



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Farmhouse-Style Sausage Scramble	½ cup cooked oatmeal 2 pieces bacon	¼ cup chopped red bell pepper, 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar 7-inch low-carb tortilla	Atkins Frozen Bacon Scramble	4 oz turkey sausage 1 medium tomato 1 slice whole grain toast	Atkins Frozen Farmhouse-Style Sausage Scramble
	Net Carbs: 6g FV 2.1g	Net Carbs: 12.4g FV 0g	Net Carbs: 5.8g FV 4.1g	Net Carbs: 7.1g FV 3.7g	Net Carbs: 5g FV 0.4g	Net Carbs: 15.3g FV 3.3g	Net Carbs: 6g FV 2.1g
Snack	1/3 cup fresh pineapple chunks, ½ cup cottage cheese	Atkins Advantage Dark Chocolate Decadence Bar	Atkins Advantage Dark Chocolate Royale Shake , ½ small banana	Atkins Day Break Creamy Chocolate Shake	½ cubed cantaloupe 2 oz prosciutto	Atkins Advantage Dark Chocolate Almond Coconut Bar	Atkins Advantage Mocha Latte Shake 3 large strawberries
	Net Carbs: 10.6g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 12.2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 5.9g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 6g FV 0g
Lunch	6 oz fillet of salmon 1/4 cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette	Atkins Frozen Orange Chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing	5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap	Atkins Frozen Chili Con Carne , ½ cup steamed Brussels sprouts 1 Tbsp butter	Atkins Frozen Beef Teriyaki Stir-Fry , ½ cup sliced cucumber, 5 black olives, 10 cherry tomatoes, 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette	4 oz tuna 1 stalk celery 1/3 cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves	Atkins Frozen Mexican Style Chicken and Vegetables 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing
	Net Carbs: 13.4g FV 5g	Net Carbs: 12g FV 8.7g	Net Carbs: 11g FV 4.6g	Net Carbs: 9.3g FV 4.4g	Net Carbs: 14.1g FV 10.6g	Net Carbs: 3.7g FV 3.7g	Net Carbs: 12.9g FV 7.6g
Snack	Atkins Advantage Strawberry Shake	½ cup raspberries ½ cup Greek yogurt	Atkins Advantage Caramel Chocolate Nut Roll Bar	1 medium carrot ¼ cup hummus	Atkins Advantage Vanilla Shake	Atkins Advantage Café Caramel Shake	1 stalk celery 1 slice Cheddar
	Net Carbs: 1g FV 0g	Net Carbs: 7.9g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 9.1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 1.4g FV 1g
Dinner	Atkins Frozen Chicken Broccoli Alfredo 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing	6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil	Atkins Frozen Crustless Chicken Pot Pie , 1 cup chopped zucchini	6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter	7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing	Atkins Frozen Beef Merlot 1/2 cup steamed broccoli ½ small corn on the cob 1 Tbsp butter	6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice
	Net Carbs: 9.4g FV 6.1g	Net Carbs: 4.8g FV 4.8g	Net Carbs: 5.7g FV 5.5g	Net Carbs: 12.9g FV 4.3g	Net Carbs: 14.7g FV 1.3g	Net Carbs: 16g FV 5g	Net Carbs: 14.5g FV 3g
	Total Net Carbs: 40.4g Total FV 13.2g	Total Net Carbs: 40.1g Total FV 13.5g	Total Net Carbs: 39.7g Total FV 14.2g	Total Net Carbs: 41.4g Total FV 12.4g	Total Net Carbs: 40.7g Total FV 12.3g	Total Net Carbs: 41g Total FV 12g	Total Net Carbs: 40.8g Total FV 13.7g

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
	Atkins Frozen Chicken with Cheese and Bean Burrito	½ cup cooked oatmeal 2 oz turkey sausage	Atkins Frozen Bacon Scramble	Atkins Advantage Strawberry Almond Bar , 1/3 cup blueberries ½ cup Greek yogurt	2 eggs ½ Hass avocado 1 oz pepper jack cheese 1 slice whole grain toast	2 small tomatoes 2 oz Canadian Bacon ½ whole wheat English Muffin, 2 Tbsp Hollandaise Sauce	Atkins Frozen Farmhouse-Style Sausage Scramble
	Net Carbs: 12g FV 1g	Net Carbs: 12.1g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 13.5g FV 0g	Net Carbs: 15g FV 1.3g	Net Carbs: 17.1g FV 4.9g	Net Carbs: 6g FV 2.1g

Snack

	Atkins Advantage Cashew Trail Mix Bar	Atkins Advantage Strawberry Shake	1/2 small apple 1 ½ stalks celery 2 Tbsp almond butter	Atkins Advantage Milk Chocolate Delight Shake	Atkins Advantage Triple Chocolate Bar	Atkins Advantage Vanilla Shake	1/4 cup blueberries ½ cup Greek yogurt
	Net Carbs: 6g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 15.6g FV 1.5g	Net Carbs: 2g FV 0g	Net Carbs: 3.3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 9g FV 0g

Lunch

	6 oz chicken ½ Hass avocado 7-inch low-carb tortilla 2 cups mixed greens 2 Tbsp Sherry Vinaigrette	5 oz hamburger 1 oz pepper jack cheese 2 Tbsp Salsa Cruda ½ Hass avocado ½ 4-inch whole wheat pita pocket	Atkins Frozen Beef Fiesta Taco Bowl 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing	Atkins Frozen Mexican-Style Chicken and Vegetables 2 cups Romaine hearts ½ cup chopped bell pepper, 2 Tbsp Creamy Italian Dressing	5 oz ham 2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing	4 oz tuna 1 1/2 stalks celery 2 Tbsp mayonnaise ½ Hass avocado	Atkins Frozen Shrimp Scampi 2 cups arugula 5 cherry tomatoes 2 Tbsp Fresh Raspberry Vinaigrette
	Net Carbs: 7.4g FV 4g	Net Carbs: 9.8g FV 2.2g	Net Carbs: 12.4g FV 8.6g	Net Carbs: 12.4g FV 7.6g	Net Carbs: 7.1g FV 6g	Net Carbs: 2.8g FV 2.8g	Net Carbs: 11.7g FV 5.2g

Snack

	Atkins Advantage Vanilla Shake ¼ cup blueberries	Atkins Advantage Coconut Almond Delight Bar	Atkins Advantage Dark Chocolate Royale Shake & Atkins Endulge Chocolate Covered Almonds	1 oz pepper jack cheese 2 whole wheat crackers	Atkins Advantage Dark Chocolate Royale Shake	Atkins Advantage Caramel Chocolate Peanut Nougat Bar	Atkins Advantage Café Caramel Shake
	Net Carbs: 5.5g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 6.4g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g

Dinner

	5 oz Italian sausages ¼ medium onion, sliced, ½ medium red bell pepper, sliced 2 cups mixed greens 2 Tbsp Blue Cheese Dressing	Atkins Frozen Chicken and Broccoli Alfredo ½ cup steamed broccoli 2 cups mixed greens 5 cherry tomatoes 2 Tbsp Ranch Dressing	6 oz grilled chicken 6 stalks Asparagus ½ cup sliced red bell pepper, 2 Tbsp Sherry Vinaigrette	7 oz bone-in pork chop 1/2 cup cauliflower florets, steamed 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing	Atkins Frozen Italian Style Pasta Bake 2 cups baby spinach 1/4 cup chopped green bell pepper, 2 Tbsp Sweet Mustard Dressing	Atkins Frozen Chili Con Carne , 1/2 cup sliced zucchini, 1 Tbsp olive oil, ¼ acorn squash, 1 Tbsp butter, 2 Tbsp sugar-free pancake syrup	5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 1 Flatout Original Light Wrap, 2 cups mixed greens ¼ Cup sliced cucumber 2 Tbsp Sherry Vinaigrette
	Net Carbs: 8.8g FV 7.2g	Net Carbs: 13.9g FV 10g	Net Carbs: 4.7g FV 4.3g	Net Carbs: 5.2g FV 4.3g	Net Carbs: 13.1g FV 6.1g	Net Carbs: 18.4g FV 3.4g	Net Carbs: 12.2g FV 5.7g
	Total Net Carbs: 39.8g Total FV 12.2g	Total Net Carbs: 39.7g Total FV 12.2g	Total Net Carbs: 41.7g Total FV 14.8g	Total Net Carbs: 39.5g Total FV 11.9g	Total Net Carbs: 40.5g Total FV 13.4g	Total Net Carbs: 41.3g Total FV 11.1g	Total Net Carbs: 41.9g Total FV 13g

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