WELCOME TO ATKINS®

HOW IT WORKS

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.

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

“Today’s Atkins focuses on foods that are rich in healthy protein and low in carbs and sugar. It’s a simple approach that tastes delicious and is a real way to live.”

– Rob Lowe
GET STARTED
CHOOSE YOUR PLAN

<table>
<thead>
<tr>
<th>40lbs or more to lose</th>
<th>Less than 40lbs to lose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist of over: 35” for women 40” for men</td>
<td>Pregnant or breastfeeding*</td>
</tr>
<tr>
<td>Diabetic or Pre-diabetic</td>
<td></td>
</tr>
</tbody>
</table>

See Page 3  See Page 7

*Consult your doctor before starting any diet plan
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

**PHASE 1**

- **20-25g Daily Net Carbs**
  - Acceptable Foods:
    - Foundation vegetables, proteins, healthy fats and most cheeses
    - Nuts or seeds
    - Berries, cherries or melon
    - Whole milk Greek yogurt, ricotta or cottage cheese
    - Legumes
    - Tomato juice
    - Additional fruits
    - Starchy vegetables
    - Whole grains

**PHASE 2**

- **25-50g Daily Net Carbs**
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 you 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!
Go to ATKINS.COM for more plans or to customize your own!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>1 tsp olive oil</strong></td>
<td><strong>Atkins French Vanilla Shake</strong></td>
</tr>
<tr>
<td><strong>Atkins Frozen Farmhouse-Style Sausage Scramble</strong></td>
<td><strong>5 oz ground beef</strong>&lt;br&gt;1 Tbsp olive oil&lt;br&gt;½ cup chopped green bell pepper&lt;br&gt;¼ cup chopped onion&lt;br&gt;½ cup shredded cheddar</td>
<td><strong>Atkins Frozen Beef Teriyaki Stir-Fr</strong></td>
</tr>
<tr>
<td>Net Carbs 6g • FV 2.1g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 5.4g • FV 3.1g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>Atkins Milk Chocolate Delight Shake</strong></td>
<td><strong>Atkins Frozen Beef Teriyaki Stir-Fr</strong></td>
</tr>
<tr>
<td><strong>1 small zucchini</strong>&lt;br&gt;1½ oz Cheddar</td>
<td><strong>Atkins Chocolate Chip Granola Bar</strong></td>
<td><strong>Atkins French Vanilla Shake</strong></td>
</tr>
<tr>
<td>Net Carbs 3.2g • FV 2.6g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td><strong>Atkins Frozen Crustless Chicken Pot-Pie</strong></td>
<td><strong>Atkins Frozen Beef Teriyaki Stir-Fr</strong></td>
</tr>
<tr>
<td><strong>Atkins Frozen Crustless Chicken Pot-Pie</strong>&lt;br&gt;1 cup mixed greens&lt;br&gt;2 Tbsp Creamy Italian Dressing</td>
<td><strong>Atkins Chocolate Chip Granola Bar</strong></td>
<td><strong>Atkins Frozen Beef Teriyaki Stir-Fr</strong></td>
</tr>
<tr>
<td>Net Carbs 6.6g • FV 3.6g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 6g • FV 3g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>Atkins Strawberry Shake</strong></td>
<td><strong>Atkins Coconut Almond Delight Bar</strong></td>
</tr>
<tr>
<td><strong>Atkins Strawberry Shake</strong>&lt;br&gt;1 cup sliced green bell pepper&lt;br&gt;2 Tbsp Ranch Dressing</td>
<td><strong>1 cup sliced green bell pepper</strong>&lt;br&gt;2 Tbsp Ranch Dressing</td>
<td><strong>Atkins Coconut Almond Delight Bar</strong></td>
</tr>
<tr>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 3.7g • FV 2.7g</td>
<td>Net Carbs 2g • FV 0g</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>Atkins Frozen Chicken &amp; Broccoli Alfredo</strong>&lt;br&gt;1½ cups mixed greens&lt;br&gt;2 Tbsp Creamy Italian Dressing</td>
<td><strong>Atkins Frozen Chicken &amp; Broccoli Alfredo</strong>&lt;br&gt;1½ cups mixed greens&lt;br&gt;2 Tbsp Creamy Italian Dressing</td>
</tr>
<tr>
<td><strong>6 oz chicken breast</strong>&lt;br&gt;1 cup broccoli florets&lt;br&gt;2 Tbsp Hollandaise Sauce&lt;br&gt;2 cups mixed greens&lt;br&gt;2 Tbsp Creamy Italian Dressing</td>
<td><strong>6 oz fillet of whitefish</strong>&lt;br&gt;2 cups broccoli florets&lt;br&gt;1 Tbsp Herb-Butter Blend&lt;br&gt;½ Hass avocado&lt;br&gt;2 Tbsp Italian Dressing</td>
<td><strong>6 oz fillet of whitefish</strong>&lt;br&gt;2 cups broccoli florets&lt;br&gt;1 Tbsp Herb-Butter Blend&lt;br&gt;½ Hass avocado&lt;br&gt;2 Tbsp Italian Dressing</td>
</tr>
<tr>
<td>Net Carbs 4.7g • FV 4.3g</td>
<td>Net Carbs 7.2g • FV 4g</td>
<td>Net Carbs 7.9g • FV 7.1g</td>
</tr>
</tbody>
</table>

Total Net Carbs: 21.5g<br>Foundation Vegetables: 12.6g

Total Net Carbs: 21.9g<br>Foundation Vegetables: 12.7g

Total Net Carbs: 22.3g<br>Foundation Vegetables: 13.2g

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

<table>
<thead>
<tr>
<th>Notes:</th>
</tr>
</thead>
</table>

**Atkins Frozen Farmhouse-Style Sausage Scramble**
- 5 oz ground beef
- 1 Tbsp olive oil
- ½/space.frac cup chopped green bell pepper
- ¼/space.frac cup chopped onion
- ½/space.frac cup shredded cheddar

**Atkins Milk Chocolate Delight Shake**
- 1 tsp olive oil
- ¼ cup chopped onion
- 2 large eggs
- ¼ cup shredded Cheddar

**Atkins Cranberry Almond Bar**
- 1 small zucchini
- 1½ oz Cheddar

**Atkins Chocolate Chip Granola Bar**
- 5 cherry tomatoes
- 2 oz fresh mozzarella cheese
- 1 Tbsp olive oil
- 1 Tbsp fresh basil

**Atkins Frozen Chicken Margherita**
- 1 Tbsp crumbled blue cheese
- 1 medium zucchini
- 1 Tbsp olive oil
- ½ Hass avocado

**Atkins Frozen Bacon Scramble**
- 1 medium red bell pepper
- 1 Tbsp olive oil
- 2 Tbsp heavy cream
- ¼ cup shredded Monterey Jack Cheese

**Atkins Café Caramel Shake**
- 5 cherry tomatoes
- 2 oz fresh mozzarella cheese
- 1 Tbsp olive oil
- 1 Tbsp fresh basil

**Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar**
- 7 oz bone-in pork chop
- ½ cup cauliflower florets
- 1 cup mixed greens
- ½ Hass avocado
- 2 Tbsp Sherry Vinaigrette

**Atkins French Vanilla Shake**
- 6 oz chicken breast
- 1 cup broccoli florets
- 1 cup mixed greens
- ½ Hass avocado
- ½ inch slice tomato

**Atkins Harvest Trail Caramel Bar**
- 2 celery stalks
- 2 oz Cheddar

**Atkins Raspberry Chia Bar**
- ½ cup chopped red bell pepper
- 2 Tbsp Greek Vinaigrette

**Atkins Chocolate Peanut Butter Bar**
- 1 slice bacon
- 6 oz chicken breast
- 1 cup mixed greens
- ½ medium tomato
- ½ Hass avocado

**Atkins Cranberry Almond Bar**
- 4 oz canned tuna
- 2 Tbsp mayonnaise
- ¼ cup chopped red bell pepper
- 1 medium tomato

**Atkins Harvest Trail Caramel Bar**
- 2 Tbsp Greek Vinaigrette

**Atkins Chocolate Peanut Butter Bar**
- 2 Tbsp Heavy Cream

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Atkins Raspberry Chia Bar</strong></td>
<td>½ medium red bell pepper</td>
<td>2 cups chopped spinach</td>
<td>Atkins Frozen Bacon Scramble</td>
</tr>
<tr>
<td>Net Carbs 3g • FV 0g</td>
<td>1 Tbsp olive oil</td>
<td>1 tsp olive oil</td>
<td>Net Carbs 5g • FV 0.4g</td>
</tr>
<tr>
<td>2 cups baby spinach</td>
<td>1 small tomato</td>
<td>1 oz Monterey Jack Cheese</td>
<td></td>
</tr>
<tr>
<td>2 large eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp heavy cream</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup shredded Monterey Jack Cheese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Atkins Café Caramel Shake</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup chopped red bell pepper</td>
<td>Atkins Café Caramel Shake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Tbsp Greek Vinaigrette</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Atkins Frozen Bacon Scramble</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Atkins Frozen Orange Chicken</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup broccoli florets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp olive oil</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Total Net Carbs:**

- **Total Net Carbs:** 22.2g
- **Foundation Vegetables:** 13.5g

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

### Quick-Start Guide

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY**

**BREAKFAST SNACK LUNCH SNACK DINNER**

Total Carbs: 21.5g
- **Foundation Vegetables:** 12.6g

Total Carbs: 21.9g
- **Foundation Vegetables:** 12.7g

Total Carbs: 22.3g
- **Foundation Vegetables:** 13.2g

Total Carbs: 22.2g
- **Foundation Vegetables:** 13.5g

Total Carbs: 22.9g
- **Foundation Vegetables:** 12g

Total Carbs: 21.4g
- **Foundation Vegetables:** 11.8g

Total Carbs: 21.7g
- **Foundation Vegetables:** 13.9g

**Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!**
This plan is a simpler way to follow a low-carb lifestyle. No phases, just a daily budget of 40g net carbs to track!

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>Servings</th>
<th>Per Serving</th>
<th>NET CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOUNDATION VEGETABLES</td>
<td>6 to 8</td>
<td></td>
<td>15g</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>3</td>
<td>(4 – 6 oz.)</td>
<td>0g</td>
</tr>
<tr>
<td>ADDITIONAL FATS</td>
<td>3</td>
<td>(1 TBSP)</td>
<td>0g</td>
</tr>
<tr>
<td>OTHER CARBOHYDRATES</td>
<td>3 – 5</td>
<td></td>
<td>25g</td>
</tr>
</tbody>
</table>

**Daily Budget**

- **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.

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

<table>
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<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
<tr>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble</td>
<td>½ cup cooked oatmeal 2 pieces bacon</td>
<td>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</td>
</tr>
<tr>
<td>Net Carbs 6g • FV 2.1g</td>
<td>Net Carbs 12.4g • FV 0g</td>
<td>Net Carbs 5.8g • FV 4.1g</td>
</tr>
<tr>
<td>1/3 cup fresh pineapple chunks ½ cup cottage cheese</td>
<td>Atkins Dark Chocolate Decadence Bar</td>
<td>Atkins Dark Chocolate Royale Shake ½ banana</td>
</tr>
<tr>
<td>Net Carbs 10.6g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 12.2g • FV 0g</td>
</tr>
<tr>
<td>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</td>
<td>Atkins Frozen Orange Chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</td>
<td>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</td>
</tr>
<tr>
<td>Net Carbs 13.4g • FV 5g</td>
<td>Net Carbs 12g • FV 8.7g</td>
<td>Net Carbs 11g • FV 4.6g</td>
</tr>
<tr>
<td>Atkins Strawberry Shake</td>
<td>½ cup raspberries ½ cup Greek yogurt</td>
<td>Atkins Caramel Chocolate Nut Roll Bar</td>
</tr>
<tr>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 7.9g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
</tr>
<tr>
<td>Atkins Frozen Chicken &amp; Broccoli Alfredo 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</td>
<td>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</td>
<td>Atkins Frozen Crustless Chicken Pot Pie ½ cup chopped zucchini</td>
</tr>
<tr>
<td>Net Carbs 9.4g • FV 6.1g</td>
<td>Net Carbs 4.8g • FV 4.8g</td>
<td>Net Carbs 7.8g • FV 5.1g</td>
</tr>
<tr>
<td><strong>Total Net Carbs:</strong> 40.4g <strong>Foundation Vegetables:</strong> 13.2g</td>
<td><strong>Total Net Carbs:</strong> 40.1g <strong>Foundation Vegetables:</strong> 13.5g</td>
<td><strong>Total Net Carbs:</strong> 39.8g <strong>Foundation Vegetables:</strong> 13.8g</td>
</tr>
</tbody>
</table>

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

- **5 oz ground beef**
- **1 Tbsp olive oil**
- **½ cup chopped green bell pepper**
- **2 Tbsp chopped onion**
- **¼ cup shredded Cheddar**
- **7-inch low-carb tortilla**

**Atkins Frozen 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**
- **1/3 cup fresh pineapple chunks**
- **½ cup cottage cheese**

**Atkins Dark Chocolate Decadence Bar**

**Notes:**

### FRIDAY

- **Atkins Frozen Bacon Scramble**

- **4 oz turkey sausage**
- **1 medium tomato**
- **1 slice whole grain toast**

**Atkins Lemon Bar**

- **½ cubed cantaloupe**
- **2 oz prosciutto**

**Atkins Frozen Swedish Meatballs**

- **½ cup sliced cucumber**
- **5 black olives**
- **10 cherry tomatoes**
- **2 cups arugula**
- **2 Tbsp Fresh Raspberry Vinaigrette**

**Atkins Frozen Chili Con Carne**

- **1 medium carrot**
- **¼ cup hummus**

**Atkins Frozen Italian-Style Pasta Bake**

- **4 oz tuna**
- **1 stalk celery**
- **1/3 cup chopped red bell pepper**
- **2 Tbsp mayonnaise**
- **2 Romaine lettuce leaves**

**Atkins Mocha Latte Shake**

- **2 cups mixed greens**
- **1 small tomato**
- **2 Tbsp Blue Cheese Dressing**

**Atkins French Vanilla Shake**

**Notes:**

### SATURDAY

- **Atkins Dark Chocolate Almond Coconut Crunch Bar**

- **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**

**Atkins Café Caramel Shake**

- **6 oz chicken**
- **¼ cup stir-fry vegetables**
- **1 Tbsp olive oil**
- **1 Tbsp tamari sauce**
- **¼ cup brown rice**

**Atkins Strawberry Shake**

**Notes:**

### SUNDAY

- **Atkins Frozen Crustless Chicken Pot Pie**

- **6 oz fillet of whitefish**
- **¼ cup cooked quinoa**
- **1 cup green beans**
- **1 Tbsp butter**

**Atkins Frozen Orange Chicken**

- **7 oz bone-in pork chop**
- **½ cup wild rice**
- **2 cups broccoli and cauliflower**
- **2 Tbsp mayonnaise**
- **2 Romaine lettuce leaves**

**Atkins Mocha Latte Shake**

- **½ cup raspberries**
- **½ cup Greek yogurt**
- **1 medium carrot**
- **¼ cup hummus**

**Atkins Strawberry Shake**

**Notes:**

- **Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!**
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 Plan. 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 Plan. Plus, recipes making it easy to find and fix low-carb meals.

Available for iPhone, iPad and Android!

All you need to reach your goals is FREE on the Atkins Mobile App & Atkins.com.
Lose weight deliciously!
Find over 1,600 FREE low carb recipes on atkins.com. Here’s a taste to get you started:

GRILLED CHICKEN
WITH BASIL VEGETABLES

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.
NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

MADE WITH

REAL ALMOND BUTTER!

GLUTEN FREE

NO ARTIFICIAL
• PRESERVATIVES
• COLORS
• FLAVORS

NO SUGAR ALCOHOLS
GLUTEN FREE
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 ENTRÉES
SAVORY DISHES MADE WITH QUALITY INGREDIENTS, ENJOY CONVENIENT MEALS WITH AMAZING TASTE ANY TIME OF DAY