



Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|---|
| <i>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato</i> ½ whole wheat bagel | <i>Milk Chocolate Protein Muffin</i> 1 small banana | Atkins Farmhouse-Style Sausage Scramble ½ cup cubed honeydew melon | <i>Protein Powered Oatmeal</i> ½ cup blueberries | Atkins Frozen Ham and Cheese Omelet | <i>French Toast Loaf</i> ¼ cup blueberries 10 pecan halves | <i>Orange-Sour Cream Waffles with Fresh Blueberry Sauce</i> |
| Net Carbs: 29.8g FV 7g | Net Carbs: 23.7g FV 0g | Net Carbs: 12.1g FV 2.1g | Net Carbs: 24.3 FV 0g | Net Carbs: 4g FV 0g | Net Carbs: 15.3g FV 0g | Net Carbs: 13.7g FV 0g |

Snack

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|---|--------------------------------------|---|--|---|--|--------------------------------------|
| 1 oz cheddar 1 small apple | Atkins Mocha Latte Shake | Atkins Dark Chocolate Royale Shake | 1 small tomato ½ cup cottage cheese | Atkins Mocha Latte Shake 1 small banana | ½ medium cucumber 4 Tbsp black bean dip | Atkins French Vanilla Shake |
| Net Carbs: 17.4g FV 0g | Net Carbs: 3g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 5.5g FV 2.5g | Net Carbs: 23.4g FV 0g | Net Carbs: 17g FV 3g | Net Carbs: 1g FV 0g |

Lunch

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|--|---|---|--|--|---|--|
| Atkins Frozen Meat Lasagna 2 cups mixed greens ½ cup sliced cucumber 5 cherry tomatoes 1/3 cup shredded carrot 2 Tbsp <i>Creamy Italian Dressing</i> | 5 oz hamburger 2 Tbsp onions 2 Tbsp <i>Barbecue Sauce</i> 1 whole wheat bun <i>Macaroni and Cauliflower Salad</i> | Atkins Frozen Chicken Marsala 2 cups mixed greens ½ cup sliced red bell pepper 2 Tbsp <i>Parmesan Peppercorn Dressing</i> | 3.2 oz Italians sausage link 1 cup prepared whole wheat macaroni ½ cup <i>Basic Tomato Sauce</i> <i>Daikon and Celery Salad</i> | <i>Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing & Sweet Cherry Pie</i> | <i>Chicken Salad Sandwich with Grapes and Walnuts</i> | Atkins Frozen Mexican-Style Chicken and Vegetables ½ cup wild rice |
| Net Carbs: 21g FV 8.4g | Net Carbs: 37.8g FV 6.1g | Net Carbs: 12.4g FV 5.2g | Net Carbs: 42.5g FV 8.7g | Net Carbs: 22.1g FV 7.5g | Net Carbs: 13g FV 1.8g | Net Carbs: 22g FV 2.4g |

Snack

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|---|--|---|--|--------------------------------------|--|--|
| Atkins White Chocolate Macadamia Nut Bar | 4 oz Greek yogurt ½ cup sliced strawberries | 4 Tbsp black bean dip 15 corn tortilla chips | Atkins Dark Chocolate Almond Coconut Crunch Bar | 1 large tomato 4 Tbsp hummus | Atkins Peanut Butter Fudge Crisp Bar 1 small apple | ½ whole wheat bagel 1 Tbsp cream cheese |
| Net Carbs: 4g FV 0g | Net Carbs: 8.2g FV 0g | Net Carbs: 41g FV 0g | Net Carbs: 4g FV 0g | Net Carbs: 8g FV 5g | Net Carbs: 19g FV 0g | Net Carbs: 22.1g FV 0g |

Dinner

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|--|--|--|--|---|--|---|
| <i>Popcorn Garlic Shrimp</i> 2 cups broccoli and cauliflower, steamed ½ cup brown rice | 6 oz chicken breast 2 Tbsp <i>Cajun Rub</i> ¼ baked acorn squash 2 cups mixed greens 5 cherry tomatoes ¼ cup chick peas 2 Tbsp <i>Blue Cheese Dressing</i> | 6 oz flank steak 2 Tbsp <i>Barbecue Rub</i> 1 medium sweet potato 2 cups baby kale 1 small tomato ¼ cup shredded carrot 2 Tbsp <i>Maple-Dijon Dressing</i> | Atkins Frozen Orange Chicken ¼ cup brown rice & 1/2 cup green peas | <i>Quick Barbecued Pork</i> whole wheat bun ¼ whole acorn squash <i>Classic Coleslaw</i> | Atkins Frozen Stone Fired Three Meat Pizza 2 cups mixed greens, 1/2 cup sliced green bell pepper 1/3 cup chickpeas 2 Tbsp <i>Garlic Ranch Dressing</i> <i>Cinnamon-Almond Meringues</i> | <i>Fajita Steak and Fresh Guacamole</i> ¼ cup black beans 1 ¼ cup <i>Salsa Cruda</i> two 6-inch corn tortillas |
| Net Carbs: 27.3g FV 4.8g | Net Carbs: 24.6g FV 6.6g | Net Carbs: 32g FV 4.9g | Net Carbs: 24.1g FV 3.9g | Net Carbs: 39.5g FV 9.4g | Net Carbs: 33.9g FV 7.5g | Net Carbs: 41g FV 10.5g |
| Total Net Carbs: 99.5g Total FV 20.2g | Total Net Carbs: 95.3g Total FV 12.7g | Total Net Carbs: 99.5g Total FV 12.2g | Total Net Carbs: 100.4g Total FV 15.1g | Total Net Carbs: 97g Total 21.9g | Total Net Carbs: 98.2g Total FV 12.3g | Total Net Carbs: 99.8g Total FV 12.9g |

Enjoy Atkins Indulge Treats for dessert if Net Carb consumption allows!



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---|--|---|---|--|--|---|
| Breakfast | Atkins Frozen Bacon Scramble 1 wedge honeydew melon Net Carbs: 15.4g FV .4g | <i>Crunchy Tropical Berry and Almond Breakfast Parfait</i> Net Carbs: 10.8g FV 0g | <i>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato & Mixed Fruit Salad</i> Net Carbs: 23.4g FV 6g | <i>Blueberry Almond Smoothie</i> Net Carbs: 10.3g FV 0g | Atkins French Vanilla Shake ½ whole wheat bagel 1 Tbsp butter 2 Tbsp sugar-free jam Net Carbs: 26.5g FV 0g | <i>Zucchini Frittata</i> ½ cup raspberries ½ cup cooked oatmeal Net Carbs: 19.3g FV 2.3g | <i>Double Chocolate Protein Pancakes</i> ½ cup sliced strawberries ½ small banana, sliced Net Carbs: 21.9g FV 0g |
| Snack | Atkins Caramel Double Chocolate Crunch Bar Net Carbs: 4g FV 0g | Atkins Chocolate Banana Energy Shake Net Carbs: 4g FV 0g | 1 stalk celery 4 Tbsp hummus Net Carbs: 6g FV 1g | 4 oz vegetable juice cocktail 1 oz Cheddar cheese 5 whole wheat crackers Net Carbs: 18.2g FV 4.3g | Atkins Peanut Fudge Granola Bar Net Carbs: 2g FV 0g | 5 whole wheat crackers 1 oz Gouda cheese Net Carbs: 14.3g FV 0g | Atkins Mocha Latte Shake Net Carbs: 3g FV 0g |
| Lunch | <i>Pasta Salad with Tuna, Capers, and Lemon</i> Net Carbs: 23.6g FV 1.4g | <i>Hearts of Lettuce with Shrimp and Green Goddess Dressing</i> Net Carbs: 9.2g FV 7g | Atkins Frozen Stone Fired Pepperoni Pizza 2 cups baby spinach ½ cup snap peas ½ cup sliced red bell pepper 2 Tbsp Creamy Italian Dressing Net Carbs: 16.4g FV 3.8g | <i>Warm Asian Beef Salad</i> Net Carbs: 15g FV 10g | Atkins Frozen Chicken Marsala 2 cups mixed greens 5 cherry tomatoes 5 black olives 2 Tbsp Parmesan Peppercorn Dressing Net Carbs: 12.3g FV 6.3g | Atkins Frozen Chicken and Broccoli Alfredo 2 cups mixed greens ½ Hass avocado ¼ cup chick peas 2 Tbsp Ranch Dressing Net Carbs: 19.8g FV 6g | <i>Spinach and Feta Turkey Burger</i> 1 whole wheat bun Cucumber, Onion and Tomato Salad with Creamy Feta Dressing Net Carbs: 26.5g FV 6.2g |
| Snack | 1 medium carrot 4 Tbsp hummus 10 corn tortilla chips Net Carbs: 27.2g FV 4.1g | 1 whole wheat bagel 2 Tbsp cream cheese Net Carbs: 44.2g FV 0g | ½ cup cottage cheese 1 small apple Net Carbs: 20.1g FV 0g | Atkins Caramel Peanut Butter Fudge Crisp Bar ½ small banana Net Carbs: 12.2g FV 0g | 2 Tbsp Salsa Cruda ¼ cup shredded Cheddar 15 corn tortilla chips Net Carbs: 27.9g FV 0.9g | 2 Tbsp peanut butter 1 small apple Net Carbs: 21g FV 0g | 4 oz Greek yogurt ½ cup sliced mango Net Carbs: 16g FV 0g |
| Dinner | Atkins Frozen Pork Verde ¼ cup great northern beans ¼ cup sweet corn Chopped Cucumber and Tomato Salad Net Carbs: 30.5g FV 7g | Atkins Frozen Orange Chicken ½ cup brown rice Spring Salad Net Carbs: 30.6g FV 5.9g | <i>Sea Scallops and Lemon Pasta</i> <i>Baby Spinach, Pickled Beets and Tomato Salad</i> 2 Tbsp Fresh Raspberry Vinaigrette Net Carbs: 33.7g FV 8.9 | <i>Roasted Ginger-Tamari Salmon Steaks</i> ¾ cup brown rice 6 stalks asparagus Net Carbs: 42.1g FV 1.9g | 5 oz steak 1 small baked potato 1 Tbsp butter 2 cups broccoli and cauliflower, steamed Net Carbs: 30.9g FV 4.8g | 6 oz Tilapia filet ½ cup cooked quinoa ½ medium zucchini & 1 carrot diced and sauteed with 1 Tbsp butter Net Carbs: 23.4g FV 6.3g | Atkins Frozen Meat Lasagna 4 cups arugula & baby spinach, 1/3 cup cubed sweet potato, ½ cup chopped red bell pepper ½ cup diced beets 2 Tbsp Creamy Italian Dressing Net Carbs: 29.6g FV 5.7g |
| | Total Net Carbs: 100.7g Total FV 12.9g | Total Net Carbs: 98.8g Total FV 12.9g | Total Net Carbs: 99.6 Total FV 19.7 | Total Net Carbs: 97.8g Total FV 16.2g | Total Net Carbs: 99.6g Total FV 12g | Total Net Carbs: 97.8g Total FV 14.6g | Total Net Carbs: 97g Total FV 11.9 |

Enjoy Atkins Indulge Treats for dessert if Net Carb consumption allows!

Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable) FV = Foundation Vegetables