



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|--|---|--|--|--|---|
| BREAKFAST | Spinach, Swiss Chard and Cheese Bake Net Carbs 4.1g • FV 4g | Cheddar Omelet with Sautéed Tomato and Zucchini Net Carbs: 4.5g • FV 1.5g | Tomato, Avocado, Spinach and Monterey Jack Stacks Net Carbs 5.6g • FV 4.6g | Protein Powered Oatmeal with ¼ cup raspberries Net Carbs 20g • FV 0g | Vanilla Spinach Shake Net Carbs 4.9g • FV 1.1g | Turkey Sausage and Cauliflower Sauté Topped with Egg Net Carbs 8.3g • FV 7.7g | Hatch Chili, Cheese and Egg Bake Net Carbs 2.3g • FV 1.3g |
| SNACK | Atkins Strawberry Shake and 1/4 cup blueberries Net Carbs 5.4g • FV 0g | 4 oz Greek yogurt with ½ cup sliced strawberries Net Carbs 9.4g • FV 0g | Atkins Advantage Café Caramel Shake and Atkins Endulge Pecan Caramel Clusters Net Carbs 4g • FV 0g | 2 large stalks celery with 2 Tbsp black bean dip Net Carbs 6.7g • FV 1.7g | Atkins Cashew Trail Mix Bar Net Carbs 6g • FV 0g | 10 Kashi 7 grain crackers with 5 sliced radishes and 2 oz Gouda cheese Net Carbs 12.2g • FV .3g | Atkins Dark Chocolate Royale Shake and ½ medium banana Net Carbs 13.9g • FV 0g |
| LUNCH | Caesar Salad topped with Seared Lemon Chicken Net Carbs 7.3g • FV 4.4g | Atkins Frozen Crustless Chicken Pot Pie with ¼ cup cooked green peas Net Carbs 8.4g • FV 4g | Greek Salad with Grilled Chicken Breast Net Carbs 6.7g • FV 4.7g | Lemon Zest Tuna Salad Net Carbs 4.8g • FV 2.4g | Rosemary Turkey Burger over Baby Kale Salad Net Carbs 8.4g • FV 3.7g | Grilled Sesame Salmon over Cucumber Salad Net Carbs 5.3g • FV 4.1g | Atkins Frozen Chicken and Broccoli Alfredo with ½ head Romaine Lettuce and 2 Tbsp Caesar Dressing Net Carbs 8.4g • FV 6.9g |
| SNACK | 1 cup sliced cucumber and 2 Tbsp Ranch Dressing Net Carbs 4.1g • FV 3.2g | Atkins Harvest Trail Vanilla Fruit and Nut Bar Net Carbs 7g • FV 0g | 2 large stalks celery with 2 Tbsp hummus Net Carbs 4.7g • FV 1.7g | Atkins Strawberry Shake Net Carbs 1g • FV 0g | 1 large carrot and 1 large stalk of celery with 2 Tbsp almond butter Net Carbs 11.3g • FV .9g | Atkins Harvest Trail Dark Chocolate Cherry and Nuts Bar Net Carbs 6g • FV 0g | Atkins Advantage Caramel Fudge Brownie Bar Net Carbs 3g • FV 0g |
| DINNER | Atkins Frozen Chicken Margherita and ½ small baked russet potato with 1 Tbsp butter Net Carbs 21.3g • FV 2g | Feta, Sun-Dried Tomato, Olives and Basil over Baby Greens Net Carbs 10.7g • FV 6.5g | Atkins Frozen Stone Fired Vegetable Pizza Berry and Mousse Parfait Net Carbs 17.2g • FV 2.5g | Slow Roasted Chicken with Cauliflower Bake Net Carbs 9g • FV 8.3g | Turkey Meatloaf with Cauliflower Mash Net Carbs 7.5g • FV 6.9g | Atkins Frozen Orange Chicken Net Carbs 7g • FV 3.9g | Turkey and Roasted Zucchini Lasagna Net Carbs 12.9g • FV 12.3g |
| | Total Net Carbs: 42.2g Foundation Vegetables: 13.6g | Total Net Carbs: 40g Foundation Vegetables: 12g | Total Net Carbs: 38.2g Foundation Vegetables: 13.5g | Total Net Carbs: 41.5g Foundation Vegetables: 12.4g | Total Net Carbs: 38.1g Foundation Vegetables: 12.6g | Total Net Carbs: 38.8g Foundation Vegetables: 16g | Total Net Carbs: 40.6g Foundation Vegetables: 20.5g |

Spinach, Swiss Chard and Cheese Bake

8 servings

30 oz chopped spinach (frozen)
 20 oz Swiss chard (frozen)
 3 large eggs
 1 cup sour cream
 1/8 tsp nutmeg
 1/2 tsp salt
 1/4 tsp black pepper
 6 oz shredded Cheddar cheese

If you cannot find frozen Swiss chard, replace it with additional frozen spinach.

1. Defrost spinach and Swiss chard; pour off excess water and squeeze dry.
2. Preheat oven to 350°F.
3. In a large bowl, mix spinach, chard, eggs, sour cream and nutmeg; season well with salt and pepper.
4. Transfer to a shallow buttered baking dish. Using a spatula, even out the mixture; top with cheese.
5. Bake 40 minutes until bubbly and browned on top. Serve immediately or at room temperature.

Caesar Salad

4 servings

4 Tbsp mayonnaise
 1 Tbsp anchovy paste
 1 Tbsp lemon juice
 1 Tbsp olive oil
 1/2 Tbsp Worcestershire sauce
 1 tsp minced garlic
 1 tsp Dijon mustard
 1/4 tsp salt
 1/4 tsp black pepper
 1/8 tsp Tabasco sauce
 7 Tbsp Parmesan cheese
 1 head Romaine lettuce
 8 anchovy fillets

1. To make the dressing: in a small bowl, whisk mayonnaise, anchovy paste, lemon juice, oil, Worcestershire sauce, garlic, mustard, salt, pepper and a splash of Tabasco until smooth. Stir in 3 tablespoons of the cheese.
2. Toss lettuce with dressing until evenly coated. Divide on plates; top with remaining cheese and 2 anchovies per plate (optional).

Seared Lemon Chicken

4 servings

32 oz chicken breasts
 2 Tbsp lemon juice
 Zest of 2 lemons
 1 clove garlic, minced
 1 tsp salt
 1/5 tsp black pepper
 1/4 cup olive oil

Use the zest from 2 whole lemons and the juice from one for this recipe to impart the most lemon flavor.

1. Combine all ingredients in a zip top plastic bag and marinate 3-12 hours (overnight is best).
2. Pan sear over medium high heat until browned and the juices run clear.

Cheddar Omelet with Sautéed Tomato and Zucchini

1 serving

1 tsp olive oil
 1/5 cup chopped zucchini
 1/2 medium tomato, chopped
 1/2 cup shredded Cheddar cheese
 2 large eggs

1. Preheat a skillet with 1 teaspoon oil. Add chopped zucchini to pan and sauté until soft about 2-3 minutes. Add chopped tomatoes and heat through about 1 minute. Remove from skillet and set aside.
2. Pour slightly beaten eggs into the skillet and cook 2-3 minutes until large bubbles begin to form and bottom edge is set. Carefully lift one edge of omelet and flip over. Cook an additional 2 minutes.
3. Layer half of cheese onto half of the omelet then top with tomatoes and zucchini. Layer the second half of cheese over the vegetables then carefully flip over the other half of the omelet to sandwich in the cheese and veggies. Heat through until cheese begins to melt. Remove from heat to a serving plate and top with remaining vegetables.

Feta, Sun-Dried Tomato, Olive and Basil Salad on Baby Greens

4 servings

4 Tbsp balsamic vinegar
 ½ cup olive oil
 1 clove garlic, minced
 4 oz feta cheese
 4 Tbsp chopped sun-dried tomatoes
 4 oz black olives
 10 basil leaves, julienned
 1 small green onion, diced
 18 oz mixed baby greens

Use Kalamata olives for the best flavor in this recipe.

1. Combine the balsamic vinegar, olive oil, garlic (pressed through a press or finely minced) into a small bowl. Season with salt and freshly ground black pepper to taste; set aside.
2. In another small bowl, combine the feta, tomatoes, diced olives, chopped basil, and chopped green onion.
3. Plate greens equally on four plates, top with feta mixture then drizzle with the dressing.
4. Optional: top with 4-6 ounces of grilled seasoned protein such as chicken.

Tomato, Avocado, Spinach and Monterey Jack Stacks

1 serving

2 cups baby spinach
 1 tsp olive oil
 ½ avocado, sliced
 1 small tomato, sliced
 1 slice (1 oz) Monterey Jack cheese
 Wilt 2 cups baby spinach in a sauté pan with 1 tsp oil; about 5 minutes.

1. Layer tomato, avocado and spinach equally on 2 halves of the tomato in the sauté pan. (Cut top and bottom of tomato so that it will not rock.)
2. Place cheese sliced or shredded on top, cover with a lid (a little water may be added to the pan and put back onto the heat) to melt the cheese. Serve immediately seasoned with salt and freshly ground black pepper or a sprinkle of paprika.

Greek Salad with Grilled Chicken Breast

4 servings

¼ cup olive oil
 3 Tbsp red wine vinegar
 1 tbsp water
 2 tsp oregano
 ½ clove garlic, minced
 ¼ tsp salt
 1/8 tsp black pepper
 20 oz chicken breast
 6 cups shredded Romaine lettuce
 2 medium tomatoes, diced
 1 cucumber, diced
 ½ cup sliced red onion
 1 cup crumbled feta cheese
 12 black olives

1. In a small bowl whisk together the oil, vinegar, water, oregano, garlic (minced), salt, pepper and optional pinch of granular sugar substitute. Adjust seasonings to taste.
2. Season chicken with additional salt and pepper.
3. Preheat a stovetop grill pan over medium heat. Brush the pan with oil and add the chicken. Cook for 12 minutes, turning once, until no longer pink in the center. Set aside, covered, for 10 minutes.
4. In a large salad bowl, combine the Romaine, tomatoes, cucumber and red onion. Gently toss with half the dressing.
5. Divide the salad among four serving plates. Top with feta and the chicken breasts. Drizzle with the remaining dressing and garnish with olives.

Berry and Mousse Parfait

4 servings

10 medium strawberries (about 1 cup); divided
 1 cup raspberries, divided
 4 ½ tsp granular sugar substitute (sucralose)
 1 ¼ cup heavy cream
 1 tsp vanilla

1. In a blender, puree ¾ cup strawberries and ¾ cup raspberries with ½ teaspoon sugar substitute. Coarsely chop remaining ¼ cup strawberries and fold into the puree.
2. In a large bowl, whisk 1 cup cream, remaining sugar substitute and vanilla until soft peaks form. Whisk in mousse mix; whisk until very stiff. Whisk in remaining ¼ cup cream.
3. In a parfait glass, place ¼ cup of the berry mixture. Top with ¼ cup mousse mix; repeat layers twice. Top with a few reserved raspberries. Repeat procedure to make three more parfaits.

Protein Powered Oatmeal

1 serving

1/3 cup dry oatmeal
1 oz protein powder
1/2 tsp vanilla extract
1 packet Stevia sweetener
1 Tbsp almond butter

1. Prepare oatmeal using 1/2-3/4 cup water and a pinch of salt. The amount of water will depend on how thick you like your oatmeal—more water gives a thinner oatmeal. Add oatmeal to boiling water or heat water in a microwave safe bowl.
2. Stir in protein powder, vanilla extract and almond butter—taste for sweetness and then add sweetener to your taste preference.

Lemon Zest Tuna Salad

1 serving

6 oz canned tuna
2 Tbsp lemon juice
Zest of one lemon
3 Tbsp mayonnaise
2 cups arugula
1/2 cup sliced cucumber
1 Tbsp olive oil

1. Combine the tuna, 1 1/2 Tbsp lemon juice, zest, and mayonnaise in a small bowl. Season with salt and freshly ground black pepper.
2. Serve over arugula and slice cucumber seasoned with 1 Tbsp olive oil and 1/2 Tbsp lemon juice.

Slow Roasted Chicken with Cauliflower Bake

4 servings

32 oz chicken breast with bone
3 cloves garlic, minced
1 tsp thyme
2 Tbsp olive oil
1 medium head of cauliflower
1 cup tomato sauce
1 cup shredded mozzarella cheese
1/4 tsp crushed red pepper flakes

1. Preheat oven to 300°F. Prepare a sheet pan with aluminum foil. Set aside.
2. Mince 1 clove of garlic and fresh thyme then blend together with olive oil, salt and freshly ground black pepper to make a paste. Coat the chicken breasts with the paste then roast for one hour on the sheet pan. Allow to cook then remove the bone and slice.
3. While the chicken cooks, cut the cauliflower into pieces and boil or steam until tender; drain well and set aside.
4. Combine the tomato sauce, 2 minced garlic cloves, mozzarella cheese, chili pepper flakes, the chicken slices and the cauliflower to a baking dish. Bake for 40 minutes uncovered until hot and bubbly.

Vanilla Spinach Shake

1 serving

1 1/2 cup unsweetened vanilla almond milk
1 cup packed spinach
1 tsp vanilla
3 tsp granulated sugar substitute (sucralose)
1 oz vanilla protein powder

Place all ingredients in a blender with 2 cups of ice and blend until smooth.

Rosemary Turkey Burger over Baby Kale Salad

4 servings

20 oz ground turkey
 2 Tbsp heavy cream
 2 Tbsp rosemary
 1 Tbsp black pepper
 1 tsp salt
 2 cups chopped kale leaves
 6 cups shredded Romaine lettuce
 4 oz feta cheese
 4 oz hulled pumpkin kernels
 Juice of one lemon
 1 clove garlic, minced
 ½ cup mayonnaise
 ½ cup olive oil
 ¼ cup water

1. Preheat a medium non-stick skillet with a small amount of oil. Combine the turkey and cream and form into 4 equal patties. Combine the rosemary, pepper and salt in a small bowl then sprinkle all side of the burgers. Press seasonings into the patty then pan fry until cooked through. They also taste great grilled.
2. Prepare salad and dressing while meat is cooking. For the salad: combine the kale (pull it off of the rib and slice it thin or chop it), Romaine lettuce (slice it thin), feta and pepitas. Plate equally on four plates and set aside to make the dressing. For the dressing: place the lemon juice and 1 tsp of lemon zest, garlic, mayonnaise, olive oil and water in a blender. Blend until smooth then season to taste with salt and freshly ground black pepper. Drizzle onto the four salads then serve the burger on top.

Turkey Meatloaf with Cauliflower Mash

4 servings

2 Tbsp olive oil
 ½ cup chopped onions
 ½ cup chopped green bell pepper
 2 cloves garlic, minced
 2 medium stalks celery
 1 tsp ground thyme
 1 tsp salt
 ½ tsp black pepper
 ½ cup tomato sauce
 12 oz ground turkey
 8 oz Italian turkey sausage
 1 large egg
 3 cups cauliflower florets

1. Preheat oven to 325°F. Use a loaf pan with a meatloaf insert or prepare a sheet pan with aluminum foil. Set aside.
2. Heat a non-stick skillet with oil over medium high heat. Mince the onion and garlic, chop the green pepper and the celery then sauté them with the thyme; seasoning with salt and freshly ground black pepper until softened. Set aside to cool slightly.
3. Mix the cooled vegetable mixture with the tomato sauce, ground turkey, turkey sausage and egg until thoroughly combined.
4. Bake for 1 hour or until the juices run clear and it is cooked through.
5. While it is baking, make the cauliflower mash by boiling the cauliflower for 10 minutes (or until very soft) in salted water. Mash with a fork and season with salt and freshly ground black pepper. Keep warm until ready to serve with the meatloaf.

Turkey Sausage and Cauliflower Sauté

4 servings

8 oz turkey breakfast sausage
 1 medium head of cauliflower
 ½ cup chopped onions
 1 cup chopped red bell peppers
 4 cloves garlic, minced
 4 large eggs

1. In a medium skillet, sauté the sausage (remove from casing if using links; otherwise you will need about 8 oz total sausage) until crispy and cooked through; set aside.
2. In the same skillet, cook the cauliflower, onion, red bell pepper and garlic. Season with salt and freshly ground black pepper, cover and allow to cook until softened. Once cooked through, add the sausage and heat for an additional minute then plate evenly onto 4 plates.
3. Poach or pan fry the eggs and top each plate with an egg.

Grilled Sesame Salmon over Cucumber Salad

4 servings

24 oz salmon fillets
 4 Tbsp sesame oil
 1/3 Tbsp sesame seeds
 4 Tbsp tamari soy sauce
 2 Tbsp Sambal Oelek chili paste
 2 cloves garlic, minced
 ½ cup sliced onions
 1 cucumber, sliced
 2 tsp olive oil
 2 tsp rice wine vinegar

1. In a gallon sized zip top bag combine the sesame oil, sesame seeds (black), tamari soy sauce, sambal sauce, and 2 cloves of minced garlic. Seal top and shake to mix. Add the salmon and marinate in the refrigerator for 3-4 hours. Grill on a preheated grill until crisp and cooked to desired temperature.
2. While preheating the grill, make the cucumber salad. Combine the thinly sliced onion and cucumber, olive oil, rice vinegar and salt and freshly ground black pepper in a small bowl. Allow to sit for 30 minutes or until the salmon is cooked through. Serve the salmon over the cucumber salad.

Hatch Green Chili, Cheese and Egg Bake

4 servings

- 4 oz canned green chili peppers
- 8 large eggs
- 2 Tbsp heavy cream
- ½ tsp garlic powder
- ¼ tsp salt
- 1/8 tsp black pepper
- 1 ½ cup shredded Cheddar cheese

1. Preheat oven to 350°F. Prepare a square pan with aluminum foil and spray it with oil oil spray.
2. In a blender, blend together the chiles, eggs, half & half, garlic powder, salt, pepper, and 1 cup cheese until smooth. Pour in prepared pan and bake covered for 45 minutes or until eggs are set.
3. Remove from oven and sprinkle remaining 1/2 cup cheese on top, allow to melt and cool slightly then serve.

Turkey and Roasted Zucchini Lasagna

6 servings

- 6 medium zucchinis
- 8 oz Italian turkey sausage
- 8 oz ground turkey
- 1 small onion, chopped
- 6 cloves garlic, minced
- 3 cups tomato sauce
- 8 oz mascarpone cheese
- 10 basil leaves
- 1 large egg
- 1 cup shredded mozzarella cheese

This dish is best served the following day to allow the flavors to blend and the lasagna to settle.

1. Preheat an oven to 350°F. Prepare a square baking pan with aluminum foil and spray with oil; set aside.
2. Slice the zucchini thin (with a knife or mandoline). Spray with a little oil then roast on a sheet pan in the oven for 15-20 minutes until browned but not crispy. When done set aside to cool.
3. Sauté the meats with chopped onion and 4 minced garlic cloves in a large skillet until browned. Add the crushed tomatoes and cook for additional 40 minutes on low and let cool.
4. Puree the mascarpone, basil leaves, 2 cloves of garlic, a dash of salt and egg in a food processor until smooth; set aside.
5. Layer the zucchini, meat sauce then mascarpone two times. Top with cheese and bake for one hour covered with aluminum foil. Remove the foil and bake an additional 15 minutes. Serve immediately or allow it to fully cool and then place in the refrigerator overnight and pull out and slice into 6 servings.

Salad Dressings:

Ranch Dressing

8 servings

- ¾ cup mayonnaise
- ½ cup heavy cream
- 2 Tbsp parsley
- 2 Tbsp chopped chives
- 2 tsp lemon juice
- ½ tsp minced garlic
- 1 tsp fresh dill
- ½ tsp salt
- ¼ tsp black pepper

An all-American favorite, this homemade version of the creamy garlic-and-herb dressing is smooth and satisfying without the added sugar. Each serving is just over 2 Tbsp.

1. Whisk mayonnaise, cream, parsley, chives, lemon juice, mustard, garlic, dill, salt and pepper in a small bowl.
2. Use immediately or refrigerate in an airtight container for up to 3 days.

Caesar Dressing

4 servings

- ¼ cup mayonnaise
- 3 Tbsp grated Parmesan cheese
- 1 Tbsp anchovy paste
- 1 Tbsp lemon juice
- 1 tsp minced garlic
- 2 tsp olive oil
- 1 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- ½ tsp black pepper
- ¼ tsp Tabasco™ sauce

This is the classic dressing for a Caesar salad made with Romaine, but it enlivens any salad greens. For a real treat, make this dressing with homemade mayonnaise. See the Atkins recipe: Mayonnaise. Each serving is 2 Tbsp.

1. Combine mayonnaise, cheese, anchovies (or 2 Tbsp paste), lemon juice, garlic, olive oil, Worcestershire sauce, mustard, pepper and hot sauce in a small bowl.
2. Use immediately or refrigerate in an airtight container for up to 2 days.