



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Tomato, Mozzarella and Turkey Sausage Stack</i>	Atkins Plus Chocolate Shake	<i>Scrambled Eggs Denver Style</i>	<i>Turkey Cauliflower Hash</i>	<i>Peppery Breakfast Steaks over Wilted Spinach</i>	<i>Herbed Smoked Salmon in Tomato Halves</i>	<i>Belgium Waffles</i>
	Net Carbs: 4.5g FV 2.9g	Net Carbs: 2g FV 0g	Net Carbs: 5.8g FV 4.9g	Net Carbs: 4.1g FV 2.4g	Net Carbs: 2.2g FV .6g	Net Carbs: 4.6g FV 3.4g	Net Carbs: 3.7g FV 0g
Snack	1 stalk celery 2 Tbsp cream cheese	5 radishes ½ Tbsp butter sea salt to taste	2 celery stalks 1 oz Cheddar	Atkins Chocolate Mint Protein Wafer Crisps	<i>Chocolate Avocado Smoothie</i>	½ medium zucchini cut into sticks 2 Tbsp Aioli	½ Hass avocado 2 Tbsp Ranch Dressing
	Net Carbs: 2.2g FV 1g	Net Carbs: .6g FV .6g	Net Carbs: 2.4g FV 2g	Net Carbs: 4g FV 0g	Net Carbs: 3.9g FV 1.3g	Net Carbs: 2.5g FV 2.2g	Net Carbs: 1.9g FV 1.3g
Lunch	<i>Fresh Salmon Cakes with Avocado Tartar Sauce</i> 2 cups mixed greens 2 Tbsp <i>Lemon-Dill Vinaigrette</i>	6 oz deli ham, 2 cups mixed greens, ½ Hass avocado, 5 large black olives, ½ cup sliced cucumbers & 2 Tbsp <i>Blue Cheese Dressing</i>	<i>Greek Hamburger with Feta and Roasted Zucchini Salad</i>	<i>Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese</i>	6 oz turkey cutlets 2 cups baby spinach ½ Hass avocado 2 Tbsp <i>Creamy Italian Dressing</i>	4 oz tuna 2 stalks celery 1 dill pickle spear 2 Tbsp mayonnaise	6 oz shrimp 2 cups mixed greens 2 marinated artichoke hearts 2 Tbsp <i>Lemon Vinaigrette</i>
	Net Carbs: 4.5g FV 3.7g	Net Carbs: 5.8g FV 4.9g	Net Carbs: 7.4g FV 4.5g	Net Carbs: 3.9g FV 3.3g	Net Carbs: 2.3g FV 2.2g	Net Carbs: 2.5g FV 2.5g	Net Carbs: 5.5g FV 4.3g
Snack	Atkins Strawberry Shake	1 small tomato 1 oz Cheddar	½ cup sliced green bell pepper 2 Tbsp <i>Creamy Italian Dressing</i>	½ cup sliced cucumber 2 Tbsp <i>Italian Dressing</i>	¾ medium zucchini cut into sticks & 2 oz provolone cheese	½ cup sliced cucumber 1 oz Cheddar cheese	5 radishes 2 oz Cheddar
	Net Carbs: 1g FV 0g	Net Carbs: 2.8g FV 2.5g	Net Carbs: 2.1g FV 1.9g	Net Carbs: 2.2g FV 1.6g	Net Carbs: 4.5g FV 3.3g	Net Carbs: 3.4g FV 3g	Net Carbs: 2.7g FV 2.3g
Dinner	<i>Chicken Parmesan with Garlic Sauteed Baby Broccoli</i>	<i>Chimichurri Steak and Cauliflower Mash</i>	6 oz chicken Simple Tomato Salad	6 oz fillet of whitefish ½ cup Brussels sprouts 1 Tbsp <i>Herb-Butter Blend</i> 2 cups arugula 5 large black olives 2 Tbsp Maple-Dijon Vinaigrette	<i>Balsamic Pork Loin and Cauliflower</i>	Atkins Frozen Beef Fiesta Taco Bowl ½ Hass avocado 2 Tbsp sour cream 1 oz cheddar	<i>Zucchini Chicken Alfredo</i>
	Net Carbs: 8.3g FV 7.2g	Net Carbs: 10.3g FV 7.7g	Net Carbs: 3.2g FV 3.2g	Net Carbs: 5.3g FV 5g	Net Carbs: 7.5g FV 4.8g	Net Carb: 8.3g FV 5.8g	Net Carbs: 6.6g FV 4.4g
	Total Net Carbs: 20.5g Total FV 14.8g	Total Net Carbs: 21.5g Total FV 15.7g	Total Net Carbs: 20.9g Total FV 16.5g	Total Net Carbs: 19.5g Total FV 12.3g	Total Net Carbs: 20.4g Total FV 12.2g	Total Net Carbs: 21.3g Total FV 16.9g	Total Net Carbs: 20.4g Total FV 12.3g

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

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Spinach and Swiss Cheese Omelet</i>	<i>Turkey Sausage Saute with Green Bell Peppers and Onions</i>	2 large eggs ¼ cup shredded Cheddar 4 Tbsp <i>Salsa Cruda</i>	Atkins Chocolate Almond Caramel Bar	2 large eggs ½ Hass avocado 2 oz pepper jack cheese	<i>Pumpkin Flax Pancakes</i> 1 slice bacon	<i>Red Bell Pepper Filled with Creamy Eggs and Spinach</i>
	Net Carbs: 2.9g FV .8g	Net Carbs: 4.2g FV 3.2g	Net Carbs: 2.6g FV 1.5g	Net Carbs: 2g FV 0g	Net Carbs: 4g FV 1.3g	Net Carbs: 3.1g FV 1.1g	Net Carbs: 4.9g FV 3.1g
Snack	1 celery stalk 1 oz Monterey Jack cheese	Atkins Peanut Butter Fudge Crisp Bar	2 stalks celery 2 Tbsp <i>Blue Cheese Dressing</i>	5 cherry tomatoes 1 oz Cheddar	5 Kalamata olives 1 oz feta cheese	5 cherry tomatoes 2 Tbsp <i>Creamy Italian Dressing</i>	Atkins French Vanilla Shake
	Net Carbs: 1.2g FV 1g	Net Carbs: 2g FV 0g	Net Carbs: 2.9g FV 2g	Net Carbs: 2.7g FV 2.3g	Net Carbs: 2.2g FV 1g	Net Carbs: 2.5g FV 2.3g	Net Carbs: 1g FV 0g
Lunch	<i>Grilled Chicken with Asparagus and Tomato Salad</i>	5 oz hamburger 1 oz pepper jack cheese 1 small tomato ½ Hass avocado 2 Romaine lettuce leaves	4 oz canned salmon 1 ½ celery stalks 5 cherry tomatoes 2 Tbsp mayonnaise ½ Hass avocado	6 oz chicken breast 2 cups Romaine hearts 5 radishes 2 Tbsp <i>Creamy Italian Dressing</i>	6 oz deli ham 2 cups mixed greens 1 small tomato 2 Tbsp <i>Blue Cheese Dressing</i>	6 oz grilled chicken 6 stalks asparagus 1 tsp butter 2 cups mixed greens ½ Hass avocado 2 Tbsp <i>Maple-Dijon Vinaigrette</i>	<i>Cheddar Burger with Sautéed Mushrooms and Onions</i>
	Net Carbs: 6.7g FV 4.7g	Net Carbs: 5.4g FV 4.5g	Net Carbs: 5g FV 5g	Net Carbs: 3.1g FV 2.8g	Net Carbs: 4.7g FV 3.8g	Net Carbs: 5.2g FV 5g	Net Carbs: 8.2g FV 5.9g
Snack	5 cherry tomatoes 2 Tbsp <i>Parmesan Peppercorn Dressing</i>	½ cup sliced cucumber 2 Tbsp <i>Creamy Italian Dressing</i>	½ medium zucchini cut into sticks 1 oz Monterey Jack cheese	2 oz ham 2 Tbsp cream cheese 2 dill pickle spears	½ cup sliced cucumber 2 Tbsp <i>Ranch Dressing</i>	½ cup sliced red bell pepper 2 Tbsp <i>Ranch Dressing</i>	1 stalk celery 2 oz Monterey Jack cheese
	Net Carbs: 3.1g FV 2.3g	Net Carbs: 1.9g FV 1.6g	Net Carbs: 2.6g FV 2.2g	Net Carbs: 2.2g FV 1g	Net Carbs: 2.2g FV 1.6g	Net Carbs: 2.5g FV 1.9g	Net Carbs: 1.4g FV 1g
Dinner	5 oz Italian sausage, ¼ medium onion, sliced & ½ red bell pepper, sliced 2 cups baby spinach, ½ cup sliced mushrooms 2 Tbsp <i>Blue Cheese Dressing</i>	<i>Chicken Cauliflower Mac and Cheese</i>	<i>Quick Barbecued Pork</i>	<i>Maple Mustard Glazed Salmon and Asparagus</i>	Atkins Frozen Crustless Chicken Pot Pie ½ cup chopped zucchini ¼ cup chopped red bell pepper 2 Tbsp butter	<i>Asian Steak Salad</i>	6 oz chicken 1 cup green beans 1 Tbsp <i>Herb-Butter Blend</i>
	Net Carbs: 7.8g FV 6.2g	Net Carbs: 8.4g FV 6.7g	Net Carbs: 8.4g FV 2.5g	Net Carbs: 12g FV 8.3g	Net Carbs: 6.4g FV 5.2g	Net Carbs: 6.5g FV 4.6g	Net Carbs: 5.9g FV 5.8g
	Total Net Carbs: 21.7g Total FV 15g	Total Net Carbs: 21.9g Total FV 16g	Total Net Carbs: 21.5g Total FV 13.2g	Total Net Carbs: 22g Total FV 14.4g	Total Net Carbs: 19.5g Total FV 12.9g	Total Net Carbs: 19.8g Total FV 14.9g	Total Net Carbs: 21.4g Total FV 15.8g

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