



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Atkins Frozen Ham and Cheese Omelet	<i>Blueberry Almond Protein Shake</i>	Atkins Frozen Farmhouse-Style Sausage Scramble	Atkins Plus Vanilla Shake 5 large strawberries	Atkins Frozen Bacon Scramble	Atkins Frozen Ham and Cheese Omelet ½ whole-wheat English muffin 1 Tbsp sugar-free jam	<i>Lemony Protein Pancakes</i> ½ cup raspberries
	Net Carbs: 4g FV 0g	Net Carbs: 10.3g FV 0g	Net Carbs: 5g FV 2.1g	Net Carbs: 6.1g FV 0g	Net Carbs: 5g FV 0.4g	Net Carbs: 18.1g FV 0g	Net Carbs: 8.9g FV 0g
Snack	Atkins Vanilla Cream Shake	Atkins White Chocolate Macadamia Nut Bar	Atkins Dark Chocolate Royale Shake ½ small banana	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Milk Chocolate Delight Shake	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Strawberry Shake
	Net Carbs: 3g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 12.2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g
Lunch	Atkins Frozen Chicken Marsala & 2 cups baby spinach, ½ Hass avocado, ¼ cup chopped red bell pepper, ½ cup sliced cucumber with 2 Tbsp <i>Garlic Ranch Dressing</i>	Atkins Frozen Shrimp Scampi 2 cups Romaine, 5 black olives, ½ Hass avocado, 5 cherry tomatoes, 2 Tbsp Parmesan & 2 Tbsp <i>Caesar Dressing</i>	<i>Greek Hamburger with Feta and Roasted Zucchini Salad</i> 1 Flatout Original Light Wrap	Atkins Frozen Orange Chicken 3 cups mixed greens 5 cherry tomatoes 2 Tbsp <i>Sweet Mustard Dressing</i>	Atkins Frozen Crustless Chicken Pot Pie 1½ cups frozen cauliflower, carrot and snow pea mixture 1 Tbsp butter	Atkins Frozen Chili Con Carne 2 cups baby spinach ¼ cup chopped green bell pepper, 5 cherry tomatoes 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Swedish Meatballs 2 cups mixed greens 1 medium tomato 2 Tbsp <i>Blue Cheese Dressing</i>
	Net Carbs: 14.1g FV 7.3g	Net Carbs: 14.8g FV 7.6g	Net Carbs: 13.5g FV 4.7g	Net Carbs: 12.4g FV 8.2g	Net Carbs: 11g FV 8.3g	Net Carbs: 11.5g FV 8.1g	Net Carbs: 16.5g FV 6.6g
Snack	Atkins Peanut Butter Protein Wafer Crisps	Atkins Strawberry Shake	Atkins Caramel Chocolate Nut Roll Bar	Atkins French Vanilla Shake 24 raw almonds	Atkins Chocolate Chip Crisp Bar	Atkins French Vanilla Shake	Atkins Peanut Butter Fudge Crisp Bar
	Net Carbs: 3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 3.7g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2g FV 0g
Dinner	<i>Maple Mustard Glazed Salmon and Asparagus</i> 1/3 cup wild rice	6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil ½ cup sliced strawberries & ¼ cup whipped cream	Atkins Frozen Chicken and Broccoli Alfredo <i>Simple Tomato Salad</i>	6 oz fillet of whitefish 1/3 cup cooked quinoa 1 cup green beans 1 Tbsp butter	Atkins Frozen Meatloaf with Portobello Mushroom Gravy ½ cup Brussels sprouts ½ small corn on the cob 1 Tbsp butter	<i>Asian Veggie and Pork Bowl</i>	<i>Chicken Curry with Bell Peppers</i>
	Net Carbs: 17.2g FV 5.9g	Net Carbs: 10.3g FV 4.8g	Net Carbs: 7.2g FV 5g	Net Carbs: 15.7g FV 4.3g	Net Carbs: 16.5g FV 6.2g	Net Carbs: 7.3g FV 6.1g	Net Carbs: 11.2g FV 10.6g
	Total Net Carbs: 41.3g Total FV 1313.2g	Total Net Carbs: 40.4g Total FV 12.4g	Total Net Carbs: 40.9g Total FV 11.8g	Total Net Carbs: 39.9g Total FV 12.5g	Total Net Carbs: 38.5g Total FV 14.9g	Total Net Carbs: 39.9g Total FV 14.2g	Total Net Carbs: 39.6g Total FV 17.2g

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 Frozen Farmhouse-Style Sausage Scramble 1/8 cantaloupe melon wedge	<i>Black Forest Protein Smoothie</i>	Atkins Frozen Bacon Scramble	Rolled Oats and Pecans Topped with Strawberries	Atkins Frozen Farmhouse-Style Sausage Scramble	<i>Mushroom Scramble Carrot-Nut Muffin</i>	Atkins Frozen Bacon Scramble
	Net Carbs: 12.5g FV 2.1g	Net Carbs: 6.7g FV 0g	Net Carbs: 5g FV .4g	Net Carbs: 15g FV 0g	Net Carbs: 5g FV 2.1g	Net Carbs: 9.9g FV 2g	Net Carbs: 5g FV .4g
Snack	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins French Vanilla Shake	Atkins Peanut Butter Wafer Crisps ½ small apple	Atkins Milk Chocolate Delight Shake	Atkins Plus Vanilla Shake	Atkins Strawberry Shake 3 large strawberries	Atkins Dark Chocolate Almond Coconut Crunch
	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 11.5g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 4g FV 0g
Lunch	<i>Chicken Over Baby Kale Caesar Salad</i>	<i>Cheddar Burger with Sauteed Mushrooms and Onions</i> ½ 4-inch whole wheat pita <i>Touch Down Salad with Avocado Chipotle Dressing</i>	Atkins Frozen Shrimp Scampi 15 snow peas	Atkins Frozen Orange Chicken 1 cup cauliflower, steamed 1 Tbsp butter	5 oz ham 2 cups baby kale 1 medium tomato ½ cup sliced cucumber ½ Hass avocado 2 Tbsp <i>Sweet Mustard Dressing</i>	4 oz tuna, 1½ stalks celery, 2 Tbsp onions, 2 Tbsp mayonnaise over 2 cups mixed greens, 3 cherry tomatoes 2 Tbsp <i>Lemon Vinaigrette</i>	Atkins Frozen Pork Verde ½ Hass avocado 1 small tomato
	Net Carbs: 7.4g FV 6g	Net Carbs: 17g FV 9.3g	Net Carbs: 11g FV 5.2g	Net Carbs: 10.2g FV 7.1g	Net Carbs: 9.6g FV 9.2g	Net Carbs: 8.3g FV 7.1g	Net Carbs: 11.7g FV 5.8g
Snack	Atkins Dark Chocolate Royale Shake	Atkins Cranberry Almond Bar	Atkins Milk Chocolate Delight Shake & Atkins Indulge Chocolate Coconut Bar	Atkins Caramel Chocolate Nut Roll Bar	½ cup cottage cheese ½ cup fresh pineapple chunks	Atkins Caramel Chocolate Peanut Nougat Bar	Atkins Café Caramel Shake
	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 4g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 12.7g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 3g FV 0g
Dinner	Atkins Frozen Beef Fiesta Taco Bowl 2 cups baby spinach ½ cup sliced red bell pepper ¼ cup black beans 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Chicken & Broccoli Alfredo 1¼ cups steamed broccoli 1 Tbsp butter 2 Tbsp Parmesan cheese	<i>Chicken Picatta with Capers and Tomatoes</i>	<i>Pork Chop with Roasted Asparagus and Red Pepper with Dijon and Thyme</i>	Atkins Frozen Crustless Chicken Pot Pie ½ cup green peas 1 Tbsp butter	Atkins Frozen Beef Teriyaki Stir-Fry ¼ cup brown rice	<i>Beef Fajitas with Peppers</i> 1/3 cup black beans, 2 oz Cheddar, 2 cups Romaine hearts, 3 marinated artichoke hearts, 5 large radishes & 2 Tbsp <i>Ranch Dressing</i>
	Net Carbs: 15.8g FV 7.3g	Net Carbs: 12g FV 9.6g	Net Carbs: 8g FV 7.1g	Net Carbs: 9.5g FV 8g	Net Carbs: 11.8g FV 2.3g	Net Carbs: 16.3g FV 3g	Net Carbs: 15.5g FV 5.6g
	Total Net Carbs: 39.7g Total FV 15.4g	Total Net Carbs: 39.7g Total FV 18.9g	Total Net Carbs: 39.5g Total FV 12.7g	Total Net Carbs: 39.7g Total FV 15.1g	Total Net Carbs: 40.1g Total FV 13.6g	Total Net Carbs: 40.5g Total FV 12.1g	Total Net Carbs: 39.2g Total FV 11.8g

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