



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 small tomatoes 1 Tbsp olive oil 2 Large eggs 2 oz turkey sausage  Net Carbs 5.6g • FV 4.9g	5 oz smoked salmon 2 Tbsp cream cheese ¼ cucumber, cut into sticks  Net Carbs 3.5g • FV 2.4g	¼ cup chopped green bell pepper 2 large eggs 1 oz pepper jack cheese 4 Tbsp Salsa Cruda  Net Carbs 4.6g • FV 2.8g	2 large eggs 2 slices bacon 1 medium tomato 2 Tbsp grated Parmesan cheese  Net Carbs 4.7g • FV 3.3g	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar  Net Carbs 4.1g • FV 3.7g	1 small tomato ½ Hass avocado 4 oz prosciutto 2 Tbsp Hollandaise Sauce  Net Carbs 3.9g • FV 3.8g	2 cups baby spinach 1 Tbsp olive oil 2 large eggs ¼ cup shred Monterey Jack cheese  Net Carbs 3.8g • FV 2.9g
SNACK	1 stalk celery 2 Tbsp cream cheese  Net Carbs 2.2g • FV 1g	5 large black olives 1 oz feta cheese  Net Carbs 1.8g • FV 0.7g	2 celery stalks 2 Tbsp Ranch Dressing  Net Carbs 2.9g • FV 2g	<i>Atkins Cranberry Almond Bar</i>  Net Carbs 2g • FV 0g	½ medium zucchini: cut into sticks 2oz provolone cheese  Net Carbs 3.4g • FV 2.2g	5 large radishes 1 oz Gouda cheese  Net Carbs 1.5g • FV 0.8g	½ Hass avocado 2 Tbsp Ranch Dressing  Net Carbs 2.2g • FV 1.3g
LUNCH	6 oz fillet of salmon 2 cups mixed greens 2 Tbsp Sherry Vinaigrette  Net Carbs 3.1g • FV 2.7g	6 oz chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Ranch Dressing  Net Carbs 5.7g • FV 4.8g	5 oz hamburger 1 oz Cheddar 1 small tomato ½ Hass avocado 1 Romaine lettuce leaf  Net Carbs 4.4g • FV 4.1g	5 oz roasted chicken 2 cups baby spinach 2 Tbsp Ranch Dressing  Net Carbs 3.8g • FV 2.8g	6 oz turkey cutlets 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing  Net Carbs 4.4g • FV 4.1g	4 oz tuna 1½ celery stalks ½ cup chopped red bell pepper 2 Tbsp mayonnaise  Net Carbs 4.5g • FV 4.5g	5 oz ham 2 cups mixed greens ½ cup sliced cucumbers 2 Tbsp Blue Cheese Dressing  Net Carbs 5.5g • FV 4.3g
SNACK	<i>Atkins Dark Chocolate Royale Shake</i>  Net Carbs 2g • FV 0g	1 medium tomato 1 oz Cheddar  Net Carbs 3.7g • FV 3.3g	½ cup sliced red bell pepper 2 Tbsp Ranch Dressing  Net Carbs 2.8g • FV 1.9g	¼ cup sliced cucumber 1 oz Monterey Jack cheese  Net Carbs 1.8g • FV 1.6g	1 celery stalk 2 Tbsp cream cheese  Net Carbs 2.2g • FV 1g	½ medium cucumber: sliced 1 oz Cheddar cheese  Net Carbs 3.4g • FV 3g	5 cherry tomatoes 1 oz Cheddar  Net Carbs 2.7g • FV 2.3g
DINNER	6 oz rotisserie chicken 2 cups baby spinach ¼ cup sliced cucumber ½ Hass avocado 2 Tbsp Sherry Vinaigrette  Net Carbs 6.2g • FV 5.7g	6 oz steak 2 cups broccoli and cauliflower, roasted with 2 Tbsp olive oil  Net Carbs 4.8g • FV 4.8g	6 oz chicken 1 cup green beans 1 Tbsp butter  Net Carbs 4.3g • FV 4.3g	6 oz fillet of whitefish 1 cup broccoli florets 1 Tbsp butter  Net Carbs 6.1g • FV 6.1g	7 oz bone-in pork chop ½ cup Brussels sprouts 1 Tbsp butter 2 cups mixed greens 2 Tbsp Sherry Vinaigrette  Net Carbs 5.4g • FV 5g	<i>Atkins Frozen Chili Con Carne</i>  2 cups Romaine lettuce 2 Tbsp Creamy Italian Dressing  Net Carbs 6.2g • FV 4.1g	6 oz chicken 1 cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce  Net Carbs 4.9g • FV 4g
	Total Net Carbs: 19.1g Foundation Vegetables: 14.3g	Total Net Carbs: 19.5g Foundation Vegetables: 16g	Total Net Carbs: 19g Foundation Vegetables: 15.1g	Total Net Carbs: 18.4g Foundation Vegetables: 13.8g	Total Net Carbs: 19.5g Foundation Vegetables: 16g	Total Net Carbs: 19.5g Foundation Vegetables: 16.2g	Total Net Carbs: 19.1g Foundation Vegetables: 14.8g



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 large eggs 2 cups baby spinach 1 tsp olive oil 1 oz Swiss cheese  Net Carbs 5.1g • FV 2.8g	6 oz turkey sausage 1/3 cup chopped red bell pepper 2 Tbsp chopped onion 1 oz Monterey Jack cheese  Net Carbs 4g • FV 3g	2 large eggs ¼ cup shred Cheddar cheese 4 Tbsp Salsa Cruda  Net Carbs 2.8g • FV 1.7g	1 cup coconut milk 1 oz protein powder 1 tsp vanilla ½ - 1 tsp sweetener ½ cup ice  Net Carbs 3g • FV 0g	2 large eggs ½ Hass avocado 1 oz pepper jack cheese  Net Carbs 3g • FV 1.3g	2 small tomatoes 4 oz sausage 1 oz Cheddar cheese  Net Carbs 5.3g • FV 4.9g	2 large eggs 1 medium tomato 2 oz Canadian bacon 2 Tbsp Hollandaise Sauce  Net Carbs 5.2g • FV 3.3g
SNACK	1 celery stalk 1 oz Monterey Jack cheese  Net Carbs 1.2g • FV 1g	<i>Atkins Advantage</i> Caramel Chocolate Nut Roll Bar  Net Carbs 3g • FV 0g	½ medium zucchini cut into sticks 1 oz pepper jack cheese  Net Carbs 3.2g • FV 2.2g	5 cherry tomatoes 1 oz Cheddar  Net Carbs 2.7g • FV 2.3g	5 large black olives 1 oz feta cheese  Net Carbs 1.8g • FV 0.7g	¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing  Net Carbs 1.9g • FV 1.6g	<i>Atkins Advantage</i> Vanilla Shake  Net Carbs 1g • FV 0g
LUNCH	6 oz chicken ½ Hass avocado 2 cups mixed greens 2 Tbsp Sherry Vinaigrette  Net Carbs 4.4g • FV 4g	5 oz hamburger 1 oz pepper jack cheese 1 small tomato ½ Hass avocado 2 Romaine lettuce leaves  Net Carbs 5.4g • FV 4.5g	4 oz tuna 1 ½ celery stalks 5 cherry tomatoes 2 Tbsp mayonnaise ½ Hass avocado  Net Carbs 5.1g • FV 5.1g	6 oz chicken breast 2 cups Romaine hearts ¼ cup chopped red bell pepper ½ Hass avocado 2 Tbsp Creamy Italian Dressing  Net Carbs 5.1g • FV 4.9g	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing  Net Carbs 6.3g • FV 5.2g	6 oz grilled chicken 6 stalks asparagus 1 tsp butter 2 cups mixed greens 2 Tbsp Sherry Vinaigrette  Net Carbs 5.5g • FV 5.1g	5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 2 Tbsp Barbecue Sauce 2 cups mixed greens 2 Tbsp Sherry Vinaigrette  Net Carbs 8.2g • FV 5.9g
SNACK	½ medium red bell pepper, sliced 2 Tbsp Creamy Italian Dressing  Net Carbs 2.6g • FV 2.4g	¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing  Net Carbs 1.9g • FV 1.6g	2 celery stalks 2 Tbsp Blue Cheese Dressing  Net Carbs 2.7g • FV 2g	2 oz ham 2 Tbsp cream cheese 2 dill pickle spears  Net Carbs 2.2g • FV 1g	¼ cup sliced cucumber 2 Tbsp Ranch Dressing  Net Carbs 2.6g • FV 1.6g	½ cup sliced red bell pepper 2 Tbsp Ranch Dressing  Net Carbs 2.8g • FV 1.9g	1 celery stalk 2 oz Monterey Jack cheese  Net Carbs 1.4g • FV 1g
DINNER	5 oz Italian sausage ¼ medium onion, sliced 1 tsp olive oil 2 cups mixed greens 2 Tbsp Blue Cheese Dressing  Net Carbs 6.4g • FV 4.8g	6 oz chicken 6 stalks asparagus 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing  Net Carbs 6g • FV 5.1g	6 oz salmon 2 cups broccoli and cauliflower, roasted With 1 Tbsp olive oil  Net Carbs 4.8g • FV 4.8g	7 oz bone-in pork chop 1 cup cauliflower florets 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing  Net Carbs 6.8g • FV 5.9g	<i>Atkins Frozen Shrimp Scampi</i>  ½ cup chopped zucchini 1 Tbsp butter  Net Carbs 8.4g • FV 3.6g	6 oz steak 2/3 cup sliced zucchini 1 Tbsp olive oil 2 cups Romaine hearts 2 Tbsp Blue Cheese Dressing  Net Carbs 4.6g • FV 3.8g	6 oz chicken ½ cup green beans 1 Tbsp butter 2 Tbsp sliced almonds 2 cups arugula ¼ cup sliced cucumber 2 Tbsp Creamy Italian Dressing  Net Carbs 4.7g • FV 4.4g
	<b>Total Net Carbs: 19.7g Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 20.3g Foundation Vegetables: 14.2g</b>	<b>Total Net Carbs: 18.6g Foundation Vegetables: 15.8g</b>	<b>Total Net Carbs: 19.8g Foundation Vegetables: 14.1g</b>	<b>Total Net Carbs: 22.1g Foundation Vegetables: 12.4g</b>	<b>Total Net Carbs: 20.1g Foundation Vegetables: 17.3g</b>	<b>Total Net Carbs: 20.5g Foundation Vegetables: 14.6g</b>



## WEEK 1

### Atkins Products

- Atkins Cranberry Almond Bar
- Atkins Dark Chocolate Royale
- Shake
- Atkins Frozen Chili Con Carne

### Meat & Proteins

- Bacon (2 slices – ¼ lb)
- Chicken breast (29 oz)
- Eggs (1 dzn)
- Ground beef (10 oz)
- Ham (5 oz)
- Pork chops (bone-in) (7 oz)
- Prosciutto (4 oz)
- Salmon (6 oz)
- Smoked salmon (5oz)
- Steak (6 oz)
- Tuna (4 oz)
- Turkey cutlets (6 oz)
- Turkey Sausage (2 oz)
- White fish (6 oz)

### Vegetables

- Avocado (3)
- Baby spinach (8 cups)
- Black olives (5 large)
- Broccoli (2 cups)
- Brussels sprouts (1/2 cup)
- Cauliflower (1 cup)
- Celery (6 stalks)
- Cherry Tomatoes (5 each)
- Cucumber (2 medium)
- Green beans (1 cup)
- Green Bell Pepper (1 medium)
- Mixed greens (8 cups)
- Onion (1 medium)
- Radishes (10 large)
- Red bell pepper (medium)
- Romaine lettuce (2 cups + 1 large leaf)
- Stir-Fry veggies (1 cup frozen)
- Tomato (2 medium, 4 small)
- Zucchini (1 each)

### Sauces & Dressings

- Blue Cheese Dressing
- Creamy Italian Dressing
- Hollandaise Sauce
- Ranch Dressing
- Salsa Cruda
- Sherry Vinaigrette

### Cheese & Dairy

- Butter or Olive Oil
- Cheddar (5 oz)
- Cream cheese (3 oz)
- Feta (1 oz)
- Gouda (1 oz)
- Monterey Jack (2 oz)
- Parmesan (1 oz)
- Pepper Jack (1 oz)
- Provolone (2 oz)

## WEEK 2

### Atkins Products

- Atkins Caramel Chocolate Nut
- Roll Bar
- Atkins French Vanilla Shake
- Atkins Frozen Shrimp Scampi

### Meat & Proteins

- Bacon (2 slices – ¼ lb)
- Canadian Bacon (2 oz)
- Chicken breast (30 oz)
- Eggs (1 dzn)
- Ground beef (10 oz)
- Ham (7 oz)
- Italian Sausage (5 oz)
- Pork chops (bone-in) (7 oz)
- Salmon (6 oz)
- Steak (6 oz)
- Tuna (4 oz)
- Turkey Sausage (10 oz)

### Vegetables

- Arugula (2 cups)*
- Asparagus (12 stalks)*
- Avocado (3)*
- Baby spinach (2 cups)*
- Black olives (5 large)*
- Broccoli (1 cup)*
- Cauliflower (1 cup)*
- Celery (6 stalks)*
- Cherry Tomatoes (10 each)*
- Cucumber (1 medium)*
- Dill pickle spears (2)*
- Green beans (½ cup)*
- Green Bell Pepper (1 medium)*
- Mixed greens (14 cups)*
- Mushrooms (1/2 cup sliced)*
- Onion (1 medium)*
- Red bell pepper (2 medium)*
- Romaine lettuce (4 cups. 2 large leaves)*
- Tomato (1 medium, 4 small)*
- Zucchini (2 each)*

### Sauces & Dressings

- Barbecue Sauce
- Blue Cheese Dressing
- Creamy Italian Dressing
- Hollandaise Sauce
- Salsa Cruda
- Sherry Vinaigrette
- Coconut milk (1 cup)
- Protein Powder (whey less than 2g NC per serving)

### Cheese & Dairy

- Butter or Olive Oil
- Cheddar (3 oz)
- Cream cheese (1 oz)
- Feta (1 oz)
- Monterey Jack (4 oz)
- Pepper Jack (3 oz)
- Swiss (1 oz)