



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Frozen Ham and Cheese Omelet	Atkins Chocolate Almond Caramel Bar	Atkins Frozen Bacon Scramble	Atkins Plus Chocolate Shake	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Peanut Fudge Granola Bar	Atkins Frozen Ham and Cheese Omelet
	Net Carbs: 4g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 2g FV 0g	Net Carbs: 5g FV 2.1g	Net Carbs: 2g FV 0g	Net Carbs: 4g FV 0g
Snack	Atkins Peanut Butter Fudge Crisp Bar	Atkins Milk Chocolate Delight Shake	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Lemon Bar	Atkins French Vanilla Shake	Atkins Cafe Caramel Shake	Atkins Peanut Butter Fudge Crisp Bar
	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g
Lunch	6 oz fillet of salmon 4 cups spinach & arugula ¼ cup chopped red bell pepper ½ Hass avocado 2 Tbsp Maple-Dijon Vinaigrette	Atkins Frozen Chili Con Carne 2 cups mixed greens 5 radishes ½ Hass avocado 2 Tbsp <i>Ranch Dressing</i>	5 oz hamburger 1 oz Cheddar 1 large tomato ½ Hass avocado 1 bibb lettuce leaf	Atkins Frozen Chicken & Broccoli Alfredo 2 cups mixed greens ¼ cup chopped green bell pepper 7 cherry tomatoes 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Beef Teriyaki Stir-Fry 1 cup Napa cabbage 2 Tbsp <i>Sweet Mustard Dressing</i>	<i>Tuna-Celery Salad in Avocado Halves</i>	Atkins Frozen Chili Con Carne 2 cups mixed greens, 1 medium tomato, ½ Hass avocado, ¼ cup chpd red bell pepper 2 Tbsp <i>Blue Cheese Dressing</i>
	Net Carbs: 4.6g FV 4.5g	Net Carbs: 10.3g FV 6.9g	Net Carbs: 6.8g FV 6.5g	Net Carbs: 10.6 FV: 8g	Net Carbs: 8g FV 3.9g	Net Carbs: 5.1g FV 4.5g	Net Carbs: 12.6g FV 9.5g
Snack	Atkins Strawberry Shake	Atkins Cranberry Almond Bar	Atkins French Vanilla Shake	Atkins Strawberry Shake	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins French Vanilla Shake	Atkins Strawberry Shake
	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g
Dinner	Atkins Frozen Chicken & Broccoli Alfredo ¾ cup Brussels sprouts 1 Tbsp olive oil	6 oz steak 1 Tbsp <i>Herb Butter Blend</i> 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil	Atkins Frozen Crustless Chicken Pot Pie ½ cup chopped zucchini	6 oz fillet of whitefish 1 cup green beans 1 Tbsp <i>Herb-Butter Blend</i>	6 oz steak, 2/3 cup sliced mushrooms & 1 Tbsp butter 6 stalks asparagus 2 cups baby spinach 2 Tbsp <i>Creamy Italian Dressing</i>	Atkins Frozen Orange Chicken 1 cup broccoli florets 1 Tbsp butter	7 oz bone-in pork chop <i>Cauliflower-Cheddar Mash</i>
	Net Carbs: 9.3g FV 7.3g	Net Carbs: 4.9g FV 4.9g	Net Carbs: 7.8g FV 5.1g	Net Carbs: 4.4g FV 4.3g	Net Carbs: 6.1g FV 5.8g	Net Carbs: 10.5g FV 7.4g	Net Carbs: 3.2g FV 2.8g
	Total Net Carbs: 20.9g Total FV 11.8g	Total Net Carbs: 22.2g Total FV 11.8g	Total Net Carbs: 22.6g Total FV 12g	Total Net Carbs: 21g Total FV 12.3g	Total Net Carbs: 22.1g Total FV 11.8g	Total Net Carbs: 20.6g Total FV 11.9g	Total Net Carbs: 22.8g 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	Atkins Peanut Fudge Granola Bar	Atkins Frozen Bacon Scramble	Atkins Plus Chocolate Shake	Atkins Almond Coconut Bar	Atkins Frozen Ham and Cheese Omelet	Atkins Blueberry Greek Yogurt Bar	Atkins Frozen Farmhouse-Style Sausage Scramble
	Net Carbs: 2g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 5g FV 2.1g
Snack	Atkins Strawberry Shake	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Strawberry Shake	Atkins French Vanilla Shake	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Plus Vanilla Shake	Atkins Strawberry Shake
	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g
Lunch	<i>Tuna-Celery Salad with Mixed Greens</i>	5 oz hamburger 1 oz Monterey Jack cheese 2 Tbsp <i>Salsa Cruda</i> ½ Hass avocado	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower ½ cup Brussels sprouts 1 Tbsp Butter	Atkins Frozen Chicken Margherita 2 cups cauliflower rice 2 Tbsp chopped onion 1 Tbsp <i>Herb-Butter Blend</i>	5 oz ham <i>Cucumber-Avocado Salad with Toasted Cumin Dressing</i>	<i>Cauliflower Salad with Salmon</i>	Atkins Frozen Crustless Chicken Pot Pie 2 cups mixed greens 2 Tbsp <i>Creamy Italian Dressing</i>
	Net Carbs: 5.3g FV 4.5g	Net Carbs: 2.3g FV 2.2g	Net Carbs: 9.5g FV 6.5g	Net Carbs: 10.9g FV 6.9g	Net Carbs: 7.3g FV 5.8g	Net Carbs: 7.5g FV 7.3g	Net Carbs: 6.5g FV 3.6g
Snack	Atkins Peanut Butter Fudge Crisp Bar	Atkins French Vanilla Shake	Atkins Caramel Chocolate Nut Roll Bar	Atkins Peanut Butter Fudge Crisp Bar	Atkins French Vanilla Shake	Atkins Strawberry Shake	Atkins Caramel Chocolate Peanut Nougat Bar
	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g
Dinner	Atkins Frozen Beef Merlot 2 cups baby spinach, ½ cup sliced cucumber, 1 Tbsp chopped onion, 5 cherry tomatoes with 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Chicken & Broccoli Alfredo 1¼ cups steamed broccoli 1 Tbsp butter 2 Tbsp Parmesan cheese	<i>Creamy Chicken and Vegetable Stew</i>	7 oz bone-in pork chop 10 snap peas ½ cup chopped red bell pepper 1 Tbsp olive oil	Atkins Frozen Chili Con Carne 5 oz zucchini noodles with 1 Tbsp butter	Atkins Frozen Mexican-Style Chicken and Vegetables 2 cups baby spinach ½ Hass avocado 2 Tbsp <i>Italian Dressing</i>	<i>Beef Sauteed with Vegetables over Romaine</i>
	Net Carbs: 12.5g FV 7.6g	Net Carbs: 12g FV 9.6g	Net Carbs: 6.3g FV 4.8g	Net Carbs: 5g FV 5g	Net Carbs: 8.8g FV 5.9g	Net Carbs: 8.7g FV 4.6g	Net Carbs: 7.6g FV 7g
	Total Net Carbs: 22.8g Total FV 12.1g	Total Net Carbs: 22.3g Total FV: 12.2g	Total Net Carbs: 21.8g Total FV 11.3g	Total Net Carbs: 21.9g Total FV 11.9g	Total Net Carbs: 23.1g Total FV 11.7g	Total Net Carbs: 22.2g Total FV 11.9g	Total Net Carbs: 22.1g Total FV 12.7g

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