



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|---|---|---|--|---|--|
| Breakfast | Atkins Farmhouse-Style Sausage Scramble | ½ cup cooked oatmeal 2 pieces bacon | <i>Italian Frittata</i> | <i>Milk Chocolate Mocha Smoothie</i> | Atkins Frozen Ham and Cheese Omelet ½ cup cubed canteloupe | <i>California Breakfast Burrito</i> 3 large strawberries | Atkins Frozen Bacon Scramble |
| | Net Carbs: 5g FV 2.1g | Net Carbs: 12.4g FV 0g | Net Carbs: 7g FV 4g | Net Carbs: 4.4g FV 0g | Net Carbs: 9.9g FV 0g | Net Carbs: 10.2g FV 3.2g | Net Carbs: 5g FV .4g |
| Snack | ¼ cup fresh pineapple chunks ½ cup cottage cheese | Atkins Plus Vanilla Shake | Atkins Dark Chocolate Royale Shake ½ small banana | Atkins Caramel Chocolate Peanut Nougat Bar | Atkins Strawberry Shake | Atkins Cranberry Bar | Atkins Advantage Mocha Latte Shake 3 large strawberries |
| | Net Carbs: 13.8g FV 0g | Net Carbs: 1g FV 0g | Net Carbs: 12.2g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 1g FV 0g | Net Carbs: 3g FV 0g | Net Carbs: 6g FV 0g |
| Lunch | 6 oz salmon, ¼ cup cubed sweet potato, 3 cups arugula, ½ cup sliced red bell pepper & 2 Tbsp <i>Maple-Dijon Vinaigrette</i> | Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups mixed greens, 5 large radishes, ½ Hass avocado & 2 Tbsp <i>Creamy Italian Dressing</i> | <i>Steak Salad</i> | Atkins Frozen Beef Fiesta TacoBowl ½ Hass avocado 1 oz Cheddar | <i>Canned Tuna with Snap Peas, Red Bell Pepper and Tomato</i> | Atkins Frozen Shrimp Scampi 1 cup baby spinach, ¼ cup chpd red bell pepper, ¼ cup grated carrot & 2 Tbsp <i>Creamy Italian Dressing</i> | Atkins Frozen Beef Teriyaki Stir-Fry ¼ cup brown rice 2 cups mixed greens 1 small tomato 2 Tbsp <i>Sweet Mustard Dressing</i> |
| | Net Carbs: 10.5g FV 3.1g | Net Carbs: 9.6g FV 6.4g | Net Carbs: 7.6g FV 4.5g | Net Carbs: 7.6g FV 5.8g | Net Carbs: 7.3g FV 7.3g | Net Carbs: 12g FV 4.1g | Net Carbs: 21.5g FV 6.8g |
| Snack | Atkins Dark Chocolate Royale Shake | ½ cup raspberries ½ cup Greek yogurt | Atkins Lemon Vanilla Protein Wafer Crisps | 1 medium carrot ¼ cup hummus | 2 oz prociutto 2 oz Cheddar | Atkins Café Caramel Shake | 2 stalks celery 1 slice Cheddar |
| | Net Carbs: 2g FV 0g | Net Carbs: 7.9g FV 0g | Net Carbs: 3g FV 0g | Net Carbs: 9.1g FV 0g | Net Carbs: .7g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 2.4g FV 2g |
| Dinner | Atkins Frozen Chicken Broccoli Alfredo 2 cups baby spinach, ½ Hass avocado, 3 marinated artichoke hearts & 2 Tbsp <i>Creamy Italian Dressing</i> | <i>Traditional Beef Stroganoff</i> | Atkins Frozen Crustless Chicken Pot Pie ½ cup green beans 2 <i>Atkins Mini Muffins</i> | <i>Herbed Mahi Mahi Fish en Papillote</i> ¼ cup cooked quinoa 1 Tbsp butter | Atkins Frozen Beef Stew 1/2 small baked potato 1 Tbsp olive oil 2 cups Romaine hearts 2 Tbsp <i>Creamy Italian Dressing</i> | <i>Meatballs and Creamed Spinach Skillet</i> | <i>Chicken Chorizo and Cauliflower Saute with Cheese and Salsa</i> |
| | Net Carbs: 9.3g FV 7.2g | Net Carbs: 10.3g FV 7.8g | Net Carbs: 11.3g FV 4.3g | Net Carbs: 17.1g FV 6.5g | Net Carbs: 23.3g FV 5g | Net Carbs: 12.5g FV 9.9g | Net Carbs: 5.6g FV 4.9g |
| | Total Net Carbs: 40.6g Total FV 12.4g | Total Net Carbs: 41.2g Total FV 14.2g | Total Net Carbs: 41.1g Total FV 12.8g | Total Net Carbs: 40.2g Total FV 12.3g | Total Net Carbs: 42.2g Total FV 12.3g | Total Net Carbs: 39.7g Total FV 17.2g | Total Net Carbs: 40.5g Total FV 14.1g |

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 Bacon Scramble | <i>Snickerdoodle Muffin</i> ½ small apple | Atkins Frozen Ham and Cheese Omelet | <i>Crunchy Tropical Berry and Almond Breakfast Parfait</i> | <i>Scrambled Eggs with Sautéed Onions and Cheddar Cheese</i> 1/2 cup cubed honeydew melon | <i>Atkins Waffles</i> ½ small banana ¼ cup whipped cream | Atkins Frozen Farmhouse-Style Sausage Scramble |
| | Net Carbs: 5g FV .4g | Net Carbs: 12g FV 0g | Net Carbs: 4g FV 0g | Net Carbs: 10.8g FV 0g | Net Carbs: 11.7g FV 3.5g | Net Carbs: 16.8g FV 0g | Net Carbs: 5g FV 2.1g |
| Snack | 2 stalks celery ¼ cup hummus | Atkins French Vanilla Shake | ½ small apple 2 Tbsp almond butter | Atkins Caramel Chocolate Peanut Nougat Bar | Atkins Milk Chocolate Delight Shake | Atkins Lemon Bar | 1/3 cup blueberries ½ cup Greek yogurt |
| | Net Carbs: 7g FV 2g | Net Carbs: 1g FV 0g | Net Carbs: 14.1g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 3g FV 0g | Net Carbs: 10.5g FV 0g |
| Lunch | <i>Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing</i> | 5 oz hamburger 1 oz pepper jack cheese 2 Tbsp <i>Salsa Cruda</i> ½ Hass avocado ½ 4-inch whole wheat pita pocket | Atkins Frozen Meat Loaf with Portobello Mushroom Gravy with 2 cups baby spinach, ½ Hass avocado, ½ cup sliced cucumber, 5 radishes & 2 Tbsp <i>Fresh Raspberry Vinaigrette</i> | Atkins Frozen Sesame Chicken Stir-Fry 2 cups Romaine hearts ½ cup chopped bell pepper, ¼ cup diced jicama & 2 Tbsp <i>Maple-Dijon Vinaigrette</i> | <i>Ham and Cheese Roll-Ups</i> 2 cups mixed greens 2 marinated artichoke hearts 1 medium tomato 2 Tbsp <i>Blue Cheese Dressing</i> | <i>Smoked Salmon and Cucumber Sushi</i> <i>Simple Tomato Salad</i> | Atkins Frozen Chicken and Broccoli Alfredo 2 cups mixed greens ½ cup sliced cucumber 2 Tbsp <i>Italian Dressing</i> |
| | Net Carbs: 9.1g FV 5.7g | Net Carbs: 9.8g FV 2.2g | Net Carbs: 12g FV 7.1g | Net Carbs: 15.5g FV 8.5g | Net Carbs: 9.8g FV 6.6g | Net Carbs: 7.7g FV 6.5g | Net Carbs: 7.6g FV 4.9g |
| Snack | Atkins Advantage Vanilla Shake ¼ cup blueberries | Atkins Peanut Butter Fudge Crisp Bar | Atkins Dark Chocolate Royale Shake | 1 oz pepper jack cheese 2 whole wheat crackers | Atkins Peanut Butter Protein Wafer Crisps | Atkins Cafe Caramel Shake | Atkins Caramel Chocolate Nut Roll Bar |
| | Net Carbs: 5.5g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 6.4g FV 0g | Net Carbs: 3g FV 0g | Net Carbs: 2g FV 0g | Net Carbs: 3g FV 0g |
| Dinner | <i>Italian Sausage and Cauliflower Saute</i> 2 cups baby spinach ½ Hass avocado 2 Tbsp <i>Blue Cheese Dressing</i> | Atkins Frozen Shrimp Scampi 2 cups mixed greens, ½ cup mushrooms, 5 cherry tomatoes, 3 marinated artichoke hearts & 2 Tbsp <i>Creamy Italian Dressing</i> | <i>Chicken with Asparagus and Tomato Salad</i> Atkins Endulge Chocolate Coconut Bar | 7 oz bone-in pork chop <i>Cauli Mac and Cheese</i> | Atkins Frozen Meat Lasagna 2 cups baby spinach ¼ cup chopped green bell pepper 2 Tbsp <i>Sweet Mustard Dressing</i> | Atkins Frozen Mexican-Style Chicken and Vegetables 1 oz Cheddar 2 cups mixed baby greens ½ Hass avocado 2 Tbsp <i>Ranch Dressing</i> | <i>Fajita Steak and Fresh Guacamole</i> |
| | Net Carbs: 14g FV 12.3g | Net Carbs: 15.6g FV 9.6g | Net Carbs: 8.7g FV 4.7g | Net Carbs: 5.9g FV 4.1g | Net Carbs: 14.1g FV 3g | Net Carbs: 10.9g FV 7.6g | Net Carbs: 12.5g FV 9.2g |
| | Total Net Carbs: 40.6g Total FV 20.4g | Total Net Carbs: 40.4g Total FV 11.8g | Total Net Carbs: 40.8g Total FV 11.8g | Total Net Carbs: 40.6g Total FV 12.6g | Total Net Carbs: 40.6g Total FV 13.1g | Total Net Carbs: 40.4g Total FV 14.1g | Total Net Carbs: 38.6g Total FV 16.2g |

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

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