



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>2-egg omelet 2 cups Swiss chard sauteed with ¼ cup chopped onion ¼ cup shredded cheddar cheese</p> <p>Net Carbs 6g</p>	<p>3 slices tofu Canadian "bacon" ½ cup mashed cauliflower with ¼ cup shredded Cheddar cheese and 2 Tbsp. sauteed onion</p> <p>Net Carbs 5.5g</p>	<p>1 veggie burger 2 slices Swiss cheese ½ Hass avocado</p> <p>Net Carbs 6g</p>	<p>Low-carb shake 2 oz. pecans</p> <p>Net Carbs 4g</p>	<p>Smoothie: 1 cup plain unsweetened almond milk and 3 oz. silken soft tofu and 2 Tbsp. low-carb strawberry syrup and 1 oz. almonds</p> <p>Net Carbs 6.5g</p>	<p>2 fried eggs ½ cup sauteed okra 2 tofu "bacon" strips</p> <p>Net Carbs 5.5g</p>	<p>4 oz. tofu "sausage" patties 2 slices Cheddar cheese ½ Hass avocado</p> <p>Net Carbs 11g</p>
SNACK	<p>Atkins Harvest Trail Dark Chocolate Peanut Butter Bar</p> <p>Net Carbs 4g</p>	<p>Atkins French Vanilla Shake</p> <p>Net Carbs 3.5g</p>	<p>2 celery stalks 2 Tbsp. Aioli</p> <p>Net Carbs 1.5g</p>	<p>½ Hass avocado 2 slices cheddar cheese</p> <p>Net Carbs 3g</p>	<p>8 asparagus spears 2 Tbsp. Aioli</p> <p>Net Carbs 3g</p>	<p>1 small tomato 1 oz. roasted pumpkin seeds</p> <p>Net Carbs 4.5g</p>	<p>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</p> <p>Net Carbs 4g</p>
LUNCH	<p>4 oz. firm tofu sauteed with 2 cups spinach 1 Tbsp. soy sauce 2 cups Romaine lettuce ½ cup alfalfa sprouts 10 black olives 2 Tbsp. Fresh Raspberry Vinaigrette</p> <p>Net Carbs 7.5g</p>	<p>2 deviled eggs on 4 cups mixed salad greens ½ cup pickled okra 6 radishes 5 black olives 2 Tbsp. Russian dressing</p> <p>Net Carbs 6g</p>	<p>4 oz. sauteed seitan on 4 cups Romaine lettuce with 10 black olives ½ cup sliced daikon 2 Tbsp. Caesar Dressing 2 Tbsp. grated Parmesan cheese</p> <p>Net Carbs 9.5g</p>	<p>2-egg omelet ½ cup sauteed spinach 4 cups mixed salad greens ½ cup alfalfa sprouts 2 Tbsp. Blue Cheese Dressing</p> <p>Net Carbs 4.5g</p>	<p>4 slices "turkey"-style cold cuts 2 slices Provolone cheese 1 tsp. Dijon mustard 4 cups mixed salad greens 10 black olives 2 Tbsp. Italian Dressing</p> <p>Net Carbs 8.5g</p>	<p>2 veggie burgers ½ Hass avocado 2 slices Cheddar cheese 1 cup loose-leaf lettuce 2 Tbsp. chopped onions 2 Tbsp. Aioli</p> <p>Net Carbs 9.5g</p>	<p>2-egg salad made with ½ cup diced celery and 1 Tbsp. Blender Mayonaise Salad of 4 cups baby spinach with 1 small tomato 2 Tbsp. Sweet Mustard Dressing</p> <p>Net Carbs 6g</p>
SNACK	<p>1 oz. pecans 2 oz. goat cheese</p> <p>Net Carbs 2.5g</p>	<p>2 sticks string cheese 1 oz. walnuts</p> <p>Net Carbs 2.5g</p>	<p>Atkins Harvest and Trail Dark Chocolate Cherry and Nuts Bar</p> <p>Net Carbs 6g</p>	<p>1 celery stalk 1 oz cream cheese</p> <p>Net Carbs 2g</p>	<p>1 oz. hazelnuts</p> <p>Net Carbs 0.5g</p>	<p>1 oz. walnuts 2 Tbsp. blue cheese</p> <p>Net Carbs 2g</p>	<p>½ cup sliced daikon 2 Tbsp. Aioli</p> <p>Net Carbs 1g</p>
DINNER	<p>5 veggie "meatballs" sauteed with ½ cup shirataki soy noodles topped with 3 Tbsp. Romesco Sauce 2 cups mixed salad greens with 1 small tomato 2 Tbsp. Sweet Mustard Dressing</p> <p>Net Carbs 11.5g</p>	<p>4 oz. Quorn roast with ¼ cup Mushroom Gravy ½ cup steamed green beans 2 cups mixed salad greens 4 pieces marinated artichoke hearts 2 Tbsp. Blue Cheese Dressing</p> <p>Net Carbs 13g</p>	<p>4 oz. firm tofu baked with 2 Tbsp. Barbecue Sauce ¼ cup steamed Brussels sprouts Salad of 2 cups arugula and 1 oz. walnuts 2 Tbsp. Italian dressing</p> <p>Net Carbs 10g</p>	<p>2/3 cup veggie crumbles sauteed with 1 cup raw shredded green cabbage topped with 2 Tbsp. Peanut Sauce 2 cups mixed salad greens 8 asparagus spears 1 cup sliced cucumber 2 Tbsp. Sweet Mustard Dressing</p> <p>Net Carbs 18g</p>	<p>½ cup tempeh sauteed with ½ cup green peppers served over 1 cup raw shredded green cabbage topped with 3 Tbsp. Romesco Sauce and 1 oz. grated Parmesan cheese ½ Hass avocado</p> <p>Net Carbs 12.5g</p>	<p>4 oz. baked firm tofu and 3 Tbsp. Sun-Dried Tomato Pesto over ½ cup cooked spaghetti squash Salad of 2 cups mesclun and ½ cup alfalfa sprouts 2 Tbsp. Fresh Raspberry Vinaigrette</p> <p>Net Carbs 11.5g</p>	<p>2 tofu "hot dogs" 1 cup sauerkraut ½ cup mashed cauliflower and ¼ cup shredded Cheddar cheese Salad of 2 cups mixed salad greens ½ cup sliced cucumber 2 Tbsp. Italian Dressing</p> <p>Net Carbs 10.5g</p>
	<p>Total Net Carbs: 31.5g Foundation Vegetables: 12g</p>	<p>Total Net Carbs: 30.5g Foundation Vegetables: 14.5g</p>	<p>Total Net Carbs: 33g Foundation Vegetables: 12.5g</p>	<p>Total Net Carbs: 31.5g Foundation Vegetables: 12.5g</p>	<p>Total Net Carbs: 30g Foundation Vegetables: 12g</p>	<p>Total Net Carbs: 33g Foundation Vegetables: 14.5g</p>	<p>Total Net Carbs: 32.5g Foundation Vegetables: 12g</p>