



QUICK-START GUIDE

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.

Low Cal/High Carb

↑ INCREASED:
• FAT STORAGE
• HUNGER
• CRAVINGS

↓ UP & DOWN
SUGAR
LEVELS

= BURN SUGAR/STORE FAT



WHEN YOU EAT FEWER CARBS

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

Low Carb

↓ LESS:
• FAT STORAGE
• HUNGER
• CRAVINGS

↔ STEADY
SUGAR
LEVELS

= BURN FAT/LOSE WEIGHT



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

ATKINS²⁰®

40lbs
or more to lose

Waist of over:
35" for women
40" for men

Diabetic or
Pre-diabetic

See Page 3

ATKINS⁴⁰®

Less than
40lbs
to lose

Pregnant
or
breastfeeding*

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**

ATKINS20[®]

PHASE 1

20-25g
Daily Net Carbs

PHASE 2

25-50g
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 3

50-80g

Daily Net Carbs



PHASE 4

80-100g

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 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!



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Standard Menu Plan

ATKINS 20®

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

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<i>Atkins Frozen Farmhouse-Style Sausage Scramble</i> Net Carbs 6g • FV 2.1g	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper ¼ cup chopped onion ½ cup shredded cheddar Net Carbs 6g • FV 6g	1 tsp olive oil ¼ cup chopped onion 2 large eggs ¼ cup shredded Cheddar Net Carbs 5.4g • FV 3.1g
SNACK	1 small zucchini 1½ oz Cheddar Net Carbs 3.2g • FV 2.6g	<i>Atkins Milk Chocolate Delight Shake</i> Net Carbs 2g • FV 0g	<i>Atkins French Vanilla Shake</i> Net Carbs 1g • FV 0g
LUNCH	<i>Atkins Frozen Crustless Chicken Pot-Pie</i> 1 cup mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs 6.6g • FV 3.6g	<i>Atkins Chocolate Chip Granola Bar</i> Net Carbs 3g • FV 0g	<i>Atkins Frozen Beef Teriyaki Stir-Fr</i> Net Carbs 6g • FV 3g
SNACK	<i>Atkins Strawberry Shake</i> Net Carbs 1g • FV 0g	1 cup sliced green bell pepper 2 Tbsp Ranch Dressing Net Carbs 3.7g • FV 2.7g	<i>Atkins Coconut Almond Delight Bar</i> Net Carbs 2g • FV 0g
DINNER	6 oz chicken breast 1 cup broccoli florets 2 Tbsp Hollandaise Sauce 2 cups mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs 4.7g • FV 4.3g Total Net Carbs: 21.5g Foundation Vegetables: 12.6g	<i>Atkins Frozen Chicken & Broccoli Alfredo</i> 1½ cups mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs 7.2g • FV 4g Total Net Carbs: 21.9g Foundation Vegetables: 12.7g	6 oz fillet of whitefish 2 cups broccoli florets 1 Tbsp Herb-Butter Blend ½ Hass avocado 2 Tbsp Italian Dressing Net Carbs 7.9g • FV 7.1g Total Net Carbs: 22.3g Foundation Vegetables: 13.2g

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

Notes: _____

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Atkins Raspberry Chia Bar</i>	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	2 cups chopped spinach 1 tsp olive oil 1 small tomato 1 oz Monterey Jack Cheese	<i>Atkins Frozen Bacon Scramble</i>
Net Carbs 3g • FV 0g	Net Carbs 7g • FV 5.3g	Net Carbs 3.5g • FV 3.3g	Net Carbs 5g • FV 0.4g
½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette	<i>Atkins Café Caramel Shake</i>	5 cherry tomatoes 2 oz fresh mozzarella cheese 1 Tbsp olive oil 1 Tbsp fresh basil	<i>Atkins Cranberry Almond Bar</i>
Net Carbs 3.8g • FV 3g	Net Carbs 2g • FV 0g	Net Carbs 2.3g • FV 2.3g	Net Carbs 2g • FV 0g
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	<i>Atkins Chocolate Peanut Butter Bar</i>	<i>Atkins Frozen Chicken Margherita</i>	4 oz canned tuna 2 Tbsp mayonnaise ½ cup chopped snap peas ¼ cup chopped red bell pepper 1 medium tomato
Net Carbs 5.7g • FV 4.6g	Net Carbs 2g • FV 0g	Net Carbs 7g • FV 2g	Net Carbs 7.2g • FV 7.2g
2 celery stalks 2 oz Cheddar	¾ cup sliced cucumber 2 Tbsp Greek Vinaigrette	<i>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</i>	<i>Atkins French Vanilla Shake</i>
Net Carbs 2.7g • FV 2g	Net Carbs 3.3g • FV 3g	Net Carbs 4g • FV 0g	Net Carbs 1g • FV 0g
<i>Atkins Frozen Orange Chicken</i>	<i>Atkins Frozen Chili Con Carne</i> 1 cup broccoli florets 1 Tbsp olive oil	7 oz bone-in pork chop ½ cup cauliflower florets 1 cup mixed greens ½ Hass avocado 2 Tbsp Sherry Vinaigrette	6 oz ground beef 1 Tbsp crumbled blue cheese 1 medium zucchini 1 Tbsp olive oil ½ Hass avocado ½ inch slice tomato
Net Carbs 7g • FV 3.9g	Net Carbs 8.6g • FV 3.7g	Net Carbs 4.6g • FV 4.2g	Net Carbs 6.5g • FV 6.3g
Total Net Carbs: 22.2g Foundation Vegetables: 13.5g	Total Net Carbs: 22.9g Foundation Vegetables: 12g	Total Net Carbs: 21.4g Foundation Vegetables: 11.8g	Total Net Carbs: 21.7g 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

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

2 SNACKS PER DAY

5g

5g

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](https://www.atkins.com)



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Standard Menu Plan

ATKINS 40®

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

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 6g • 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>1/3 cup fresh pineapple chunks ½ cup cottage cheese</p> <p>Net Carbs 10.6g • FV 0g</p>	<p><i>Atkins Dark Chocolate Decadence Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>⅓ banana</p> <p>Net Carbs 12.2g • 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 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 Crustless Chicken Pot Pie</i></p> <p>½ cup chopped zucchini</p> <p>Net Carbs 7.8g • FV 5.1g</p>
	<p>Total Net Carbs: 40.4g Foundation Vegetables: 13.2g</p>	<p>Total Net Carbs: 40.1g Foundation Vegetables: 13.5g</p>	<p>Total Net Carbs: 39.8g Foundation Vegetables: 13.8g</p>

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

Notes: _____

THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Net Carbs 7.1g • FV 3.7g	<i>Atkins Frozen Bacon Scramble</i> Net Carbs 5g • FV 0.4g	4 oz turkey sausage 1 medium tomato 1 slice whole grain toast Net Carbs 15.3g • FV 3.3g	<i>Atkins Frozen Farmhouse-Style Sausage Scramble</i> Net Carbs 6g • FV 2.1g
<i>Atkins Lemon Bar</i> Net Carbs 3g • FV 0g	½ cubed cantaloupe 2 oz prosciutto Net Carbs 5.9g • FV 0g	<i>Atkins Dark Chocolate Almond Coconut Crunch Bar</i> Net Carbs 3g • FV 0g	<i>Atkins Mocha Latte Shake</i> 3 large strawberries Net Carbs 6g • FV 0g
<i>Atkins Frozen Chili Con Carne</i> ½ cup steamed Brussels sprouts 1 Tbsp butter Net Carbs 9.3g • FV 4.4g	<i>Atkins Frozen Swedish Meatballs</i> ½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette Net Carbs 14.1g • FV 10.6g	4 oz tuna 1 stalk celery 1/3 cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves Net Carbs 3.7g • FV 3.7g	<i>Atkins Frozen Italian-Style Pasta Bake</i> 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing Net Carbs 13.9g • FV 7.4g
1 medium carrot ¼ cup hummus Net Carbs 9.1g • FV 0g	<i>Atkins French Vanilla Shake</i> Net Carbs 1g • FV 0g	<i>Atkins Café Caramel Shake</i> Net Carbs 2g • FV 0g	1 stalk celery 1 slice Cheddar Net Carbs 1.4g • FV 1g
6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter Net Carbs 12.9g • FV 4.3g	7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs 14.7g • FV 1.3g	<i>Atkins Frozen Beef Merlot</i> ½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter Net Carbs 16g • FV 5g	6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice Net Carbs 14.5g • FV 3g
Total Net Carbs: 41.4g Foundation Vegetables: 12.4g	Total Net Carbs: 40.7g Foundation Vegetables: 12.3g	Total Net Carbs: 40.0g Foundation Vegetables: 12.0g	Total Net Carbs: 41.8g 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.



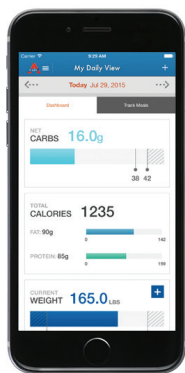
Meal Tracker allows you to track net carbs consumed daily based on your specific Atkins Plan. Includes popular brands and restaurant dishes and a breakdown of fat, protein and foundation veggies.



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.



atkins.com

Available for iPhone, iPad and Android!

GET IT NOW FOR FREE!



GRILLED CHICKEN WITH BASIL VEGETABLES



Net Carbs

9g

Per Serving

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.

NO
ARTIFICIAL COLORS,
FLAVORS OR
PRESERVATIVES

**MADE
WITH**
**REAL
ALMOND
BUTTER!**

**GLUTEN
FREE**



ATKINS
HARVEST
-Trail-

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

