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QUICK-START GUIDE

WELCOME TO ATKINS®



“Atkins gave me the tools to become my best, healthiest self. Join me on atkins.com or on the free mobile app – and **FIND YOUR HAPPY WEIGHT.**”

-Alyssa Milano

HOW IT WORKS

Low Cal/High Carb

↑ INCREASED:
• FAT STORAGE
• HUNGER
• CRAVINGS

↓ UP & DOWN SUGAR LEVELS

⊖ BURN SUGAR/STORE FAT

WHEN YOU EAT TOO MANY CARBS

your body immediately uses them for energy instead of accessing your fat stores. And what you don't use, the body stores as more fat.

Low Carb

↓ LESS:
• FAT STORAGE
• HUNGER
• CRAVINGS

↔ STEADY SUGAR LEVELS

⊖ BURN FAT/LOSE WEIGHT

WHEN YOU EAT FEWER CARBS

your body begins to rely on fat as its primary fuel source!

ON ATKINS:

- Your body burns fat rather than carbohydrates
- You have much more energy
- Cravings for sugar and carbs virtually disappear

GET STARTED CHOOSE YOUR PLAN

ATKINS20™	ATKINS40™
40lbs or more to lose	Less than 40lbs to lose
Waist of over: 35" for women 40" for men	Pregnant or breastfeeding*
Diabetic or Pre-diabetic	
See Page 3	See Page 7



*Consult your doctor before starting any diet plan

ATKINS 20™

This plan is the Classic Atkins Diet that has been successful over the past 40 years. Use the Acceptable Foods diagram below to help with effective weight loss in each phase. For more in-depth information on each phase, go to atkins.com



ACCEPTABLE FOODS:

FOUNDATION VEGETABLES, PROTEINS,
HEALTHY FATS, AND MOST CHEESES

NUTS AND SEEDS

BERRIES, CHERRIES, OR MELON

WHOLE MILK GREEK YOGURT,
RICOTTA, OR COTTAGE CHEESE

LEGUMES

TOMATO JUICE

ADDITIONAL FRUITS

STARCHY VEGETABLES

WHOLE GRAINS



Phase 1: Jump start your weight loss with 20g daily net carbs (net carbs = carbs - fiber - sugar alcohols) for the first two weeks. Then move to...

Phase 2: Increase your daily net carbs in 5g increments weekly as long as you keep losing weight. You may find that you need to stay at a lower carb level if your weight loss begins to stall with the increases. When you are within 10 lbs of your goal weight move to...

Phase 3: Increase your daily net carbs in 10g increments weekly until you reach your goal weight. If your weight loss stalls, drop back by 10g net carbs. When you've achieved your goal weight, move to...

Phase 4: Stay within the carb range that allows you to not gain or lose additional weight. Congratulations, you are living a low-carb lifestyle!



20™

Standard Menu Plan

ATKINS 20™

Go to **ATKINS.COM** for more plans or to customize your own!

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • 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>
SNACK	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.6g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
LUNCH	<p><i>Atkins Frozen Crustless Chicken Pot-Pie</i></p> <p>1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.6g • FV 3.6g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>Net Carbs 6g • FV 3g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs 3.7g • FV 2.7g</p>	<p><i>Atkins Snack Coconut Almond Delight Bar</i></p> <p>Net Carbs 2g • 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><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>1½ cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.2g • 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>
	Total Net Carbs: 20.5g Foundation Vegetables: 12.6g	Total Net Carbs: 21.9g Foundation Vegetables: 12.7g	Total Net Carbs: 22.3g Foundation Vegetables: 13.2g

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Atkins Meal Strawberry Almond Bar</i></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 1 oz Monterey Jack Cheese</p> <p>Net Carbs 3.5g • FV 3.3g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>
<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Café Caramel Shake</i></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><i>Atkins Snack Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</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><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Sesame Chicken Stir-Fry</i></p> <p>Net Carbs 7g • FV 2.2g</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>
<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><i>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
<p><i>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</i></p> <p>Net Carbs 7g • FV 2.7g</p>	<p><i>Atkins Frozen Beef Teriyaki Stir-fry</i></p> <p>1 cup broccoli florets 1 Tbsp olive oil</p> <p>Net Carbs 7.6g • 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>
Total Net Carbs: 22.2g Foundation Vegetables: 12.3g	Total Net Carbs: 22.9g Foundation Vegetables: 12.2g	Total Net Carbs: 21.4g Foundation Vegetables: 12g	Total Net Carbs: 21.8g Foundation Vegetables: 13.9g

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

ATKINS 40™

This plan is a simpler way to follow a low-carb lifestyle. No phases, just a daily budget of 40g net carbs to track!

ATKINS40™

EACH DAY, YOU'LL ENJOY A WIDE VARIETY OF DELICIOUS AND FILLING FOODS. ALLOCATE 40G NET CARBS THROUGHOUT THE DAY AS FOLLOWS:

3 MEALS PER DAY
10g 10g 10g

2 SNACKS PER DAY
5g 5g

Occasionally you can bump up a meal to 15g of Net Carbs.

FOUNDATION VEGETABLES
6 to 8 servings




15g
NET CARBS

PROTEIN
3 servings (4 – 6 oz. per serving)



0g
NET CARBS

ADDED FATS
3 servings (1 TBSP each)



0g
NET CARBS

OTHER CARBOHYDRATES
3 – 5 servings (5 net carbs per serving)



25g
NET CARBS

WHEN YOU'RE 10 LBS FROM YOUR GOAL WEIGHT ADD 10g OF NET CARBS/WEEK FROM THIS LIST.

WHEN GOAL WEIGHT IS ACHIEVED YOU CAN EXPAND YOUR LIST OF ACCEPTABLE CARBS. REFER TO OUR CARB COUNTER TO MAKE SURE YOU STAY ON TRACK!



Daily: Each day you will eat 40g net carbs

- 15g net carbs from foundation vegetables.
- 3, 4-6 oz servings of protein per day
- 2-4 servings of healthy fats (ex: olive oil, avocado, etc)
- 8 or more glasses of water
- Consume alcohol in moderation but watch out for hidden sugars and try to ...abstain the first two weeks!

Your 25g daily net carbs available after the foundation vegetables can be used on whatever foods you like throughout the day. Be sure to spend your carbs wisely – spread the carbs out throughout the day for variety and to avoid blood sugar spikes from high carb foods.

Once you're 10 lbs from your goal weight, add 10g of daily net carbs each week!

For more in-depth information on Atkins 40, go to atkins.com



40™

Standard Menu Plan

ATKINS 40™

Go to **ATKINS.COM** for more plans or to customize your own!

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>½ cup cooked oatmeal 2 pieces bacon</p> <p>Net Carbs 12.4g • FV 0g</p>	<p>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</p> <p>Net Carbs 5.8g • FV 4.1g</p>
SNACK	<p>½ cup fresh pineapple chunks ½ cup cottage cheese</p> <p>Net Carbs 10.6g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Decadence Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>½ banana</p> <p>Net Carbs 8.8g • FV 0g</p>
LUNCH	<p>6 oz fillet of salmon ¼ cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 13.4g • FV 5g</p>	<p><i>Atkins Frozen Orange Chicken</i></p> <p>2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 12g • FV 8.7g</p>	<p>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</p> <p>Net Carbs 11g • FV 4.6g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup raspberries ½ cup Greek yogurt</p> <p>Net Carbs 7.9g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>
DINNER	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 9.4g • FV 6.1g</p>	<p>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</p> <p>Net Carbs 4.8g • FV 4.8g</p>	<p><i>Atkins Frozen Stone Fired Three Meat Pizza</i></p> <p>½ cup chopped zucchini</p> <p>Net Carbs 12.4g • FV 3.4g</p>
Total Net Carbs: 39.4g Foundation Vegetables: 13.2g		Total Net Carbs: 40.1g Foundation Vegetables: 13.5g	Total Net Carbs: 41.0g Foundation Vegetables: 12.1g

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>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</p> <p>Net Carbs 7.1g • FV 3.7g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>	<p>4 oz turkey sausage 1 medium tomato 1 slice whole grain toast</p> <p>Net Carbs 15.3g • FV 3.3g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>
<p><i>Atkins Harvest Trail Dark Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p>½ cubed cantaloupe 2 oz prosciutto</p> <p>Net Carbs 5.9g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Mocha Latte Shake</i></p> <p>3 large strawberries</p> <p>Net Carbs 6g • FV 0g</p>
<p><i>Atkins Frozen Chili Con Carne</i></p> <p>½ cup steamed Brussels sprouts 1 Tbsp butter</p> <p>Net Carbs 6.3g • FV 4.4g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette</p> <p>Net Carbs 14.1g • FV 10.6g</p>	<p>4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves</p> <p>Net Carbs 3.7g • FV 3.7g</p>	<p><i>Atkins Frozen Italian-Style Pasta Bake</i></p> <p>2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 12.9g • FV 7.4g</p>
<p>1 medium carrot ¼ cup hummus</p> <p>Net Carbs 9.1g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 stalk celery 1 slice Cheddar</p> <p>Net Carbs 1.4g • FV 1g</p>
<p>6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter</p> <p>Net Carbs 12.9g • FV 4.3g</p>	<p>7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 14.7g • FV 1.3g</p>	<p><i>Atkins Frozen Beef Merlot</i></p> <p>½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter</p> <p>Net Carbs 15g • FV 5g</p>	<p>6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamar sauce ¼ cup brown rice</p> <p>Net Carbs 14.5g • FV 3g</p>
Total Net Carbs: 39.4g Foundation Vegetables: 12.4g	Total Net Carbs: 40.8g Foundation Vegetables: 12.3g	Total Net Carbs: 40.0g Foundation Vegetables: 12.0g	Total Net Carbs: 39.8g Foundation Vegetables: 13.5g

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

ATKINS® MADE EASIER

TOOLS TO HELP YOU FIND YOUR HAPPY WEIGHT

All you need to reach your goals is FREE on the Atkins Mobile App & Atkins.com.



Food Search helps you find nutritional info for grocery items, restaurant meals, and Atkins-friendly recipes and products. Search by keyword for any of these items and track them instantly!



Progress Tracker to track your weight loss to date and the proximity to your goal weight.



Meal Tracker allows you to track net carbs consumed daily based on your specific Atkins Program. Includes popular brands and restaurant dishes and a breakdown of fat, protein and foundation veggies.



Activity Tracker allows you to synch your device and incorporate steps into your daily goals.



Food Lists & Recipes will help you discover all the delicious foods acceptable in each Phase and Program. Plus, recipes making it easy to find and fix low-carb meals.



atkins.com

Available for iPhone, iPad and Android!

GET IT NOW FOR FREE!



Lose weight deliciously!

Find over 1,800 FREE low carb recipes on atkins.com. Here's a taste to get you started:

GRILLED CHICKEN WITH BASIL VEGETABLES



Net Carbs

9g

Servings

4

Cook Time

15 min

Prep Time

10 min

INGREDIENTS

- 1/4 Cup shallots, roughly chopped
- 3 Tablespoons extra virgin olive oil
- 1 Tablespoon garlic, chopped
- 1 Teaspoon salt
- 1/2 Teaspoon ground pepper
- 2 Lbs boneless, skinless chicken breast halves
- 1 Red bell pepper, seeded and quartered
- 1 Medium zucchini, squash and leek, each quartered
- 1/4 Cup fresh basil, chiffonade

DIRECTIONS

Mix shallots, oil, garlic, salt and pepper in a large resealable plastic bag. Add chicken, peppers, zucchini, squash and leek. Gently shake bag to coat chicken and vegetables, and marinate in refrigerator for 1 to 3 hours, turning occasionally.

Prepare a medium-low grill. Place chicken on grill and cook until just cooked through, turning once, about 12 minutes. About 2 minutes into cooking process, add peppers and cook until tender, turning once, about 10 minutes.

About 2 minutes after adding peppers, add zucchini, squash and leeks and cook until tender, turning once, about 8 minutes. Sprinkle with basil before serving.



New!

NO ARTIFICIAL
• colors
• flavors
• preservatives



AVAILABLE IN 3
DELICIOUS FLAVORS

MOCHA ALMOND BAR • RASPBERRY CHIA BAR • ALMOND COCONUT BAR

HIGH PROTEIN • HIGH FIBER
2g SUGAR or less • 3g NET CARBS

made with
**SUPER
FOODS**



**STAY ON TRACK WITH GREAT TASTING
OPTIONS FOR ANY TIME OF DAY.**

FIND THESE DELICIOUS PRODUCTS AT SHOP.ATKINS.COM
OR IN THE HEALTH & NUTRITION AISLE.



MEAL BARS

NUTRITIOUS AND SATISFYING
SOLUTIONS WHEN YOU DON'T
HAVE TIME TO STOP FOR A MEAL



SNACK BARS & SHAKES

SATISFYING AND NUTRITIOUS
SNACKS THAT WILL FILL YOU UP
AND HELP YOU STAY ON TRACK.



HARVEST TRAIL BARS

SIMPLE AND DELICIOUS
INGREDIENTS WHILE STILL
KEEPING NET CARBS IN CHECK

TREATS

DELICIOUS INDULGENCES THAT
SATISFY YOUR SWEET TOOTH!



FROZEN MEALS

SAVORY MEALS MADE WITH
QUALITY INGREDIENTS, ENJOY
CONVENIENT MEALS WITH
AMAZING TASTE ANY TIME OF DAY

