



EASY PEASY

Shopping List & Menu Plan

RECOMMENDED SHOPPING LIST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Mocha Almond Bar Net Carbs 4g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 6g	Atkins Chocolate Chip Granola Bar Net Carbs 3g	Atkins Frozen Bacon Scramble Net Carbs 5g	Atkins Raspberry Chia Bar Net Carbs 3g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 6g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g
SNACK	Atkins Dark Chocolate Royale Shake Net Carbs 2g	2 stalks celery 1 oz Cheddar cheese Net Carbs 2.4g	Atkins Strawberry Shake Net Carbs 1g	10 black olives 2 oz Cheddar cheese Net Carbs 2.1g	Atkins French Vanilla Shake Net Carbs 1g	5 cherry tomatoes 2 oz muenster cheese Net Carbs 3g	Atkins Mocha Latte Shake Net Carbs 3g
LUNCH	Atkins Frozen Beef Merlot 1 cup mixed greens 5 cherry tomatoes 2 Tbsp dressing* Net Carbs 11.6g	Atkins Chocolate Chip Granola Bar Net Carbs 3g	Atkins Frozen Chili Con Carne Net Carbs 7g	Atkins Almond Coconut Bar Net Carbs 4g	Atkins Frozen Beef Teriyaki Stir-Fry Net Carbs 6g	Atkins Chocolate Peanut Butter Pretzel Bar Net Carbs 3g	Atkins Frozen Crustless Chicken Pot Pie Net Carbs 5g
SNACK	5 black olives 1 oz Cheddar cheese Net Carbs 1g	Atkins Cookies & Crème Shake Net Carbs 2g	1 medium tomato 2 oz Cheddar cheese Net Carbs 4g	Atkins French Vanilla Shake Net Carbs 1g	2 stalks celery 2 oz muenster cheese Net Carbs 2.6g	Atkins Strawberry Shake Net Carbs 1g	2 stalks celery 2 oz Cheddar cheese Net Carbs 1.7g
DINNER	Atkins Frozen Chicken and Broccoli Alfredo ½ cup broccoli† 1 Tbsp butter Net Carbs 8g	Atkins Frozen Crustless Chicken Pot Pie 2 cups mixed greens ½ Hass avocado 1 small tomato 2 Tbsp dressing* Net Carbs 12.4g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 1 cup mixed greens ½ cup cucumber 2 Tbsp dressing* Net Carbs 9.9g	Atkins Frozen Beef Merlot 1 zucchini† ½ cup red bell pepper† 1 Tbsp butter Net Carbs 14.5g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups mixed greens ½ cup cucumber ½ Hass avocado 2 Tbsp dressing* Net Carbs 12.5g	Atkins Frozen Mexican-Style Chicken and Vegetables ¼ cup snap peas† 1 Tbsp butter 2 cups mixed greens 2 Tbsp dressing* Net Carbs 12.2g	Atkins Beef Teriyaki Stir-Fry 1 cup green beanst 2 Tbsp butter Net Carbs 10.3g
	Total Net Carbs: 26.6g	Total Net Carbs: 25.8g	Total Net Carbs: 24.9g	Total Net Carbs: 26.6g	Total Net Carbs: 25.1g	Total Net Carbs: 25.2g	Total Net Carbs: 23g

Vegetables

- Black olives (1 can)
- Broccoli (1 crown)
- Celery (6 stalks)
- Cherry tomatoes (1 pint)
- Cucumber (1)
- Green beans (1/4 lb)
- Hass Avocado (1)
- Mixed greens (2 bags)
- Red bell pepper (1)
- Snap Peas (1/4 lb)
- Tomatoes (1 small, 1 medium)
- Zucchini (1)

Cheese and Dairy

- Cheddar cheese (8 oz)
- Muenster cheese (4 oz)
- Butter (2.5 oz)

*Dressings

Toss salad with any low-carb dressing. Dressings should have 1g or fewer net carbs per serving. Here are some suggestions:

- Marie's Caesar Dressing
- Marie's Creamy Ranch Dressing
- Marie's Chunky Blue Cheese Dressing
- Drew's Shiitake Ginger Dressing

Or make your own! Recipes start on page 12 of the Recipe Booklet!

† Steaming instructions are on page 3 of the Recipe Booklet.

Remember, Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols

Craving something sweet? Enjoy 1 Atkins Endulge treat for dessert! Find at shop.atkins.com or at your local retailer.



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