<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
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</tr>
<tr>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble</td>
<td>½ cup cooked oatmeal 2 pieces bacon</td>
<td>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</td>
<td>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shread Cheddar 7-inch low-carb tortilla</td>
<td>Atkins Frozen Canadian Bacon with Egg and Cheese Sandwich</td>
<td>4 oz turkey sausage 1 medium tomato 1 slice whole grain toast</td>
<td>Atkins Frozen Tex-Mex Scramble</td>
</tr>
<tr>
<td>Net Carbs 5g • FV 2.1g</td>
<td>Net Carbs 12.4g • FV 0g</td>
<td>Net Carbs 5.8g • FV 4.1g</td>
<td>Net Carbs 7.1g • FV 3.7g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 15.3g • FV 3.3g</td>
<td>Net Carbs 5g • FV 1.2g</td>
</tr>
<tr>
<td>SNACK</td>
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</tr>
<tr>
<td>½ cup fresh pineapple chunks ½ cup cottage cheese</td>
<td>Atkins Snack Dark Chocolate Decadence Bar</td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td>Atkins Day Break Creamy Chocolate Shake</td>
<td>½ cubed cantaloupe 2 oz prosciutto</td>
<td>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</td>
<td>Atkins Mocha Latte Shake 3 large strawberries</td>
</tr>
<tr>
<td>Net Carbs 10.6g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 12.2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 5.9g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 6g • FV 0g</td>
</tr>
<tr>
<td>LUNCH</td>
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<tr>
<td>6 oz fillet of salmon ¼ cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette</td>
<td>Atkins Frozen Orange Chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</td>
<td>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</td>
<td>Atkins Frozen Chili Con Carne ½ cup steamed Brussels sprouts 1 Tbsp butter</td>
<td>Atkins Frozen Swedish Meatballs ½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette</td>
<td>Atkins Frozen Italian-Style Pasta Bake 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</td>
<td></td>
</tr>
<tr>
<td>Net Carbs 13.4g • FV 5g</td>
<td>Net Carbs 12g • FV 8.7g</td>
<td>Net Carbs 11g • FV 4.6g</td>
<td>Net Carbs 6.3g • FV 4.4g</td>
<td>Net Carbs 14.1g • FV 10.6g</td>
<td>Net Carbs 3.7g • FV 3.7g</td>
<td>Net Carbs 12.9g • FV 7.4g</td>
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<tr>
<td>SNACK</td>
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<tr>
<td>Atkins Strawberry Shake</td>
<td>½ cup raspberries ½ cup Greek yogurt</td>
<td>Atkins Snack Caramel Chocolate Nut Roll Bar</td>
<td>1 medium carrot ¼ cup hummus</td>
<td>Atkins Vanilla Shake</td>
<td>Atkins Advantage Café Caramel Shake</td>
<td>1 stalk celery 1 slice Cheddar</td>
</tr>
<tr>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 7.9g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 9.1g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 1.4g • FV 1g</td>
</tr>
<tr>
<td>DINNER</td>
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<tr>
<td>Atkins Frozen Chicken &amp; Broccoli Alfredo 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</td>
<td>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</td>
<td>Atkins Frozen Crustless Chicken Pot Pie 1 cup chopped zucchini</td>
<td>6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter</td>
<td>Atkins Frozen Beef Merlot ½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter</td>
<td>Atkins Frozen Italian-Style Pasta Bake 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</td>
<td></td>
</tr>
<tr>
<td>Net Carbs 9.4g • FV 6.1g</td>
<td>Net Carbs 4.8g • FV 4.8g</td>
<td>Net Carbs 5.7g • FV 5.5g</td>
<td>Net Carbs 12.9g • FV 4.3g</td>
<td>Net Carbs 14.7g • FV 1.3g</td>
<td>Net Carbs 15g • FV 5g</td>
<td>Net Carbs 14.5g • FV 3g</td>
</tr>
</tbody>
</table>

**Total Net Carbs:**
- **MONDAY:** 39.4g
- **TUESDAY:** 40.1g
- **WEDNESDAY:** 39.7g
- **THURSDAY:** 38.4g
- **FRIDAY:** 40.7g
- **SATURDAY:** 40.0g
- **SUNDAY:** 39.8g

**Foundation Vegetables:**
- **MONDAY:** 13.2g
- **TUESDAY:** 13.5g
- **WEDNESDAY:** 14.2g
- **THURSDAY:** 12.4g
- **FRIDAY:** 11.9g
- **SATURDAY:** 12.0g
- **SUNDAY:** 12.6g
<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Atkins Frozen Steak Scramble</td>
<td>Atkins Snack Cashew Trail Mix Bar</td>
<td>6 oz chicken</td>
<td>Atkins Advantage Strawberry Shake</td>
<td>Atkins Dark Chocolate Shake</td>
<td>Atkins Snack Coconut Almond Delight Bar</td>
<td>Atkins Frozen Italian-Style Pasta Bake</td>
</tr>
<tr>
<td>½ cantaloupe melon wedge</td>
<td>Atkins Advantages Strawberry Shake</td>
<td>1½ cup cooked oatmeal</td>
<td>Atkins Frozen Shrimp Scampi</td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td>Atkins Snack Coconut Almond Delight Bar</td>
<td>Atkins Frozen Swedish Meatballs</td>
</tr>
<tr>
<td>2 oz turkey sausage</td>
<td></td>
<td>2 oz pepper jack cheese</td>
<td>Atkins Frozen Mexican-Style Chicken and Vegetables</td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td></td>
<td>5 oz hamburger</td>
</tr>
<tr>
<td>7-inch low-carb tortilla</td>
<td>Atkins Frozen Almond Bar</td>
<td>2 cups baby spinach</td>
<td>2 cups baby spinach</td>
<td>Atkins Snack Coconut Almond Delight Bar</td>
<td>Atkins Snack Caramel Peanut Nougat Bar</td>
<td>½ cup sliced mushrooms</td>
</tr>
<tr>
<td>2 cups mixed greens</td>
<td>Atkins Milk Chocolate Delight Shake</td>
<td>½ Hass avocado</td>
<td>1 cup chopped bell pepper</td>
<td>Atkins Advantage Cafe Caramel Shake</td>
<td></td>
<td>1 Tbsp olive oil</td>
</tr>
<tr>
<td>2 Tbsp Sherry Vinaigrette</td>
<td></td>
<td>2 Tbsp Creamy Italian Dressing</td>
<td>2 Tbsp Blue Cheese Dressing</td>
<td></td>
<td></td>
<td>1 Flatout Original Light Wrap</td>
</tr>
<tr>
<td><strong>Total Net Carbs:</strong> 12.5g</td>
<td><strong>Total Net Carbs:</strong> 7.4g</td>
<td><strong>Total Net Carbs:</strong> 5.5g</td>
<td><strong>Total Net Carbs:</strong> 6.8g</td>
<td><strong>Total Net Carbs:</strong> 5.2g</td>
<td><strong>Total Net Carbs:</strong> 6.2g</td>
<td><strong>Total Net Carbs:</strong> 12.7g</td>
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<tr>
<td><strong>Foundation Vegetables:</strong> 4.9g</td>
<td><strong>Foundation Vegetables:</strong> 2.2g</td>
<td><strong>Foundation Vegetables:</strong> 0.9g</td>
<td><strong>Foundation Vegetables:</strong> 1.3g</td>
<td><strong>Foundation Vegetables:</strong> 0.9g</td>
<td><strong>Foundation Vegetables:</strong> 1.0g</td>
<td><strong>Foundation Vegetables:</strong> 2.7g</td>
</tr>
</tbody>
</table>

**MONDAY**
- Atkins Frozen Steak Scramble
- ½ cantaloupe melon wedge
- 2 oz turkey sausage

**TUESDAY**
- Atkins Frozen Sausage with Egg Sandwich
- ½ cup blueberries
- ½ cup Greek yogurt

**WEDNESDAY**
- Atkins Meal Strawberry Almond Bar
- ½ cup blueberries
- 1 oz pepper jack cheese
- 1 slice whole grain toast

**THURSDAY**
- 2 eggs
- ½ Hass avocado
- 1 oz pepper jack cheese
- 2 Tbsp Hollandaise Sauce

**FRIDAY**
- 2 small tomatoes
- 2 oz Canadian Bacon
- ½ whole wheat English Muffin

**SATURDAY**
- Atkins Frozen Tex-Mex Scramble
- ½ cup blueberries
- ½ cup Greek yogurt

**SUNDAY**
- Atkins Frozen Steak Scramble

**Total Net Carbs:**
- Monday: 12.5g
- Tuesday: 6.8g
- Wednesday: 5.5g
- Thursday: 6.8g
- Friday: 5.2g
- Saturday: 6.2g
- Sunday: 12.7g
### WEEK 1

#### Atkins Products
- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

#### Proteins
- Bacon
- Bone-In Pork Chop
- Chicken
- Eggs
- Ground Beef
- Prosciutto
- Salmon
- Steak
- Tuna
- Turkey Sausage
- Whitefish

#### Vegetables
- Arugula
- Black Olives
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Corn On The Cob
- Cucumbers
- Green Beans
- Hass Avocados
- Onions
- Potato
- Radishes
- Red or Green Bell Peppers
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Stir-Fry Vegetables
- Tomatoes
- Zucchini

#### Fats
- Olive Oil
- Butter

#### Other
- Greek Yogurt
- Banana
- Cantaloupe
- Pineapple
- Raspberries
- Strawberries
- Cheddar Cheese
- Pepper Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Fresh Raspberry Vinaigrette
- Sherry Vinaigrette
- Tamari Sauce
- Brown Rice
- Cottage Cheese
- Hummus
- Mayonnaise
- Salsa Cruda
- Flatout Original Light Wrap
- Low-Carb Tortilla
- Oatmeal

### WEEK 2

#### Atkins Products
- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

#### Proteins
- Bone-In Pork Chop
- Canadian Bacon
- Chicken
- Eggs
- Ground Beef
- Ham
- Italian Sausages
- Tuna
- Turkey Sausage

#### Vegetables
- Acorn Squash
- Arugula
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Hass Avocados
- Onions
- Red or Green Bell Peppers
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Tomatoes
- Zucchini

#### Fats
- Olive Oil
- Butter

#### Other
- Greek Yogurt
- Apple
- Blueberries
- Cantaloupe
- Pepper Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Fresh Raspberry Vinaigrette
- Ranch Dressing
- Sherry Vinaigrette
- Sweet Mustard Dressing
- Almond Butter
- Hollandaise Sauce
- Mayonnaise
- Salsa Cruda
- Sugar-Free Pancake Syrup
- Flatout Original Light Wrap
- Low-Carb Tortilla
- Oatmeal
- Whole Grain Toast
- Whole Wheat Crackers
- Whole Wheat English Muffin
- Whole Wheat Pita Pocket

16 new items for the Week 2 shopping list appear in italics. Select sauces and condiments without added sugar.