



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Chicken Chorizo and Cauliflower Saute with Cheese and Salsa</i>	Atkins Plus Vanilla Shake	<i>Cheese and Spinach Omelet Topped with Avocado and Salsa</i>	<i>Rolled Oats and Pecans Topped with Strawberries</i>	Atkins Frozen Farmhouse-Style Sausage Scramble	<i>Double Chocolate Protein Pancakes</i>	<i>Breakfast Mexi Peppers</i>
	Net Carbs: 5.6g FV 4.9g	Net Carbs: 1g FV 0g	Net Carbs: 4.3g FV 3.4g	Net Carbs: 15g FV 0g	Net Carbs: 5g FV 2.1g	Net Carbs: 7g FV 0g	Net Carbs: 5g FV 4.1g
Snack	Atkins Milk Chocolate Delight Shake	½ cup blackberries ½ cup Greek yogurt	1 oz pepper jack cheese 2 whole wheat crackers	<i>Creamy Lemon Smoothie</i>	2 oz Cheddar ½ small apple	Atkins Peanut Butter Fudge Crisp Bar	½ Hass avocado 2 Tbsp Greek Vinaigrette
	Net Carbs: 2g FV 0g	Net Carbs: 7.8g FV 0g	Net Carbs: 6.4g FV 0g	Net Carbs: 4.3g FV 0g	Net Carbs: 9.2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2.2g FV 1.3g
Lunch	<i>Chicken Over Baby Kale Caesar Salad</i>	Atkins Frozen Shrimp Scampi 2 cups mixed greens 1 small tomato ½ Hass avocado 2 Tbsp Caesar Dressing	6 oz deli ham 2 cups baby spinach, ½ cup mushrooms, ¼ cup chopped red bell pepper, ¼ cup grated carrot 2 Tbsp Sweet Mustard Dressing	5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 2 bibb lettuce leaves	6 oz turkey cutlets 2 cups mixed greens ½ cup sliced green bell pepper, ½ cup sliced cucumbers, ½ Hass avocado & 2 Tbsp Fresh Raspberry Vinaigrette	Canned Tuna with Snap Peas, Red Bell Pepper and Tomato ½ whole wheat pita	4 oz turkey salami <i>Cucumber, Onion and Tomato Salad with Creamy Feta Dressing</i>
	Net Carbs: 7.4g FV 6g	Net Carbs: 14.6g FV 7.3g	Net Carbs: 6.1g FV 5.1g	Net Carbs: 5.3g FV 5g	Net Carbs: 6.8g FV 6.1g	Net Carbs: 14g FV 7.3g	Net Carbs: 7.5g FV 6.5g
Snack	½ small banana 2 Tbsp peanut butter	1 carrot ¼ cup hummus	½ cup pineapple ½ cup cottage cheese	½ cup chopped green bell pepper 1 oz feta cheese 2 Tbsp Green Goddess Dressing	2 celery stalks 2 Tbsp Feta-Ranch Dressing	½ medium zucchini ¼ cup hummus	½ medium pear 1 oz Brie cheese
	Net Carbs: 14.2g FV 0g	Net Carbs: 7g FV 0g	Net Carbs: 13.8g FV 0g	Net Carbs: 5.2g FV 3g	Net Carbs: 2.8g FV 2g	Net Carbs: 7.2g FV 2.2g	Net Carbs: 11.1g FV 0g
Dinner	6 oz salmon ¼ cup wild rice 2 cups mixed greens ½ cup sliced cucumbers 2 Tbsp Creamy Italian Dressing	<i>Chimichurri Steak and Cauliflower Mash</i>	<i>Chicken Parmesan with Garlic Sauteed Baby Broccoli</i>	6 oz fillet of whitefish ¼ cup cooked lentils 1 cup green beans 1 Tbsp butter	<i>Pork Chops with Fresh Mushrooms, Tomatoes and Bell Pepper</i> ½ small baked potato 2 Tbsp butter 2 Tbsp sour cream	<i>Traditional Beef Stroganoff</i>	6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice
	Net Carbs: 11.2g FV 2.9g	Net Carbs: 10.3g FV 7.6g	Net Carbs: 8.3g FV 7.3g	Net Carbs: 10.4g FV 4.3g	Net Carbs: 16.7g FV 2.2g	Net Carbs: 10.3g FV 7.8g	Net Carbs: 14.5g FV 3g
	Total Net Carbs: 40.4g Total FV 13.8g	Total Net Carbs: 40.7g Total FV 14.9g	Total Net Carbs: 38.9g Total FV 15.8g	Total Net Carbs: 40.2g Total FV 12.3g	Total Net Carbs: 40.5g Total FV 12.4g	Total Net Carbs: 40.5g Total FV 17.3g	Total Net Carbs: 40.3g Total FV 14.9g

Enjoy Atkins Indulge Treats for dessert if Net Carb consumption allows!



Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<i>Spinach and Swiss Cheese Omelet</i> 1 wedge cantaloupe	½ cup cooked oatmeal ½ cup blueberries 3 oz pork breakfast sausage	2 eggs ¼ cup shredded Cheddar ¼ cup <i>Salsa Cruda</i>	<i>Crunchy Topical Berry and Almond Breakfast Parfait</i>	<i>Eggs with Avocado and Salsa</i> ½ whole wheat English muffin 1 tsp sugar-free jam	<i>Low Carb French Toast</i> 1/3 cup sliced strawberries	2 eggs 1 medium tomato 2 oz Canadian bacon 2 Tbsp <i>Hollandaise Sauce</i>
	Net Carbs: 10.4g FV 1g	Net Carbs: 15.4g FV 0g	Net Carbs: 2.6g FV 1.5g	Net Carbs: 10.8g FV 0g	Net Carbs: 15.8g FV 2.5g	Net Carbs: 5.5g FV 0g	Net Carbs: 5.2g FV 3.3g

Snack

	1 medium carrot 1 celery stalk ¼ cup hummus	1 medium tomato ½ cup cottage cheese	5 cherry tomatoes 2 Tbsp <i>Blue Cheese Dressing</i>	2 celery stalks 1 oz Cheddar	<i>Black Forest Protein Smoothie</i>	1 large tomato ½ cup cottage cheese	5 large black olives 1 oz pepper jack cheese
	Net Carbs: 10.1g FV 1g	Net Carbs: 6.4g FV 3.3g	Net Carbs: 3.1g FV 2.3g	Net Carbs: 2.4g FV 2g	Net Carbs: 6.7g FV 0g	Net Carbs: 9.1g FV 5g	Net Carbs: 1.7g FV .7g

Lunch

	6 oz chicken ½ Hass avocado 7-inch low-carb tortilla 3 cups mixed greens 2 Tbsp <i>Sherry Vinaigrette</i>	<i>Grilled Burger with Avocado and Tomato</i>	4 oz canned salmon 2 stalks celery 2 Tbsp mayonnaise ½ Hass avocado	Buffalo Chicken Salad	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp <i>Blue Cheese Dressing</i>	<i>Greek Salad with Chicken</i>	5 oz steak 3 cups arugula ½ cup sliced mushrooms 2 Tbsp diced onion ½ Hass avocado 2 Tbsp <i>Sweet Mustard Vinaigrette</i>
	Net Carbs: 8.7g FV 5.3g	Net Carbs: 2.7g FV 2.7g	Net Carbs: 3.3g FV 3.3g	Net Carbs: 9.7g FV 7.5g	Net Carbs: 6.3g FV 5.2g	Net Carbs: 9.7g FV 8.6g	Net Carbs: 6.5g FV 5.4g

Snack

	Atkins French Vanilla Shake	2 stalks celery ¼ cup black bean dip	2 Tbsp almond butter ½ small apple	1 oz pepper jack cheese 2 whole wheat crackers	5 black olives 1 oz Cheddar	Atkins Lemon Vanilla Protein Wafer Crisps	½ cup blueberries ½ cup Greek yogurt
	Net Carbs: 1g FV g	Net Carbs: 12g FV 2g	Net Carbs: 14.1g FV 0g	Net Carbs: 6.4g FV 0g	Net Carbs: 1g FV .7g	Net Carbs: 3g FV 0g	Net Carbs: 13.5g FV 0g

Dinner

	<i>Zucchini Noodles with Spicy Chicken Sausage</i> 2 cups baby spinach 2 Tbsp <i>Blue Cheese Dressing</i>	6 oz chicken 6 stalks asparagus 1 Tbsp olive oil 2 cups mixed greens 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Beef Teriyaki Stir-Fry ½ cup broccoli florets ¼ cup brown rice	7 oz bone-in pork chop 1 1/3 cup cauliflower florets 1 Tbsp butter ¼ cup corn	<i>Chipotle-Apple Turkey Burgers</i> 2 cups baby spinach, 5 radishes, 1 Tbsp onion, ¼ cup chpd green bell pepper, 2 Tbsp <i>Sweet Mustard Dressing</i>	6 oz steak 2/3 cup sliced zucchini 1 Tbsp olive oil ¼ acorn squash 1 Tbsp butter 2 Tbsp sugar-free pancake syrup	<i>Chicken and Mushrooms with Roasted Asparagus</i>
	Net Carbs: 8.9g FV 6.2g	Net Carbs: 4.3g FV 3.7g	Net Carbs: 18.1g FV 4.8g	Net Carbs: 11g FV 4.2g	Net Carbs: 10.8g FV 3.8g	Net Carbs: 12g FV 1.8g	Net Carbs: 12.5g FV 9.2g
	Total Net Carbs: 39.1g Total FV 13.5g	Total Net Carbs: 40.8g Total FV 11.7g	Total Net Carbs: 41.2g Total FV 11.9g	Total Net Carbs: 40.3g Total FV 13.7g	Total Net Carbs: 40.6g Total FV 1g	Total Net Carbs: 39.3g Total FV 15.4g	Total Net Carbs: 39.4g Total FV 18.6g

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Net Carbs = Total Carbohydrates - Fiber - Sugar Alcohols (if applicable) FV = Foundation Vegetables