



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