>Net Carbs: 11.2g FV 7.9g</b>	<b>Net Carbs: 10.4g FV 6.7g</b>	<b>Net Carbs: 17g FV 4.5g</b>	<b>Net Carbs: 7.8g FV 5g</b>	<b>Net Carbs: 6.6g FV 5.6g</b>	<b>Net Carbs: 14.7g FV 8.2g</b>
Snack	<b>Atkins Strawberry Shake</b>	½ cup raspberries ½ cup Greek yogurt	<b>Atkins Snack Caramel Chocolate Nut Roll Bar</b>	2 celery stalks ¼ cup hummus	<b>Atkins French Vanilla Shake</b>	<b>Atkins Strawberry Shake</b>	2 stalks celery 1 oz Cheddar cheese
	<b>Net Carbs: 1g FV 0g</b>	<b>Net Carbs: 7.9g FV 0g</b>	<b>Net Carbs: 3g FV 0g</b>	<b>Net Carbs: 7g FV 2g</b>	<b>Net Carbs: 1g FV 0g</b>	<b>Net Carbs: 1g FV 0g</b>	<b>Net Carbs: 2.4g FV 2g</b>
Dinner	Cajun Blackened Salmon with Cucumber Relish  <b>Order Fresh Recipe Delivery!</b>	Greek Hamburger with Feta and Roasted Zucchini  <b>Order Fresh Recipe Delivery!</b>	<b>Atkins Stone Fired Three Meat Pizza</b> ½ cup chopped zucchini	Herbed Mahi Mahi Fish en Papilotte  <b>Order Fresh Recipe Delivery!</b>	Asian Veggie and Pork Bowl  <b>Order Fresh Recipe Delivery!</b>	<b>Atkins Frozen Beef Teriyaki Stir-Fry</b> ½ cup broccoli orets ½ small corn on the cobb 1 Tbsp butter	Zucchini Chicken Alfredo  <b>Order Fresh Recipe Delivery!</b>
	<b>Net Carbs: 10.4g FV 7.7g</b>	<b>Net Carbs: 7.4g FV 4.1g</b>	<b>Net Carbs: 12.4g FV 3.4g</b>	<b>Net Carbs: 8.5g FV 6.5g</b>	<b>Net Carbs: 7.2g FV 6.1g</b>	<b>Net Carbs: 15g FV 6g</b>	<b>Net Carbs: 6.6g FV 4.4g</b>
	<b>Total Net Carbs: 40.6g Total FV 15.9g</b>	<b>Total Net Carbs: 40.9g Total FV 12g</b>	<b>Total Net Carbs: 40.4g Total FV 14.2g</b>	<b>Total Net Carbs: 40.6g Total FV 16.7g</b>	<b>Total Net Carbs: 41.9g Total FV 11.5g</b>	<b>Total Net Carbs: 40.9g Total FV 14.9g</b>	<b>Total Net Carbs: 40.2g Total FV 16.7g</b>

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

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

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> 1 wedge cantaloupe	½ cup cooked oatmeal 2 oz turkey sausage	Atkins Frozen Bacon Scramble	<b>Atkins Meal Strawberry Almond Bar</b> 1/3 cup blueberries ½ cup Greek yogurt	2 eggs ½ Hass avocado 1 oz pepper jack cheese 1 slice whole grain bread	1 small tomato 2 oz Canadian bacon ½ whole wheat English muffin, 2 Tbsp Hollandaise Sauce	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>
<b>Net Carbs: 13.5g</b> FV 2.1g	<b>Net Carbs: 12.1g</b> FV 0g	<b>Net Carbs: 5g</b> FV .4g	<b>Net Carbs: 13.5g</b> FV 0g	<b>Net Carbs: 15g</b> FV 1.3g	<b>Net Carbs: 14.7g</b> FV 2.5g	<b>Net Carbs: 6g</b> FV 2.1g

Snack

<b>Atkins Sweet and Salty Trail Mix</b>	<b>Atkins Mocha Latte Shake</b>	2 Tbsp almond butter ½ small apple	Atkins Milk Chocolate Delight Shake	<b>Atkins Snack Chocolate Hazelnut Bar</b>	<b>Atkins French Vanilla Shake</b>	¼ cup blackberries ½ cup Greek yogurt
<b>Net Carbs: 4g</b> FV 0g	<b>Net Carbs: 3g</b> FV 0g	<b>Net Carbs: 14.1g</b> FV 0g	<b>Net Carbs: 2g</b> FV 0g	<b>Net Carbs: 3g</b> FV 0g	<b>Net Carbs: 1g</b> FV 0g	<b>Net Carbs: 6.2g</b> FV 0g

Lunch

6 oz chicken breast ½ Hass avocado 1 low-carb tortilla 2 cups mixed greens 2 Tbsp Sherry Vinaigrette	Steak Salad  Order Fresh Recipe Delivery!	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliower</b> 1 cup baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing	<b>Atkins Frozen Mexican-Style Chicken and Vegetables</b> , 2 cups Romaine hearts, ½ cup chopped bell pepper, 2 Tbsp Creamy Italian Dressing	Asian Veggie and Pork Bowl  Order Fresh Recipe Delivery!	Spicy Ahi Tuna Salad  Order Fresh Recipe Delivery!	<b>Atkins Frozen Orange Chicken</b> ¼ cup wild rice, 2 cups arugula, ½ cup sliced mushrooms, 5 cherry tomatoes, 2 Tbsp Fresh Raspberry Vinaigrette
<b>Net Carbs: 7.4g</b> FV 4g	<b>Net Carbs: 7.5g</b> FV 5.5g	<b>Net Carbs: 8.9g</b> FV 4.7g	<b>Net Carbs: 12.4g</b> FV 7.6g	<b>Net Carbs: 7.2g</b> FV 7.1g	<b>Net Carbs: 6.6g</b> FV 5.6g	<b>Net Carbs: 20.2g</b> FV 8.3g

Snack

<b>Atkins French Vanilla Shake</b> ¼ cup blueberries	<b>Atkins Snack Coconut Almond Delight Bar</b>	<b>Atkins Dark Chocolate Royale Shake &amp; Atkins Indulge Chocolate Covered Almonds</b>	1 oz pepper jack cheese 2 whole wheat crackers	<b>Atkins Dark Chocolate Royale Shake</b>	<b>Atkins Snack Caramel Chocolate Peanut Nougat Bar</b>	Atkins Café Caramel Shake
<b>Net Carbs: 5.5g</b> FV 0g	<b>Net Carbs: 3g</b> FV 0g	<b>Net Carbs: 4g</b> FV 0g	<b>Net Carbs: 6.4g</b> FV 0g	<b>Net Carbs: 2g</b> FV 0g	<b>Net Carbs: 2g</b> FV 0g	<b>Net Carbs: 3g</b> FV 0g

Dinner

Italian Sausage and Cauliower Sauté  Order Fresh Recipe Delivery!	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> ½ cup broccoli orets 2 cups mixed greens 5 cherry tomatoes 2 Tbsp Ranch Dressing	Chicken Picatta with Capers and Tomatoes  Order Fresh Recipe Delivery!	Maple Mustard Glazed Salmon and Asparagus  Order Fresh Recipe Delivery!	<b>Atkins Frozen Italian-Style Pasta Bake</b> , 2 cups baby spinach, ¼ cup chopped bell pepper, 2 Tbsp Sweet Mustard Dressing	<b>Atkins Frozen Chili Con Carne</b> ¼ acorn squash 1 Tbsp butter 2 Tbsp sugar-free maple syrup	Bacon Wrapped filet with Blue Cheese Butter Sauce  Order Fresh Recipe Delivery!
<b>Net Carbs: 10.9g</b> FV 10.1g	<b>Net Carbs: 13.9g</b> FV 10g	<b>Net Carbs: 7.9g</b> FV 7.1g	<b>Net Carbs: 6.5g</b> FV 5.8g	<b>Net Carbs: 13.1g</b> FV 6.1g	<b>Net Carbs: 17.1g</b> FV 11.7g	<b>Net Carbs: 6g</b> FV 4.8g
<b>Total Net Carbs: 41.3g</b> <b>Total FV 16.2g</b>	<b>Total Net Carbs: 39.5g</b> <b>Total FV 15.5g</b>	<b>Total Net Carbs: 39.9g</b> <b>Total FV 12.2g</b>	<b>Total Net Carbs: 40.8g</b> <b>Total FV 13.4g</b>	<b>Total Net Carbs: 40.2g</b> <b>Total FV 13.5g</b>	<b>Total Net Carbs: 41.4g</b> <b>Total FV 19.8g</b>	<b>Total Net Carbs: 41.4g</b> <b>Total FV 15.2g</b>

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

## Week 1

**Atkins Products**

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

**Proteins**

- Bacon
- Cheddar Cheese
- Cottage Cheese
- Eggs
- Greek Yogurt
- Ground Beef
- Pepper Jack Cheese
- Prosciutto
- Turkey Sausage

**Vegetables**

- Arugula
- Broccoli
- Carrots
- Celery
- Corn on the Cobb
- Green or Red Bell Peppers
- Hass Avocados
- Mixed Greens
- Onions
- Potato
- Spinach
- Zucchini
- Tomatoes
- Zucchini

**Fats**

- Olive Oil
- Butter

**Fruits**

- Apple
- Banana
- Cantaloupe
- Pineapple
- Raspberries

**Other**

- Blue Cheese Dressing*
- Creamy Italian Dressing*
- Fresh Raspberry Vinaigrette*
- Hummus
- Low-Carb Tortilla
- Oatmeal
- Tortilla Chips
- Salsa Cruda*
- Whole Grain Bread

## Week 2

**Atkins Products**

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

**Proteins**

- Canadian Bacon
- Chicken Breasts
- Eggs
- Greek yogurt
- Pepper Jack Cheese
- Turkey Sausage

**Vegetables**

- Acorn Squash
- Arugula
- Broccoli
- Hass Avocados
- Mushrooms
- Green or Red Bell Pepper
- Romaine Lettuce/Mixed Greens
- Spinach
- Tomatoes

**Fats**

- Olive Oil
- Butter

**Fruits**

- Apple
- Blackberries
- Blueberries
- Cantaloupe

**Other**

- Almond Butter
- Creamy Italian Dressing*
- Fresh Raspberry Vinaigrette*
- Hollandaise*
- Low-Carb Tortilla
- Oatmeal
- Ranch Dressing*
- Sherry Vinaigrette*
- Sugar-Free Maple Syrup
- Sweet Mustard Dressing*
- Whole Grain Bread
- Whole Wheat Crackers
- Whole Wheat English Mun
- Wild rice