



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Frozen Ham and Cheese Omelet	<i>Beef Sauteed with Peppers and Onions Topped with Cheese</i>	<i>Eggs Scrambled with Sauteed Onions and Cheddar Cheese</i>	Atkins Chocolate Almond Caramel Bar	<i>Red Bell Pepper Filled with Creamy Eggs and Spinach</i>	<i>Tomato, Avocado, Spinach and Monterey Jack Stacks</i>	Atkins Frozen Bacon Scramble
	Net Carbs: 4g FV 0g	Net Carbs: 9.9g FV 9.5g	Net Carbs: 4.6g FV 3.1g	Net Carbs: 2g FV 0g	Net Carbs: 4.7g FV 3.5g	Net Carbs: 4.9g FV 4.6g	Net Carbs: 5g FV .4g
Snack	1 cup sliced red bell pepper 2 Tbsp <i>Ranch Dressing</i>	Atkins Caramel Chocolate Peanut Nougat Bar	<i>Muffin in a Minute</i>	½ cup chopped red bell pepper 2 Tbsp <i>Ranch Dressing</i>	Atkins French Vanilla Shake	2 stalks celery 2 Tbsp cream cheese	Atkins Peanut Butter Fudge Crisp Bar
	Net Carbs: 4.4g FV 3.8g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 4.8g FV 4.3g	Net Carbs: 1g FV 0g	Net Carbs: 3.2g FV 2g	Net Carbs: 2g FV 0g
Lunch	Atkins Frozen Chili Con Carne 2 cups mixed greens 2 Tbsp <i>Italian Dressing</i>	Atkins Creamy Chocolate Shake	Atkins Frozen Beef Fiesta Taco Bowl ½ Hass avocado	<i>Cobb Salad</i>	Atkins Chocolate Peanut Butter Bar	Atkins Frozen Orange Chicken	<i>Tuna-Celery Salad with Mixed Greens</i>
	Net Carbs: 6.9g FV 3.4g	Net Carbs: 3g FV 0g	Net Carbs: 7.3g FV 5.8g	Net Carbs: 4.1g FV 3g	Net Carbs: 3g FV 0g	Net Carbs: 7g FV 3.9g	Net Carbs: 2.4g FV 2.4g
Snack	Atkins Strawberry Shake	5 whole snap peas 2 oz Cheddar	Atkins Caramel Chocolate Nut Roll Bar	2 celery stalks 2 oz Cheddar	1 cup sliced cucumber 2 Tbsp <i>Green Goddess Dressing</i>	Atkins Milk Chocolate Delight Shake	Atkins French Vanilla Shake
	Net Carbs: 1g FV 0g	Net Carbs: 1.7g FV 1g	Net Carbs: 3g FV 0g	Net Carbs: 2.7g FV 2g	Net Carbs: 4.3g FV 3.3g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g
Dinner	<i>Chicken Chorizo and Cauliflower Saute with Cheese and Sausage</i>	Atkins Frozen Beef Merlot	<i>Fish with Artichoke Sauce</i>	Atkins Frozen Meatloaf with Portobello Mushroom Gravy	Atkins Frozen Crustless Chicken Pot Pie ½ cup Brussels sprouts 1 Tbsp olive oil	<i>Stuffed Pork Chops with Fonduta and Fennel Gratinata</i>	<i>Stuffed Eggplant</i>
	Net Carbs: 6g FV 4.9g	Net Carbs: 6g FV 2g	Net Carbs: 5.2g FV 4.8g	Net Carbs: 7g FV 2.7g	Net Carbs: 8.5g FV 5.8g	Net Carbs: 4.1g FV 2.5g	Net Carbs: 11.7g FV 11g
	Total Net Carbs: 22.3g Total FV 12.1g	Total Net Carbs: 22.6g Total FV 12.5g	Total Net Carbs: 22.1g Total FV 13.7g	Total Net Carbs: 20.6g Total FV 12g	Total Net Carbs: 21.5g Total FV 12.6g	Total Net Carbs: 21.2g Total FV 13g	Total Net Carbs: 22.1g Total FV 13.8g

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 Vanilla Pecan Crisp Bar	Atkins Frozen Bacon Scramble	<i>Cheese and Spinach Omelet Topped with Avocado and Salsa</i>	Atkins Chocolate Almond Caramel Bar	Atkins Frozen Farmhouse-Style Sausage Scramble	<i>Cheddar Omelet with Avocado and Salsa</i>	<i>Pumpkin Flax Pancakes</i>
	Net Carbs: 3g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 4.7g FV 4.2g	Net Carbs: 2g FV 0g	Net Carbs: 5g FV 2.1g	Net Carbs: 4.3g FV 3.3g	Net Carbs: 2.9g FV 1.1g
Snack	1 medium tomato 2 Tbsp <i>Aioli</i>	Atkins Strawberry Shake	Atkins French Vanilla Shake	10 black olives 1 oz Monterey Jack Cheese	Atkins Peanut Fudge Granola Bar	Atkins French Vanilla Shake	Atkins Peanut Butter Fudge Crisp Bar
	Net Carbs: 3.6g FV 3.3g	Net Carbs: 1g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 1.5g FV 1.4g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g
Lunch	Atkins Frozen Chili Con Carne	<i>Grilled Chicken over Baby Spinach, Tomato and Avocado Salad</i>	Atkins Almond Coconut Bar	Atkins Frozen Mexican-Style Chicken and Vegetables <i>Fresh Broccoli Salad</i>	Atkins Plus Vanilla Shake	Atkins Frozen Crustless Chicken Pot Pie	Atkins Frozen Beef Fiesta Taco Bowl ½ Hass avocado ¼ cup <i>Salsa Cruda</i>
	Net Carbs: 5g FV 2.1g	Net Carbs: 6g FV 4.9g	Net Carbs: 3g FV 0g	Net Carbs: 10.4g FV 6.5g	Net Carbs: 1g FV 0g	Net Carbs: 5g FV 2.3g	Net Carbs: 8.8g FV 7.3g
Snack	½ Hass avocado 2 Tbsp <i>Garlic Ranch Dressing</i>	Atkins Peanut Butter Fudge Crisp Bar	1 portobello mushroom cap ¼ cup <i>Salsa Cruda</i> 1 oz pepper jack cheese	Atkins Strawberry Shake	1 small tomato ½ Hass avocado 2 Tbsp <i>Roasted Garlic-Basil Dressing</i>	Atkins Chocolate Almond Caramel Bar	Atkins Strawberry Shake
	Net Carbs: 2.2g FV 1.3g	Net Carbs: 2g FV 0g	Net Carbs: 4.5g FV 3.5g	Net Carbs: 1g FV 0g	Net Carbs: 4.5g FV 3.8g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g
Dinner	Atkins Frozen Chicken and Broccoli Alfredo 2 cups Romaine lettuce 2 marinated artichoke hearts 2 Tbsp <i>Caesar Dressing</i>	<i>Asian Veggie and Pork Bowl</i>	6 oz salmon 6 stalks asparagus 2 cups mixed greens 5 cherry tomatoes 2 Tbsp <i>Ranch Dressing</i>	<i>Cajun Pork Chops Cauli Mac and Cheese</i>	<i>Flank Steaks with Smokey Cilantro Sauce and Zucchini</i>	<i>Baked Salmon with Charmoula Over Broccoli</i>	<i>Zucchini Chicken Alfredo</i>
	Net Carbs: 8.2g FV 5g	Net Carbs: 7.3g FV 6.5g	Net Carbs: 6.1g FV 5.5g	Net Carbs: 6.7g FV 4g	Net Carbs: 7.7g FV 7.2g	Net Carbs: 9.9g FV 7.4g	Net Carbs: 6.6g FV 4.4g
	Total Net Carbs: 22g Total FV 11.7g	Total Net Carbs: 21.3g Total FV 11.8g	Total Net Carbs: 19.3g Total FV 13.2g	Total Net Carbs: 21.6g Total FV 11.9g	Total Net Carbs: 20.2g Total FV 13.1g	Total Net Carbs: 22.2g Total FV 13g	Total Net Carbs: 21.3g Total FV 12.8g

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