



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<i>Cheddar Omelet with Swiss Chard and Onions</i>	<i>Creamy Lemon Smoothie</i>	<i>Cheese and Spinach Omelet Topped with Avocado and Salsa</i>	2 tofu sausage links 2 oz pepper jack cheese 1 medium tomato ¼ whole avocado	<i>Muffin in a Minute</i> 2 Tbsp cream cheese	<i>Portobello Breakfast Broilers</i>	<i>Top of the Morning Spinach Pancakes</i>
	Net Carbs: 6.2g FV 5.5g	Net Carbs: 4.3g FV 0g	Net Carbs: 4.7g FV 3.2g	Net Carbs: 10g FV 3.9g	Net Carbs: 3.2g FV 0g	Net Carbs: 11.8g FV 7g	Net Carbs: 5.9g FV .2g
Snack	2 stalks celery 2 Tbsp cream cheese	Atkins Chocolate Almond Caramel Bar	1 cup broccoli florets 2 Tbsp <i>Ranch Dressing</i>	Atkins Strawberry Shake	¾ medium zucchini 2 oz provolone cheese	<i>Snickerdoodle Protein Muffin</i>	Atkins Cafe Caramel Shake
	Net Carbs: 3.2g FV 2g	Net Carbs: 2g FV 0g	Net Carbs: 2.2g FV 1.6g	Net Carbs: 1g FV 0g	Net Carbs: 4.5g FV 3.3g	Net Carbs: 3.4g FV 0g	Net Carbs: 2g FV 0g
Lunch	4 slices veggie ham (52g) <i>Confetti Salad with Ranch Dressing</i>	4-5 veggie meatballs ½ cup <i>Basic Tomato Sauce</i> 2 cups mixed salad greens ½ cup sliced white mushrooms 2 Tbsp <i>Ranch Dressing</i>	Grillers Original veggie burger (64g) 1 oz Cheddar cheese 1 medium tomato 1 tbsp mayonnaise 1 Romaine lettuce leaf	<i>Feta, Sun-Dried Tomato, Olive and Basil Salad on Baby Greens</i> 2 oz veggie pepperoni slices	<i>Baked Tofu with Spaghetti Squash and Sun-Dried Tomato</i>	3 oz Garden Veggie tempeh 2 cups baby spinach ½ cup sliced red bell pepper 2 Tbsp <i>Creamy Italian Dressing</i>	<i>Fresh Mozzarella, Haricots Vert and Tomato Salad</i>
	Net Carbs: 7.2g FV 3.5g	Net Carbs: 13.4g FV 8.9g	Net Carbs: 8g FV 3.6g	Net Carbs: 10.9g FV 6g	Net Carbs: 9.6g FV 7g	Net Carbs: 4.9g FV 2.8g	Net Carbs: 9g FV 7.5g
Snack	Atkins Dark Chocolate Royale Shake	1 medium tomato ½ whole avocado ¼ cup shredded Cheddar cheese	Atkins Chocolate Banana Energy Shake	½ cup sliced cucumbers 3 Tbsp <i>Sesame-Tofu Dip</i>	Atkins Almond Coconut Bar	Atkins French Vanilla Shake	3 Tbsp macadamia nuts
	Net Carbs: 2g FV 0g	Net Carbs: 4.9g FV 4.6g	Net Carbs: 4g FV 0g	Net Carbs: 3.2g FV 1.6g	Net Carbs: 3g FV 0g	Net Carbs: 1g FV 0g	Net Carbs: 2.7g FV 0g
Dinner	<i>Grilled Tofu with Peanut Sauce</i> 2 cups baby spinach ½ cup sliced cucumbers 2 Tbsp <i>Sherry Vinaigrette</i>	Quorn meatless roast (113.5g) 2 cups steamed broccoli and cauliflower 2 Tbsp olive oil	<i>Mediterranean Grilled Tofu</i>	1 piece chicken-style seitan ½ cup green beans 1 Tbsp butter 2 cups baby spinach 2 Tbsp <i>Italian Salad Dressing</i>	Italian-style tofu sausage (85g) ½ cup steamed Brussels Sprouts w/ 2 Tbsp butter 2 cups mixed greens ½ cup sliced cucumbers 2 Tbsp <i>Sherry Vinaigrette</i>	<i>Walnut Crusted Tofu Cutlets</i> 2 cups arugula ½ cup sliced cucumbers 2 Tbsp <i>Maple-Dijon Vinaigrette</i>	<i>Tofu Fish Sticks</i> 2 Tbsp <i>Tartar Sauce</i> <i>Cauli Mac and Cheese</i>
	Net Carbs: 13g FV 2.5g	Net Carbs: 4.8g FV 4.8g	Net Carbs: 12.5g FV 9g	Net Carbs: 5.6g FV 3.1g	Net Carbs: 8g FV 6.6g	Net Carbs: 10.4g FV 2.4g	Net Carbs: 12.3g FV 4.5g
	Total Net Carbs: 31.6g Total FV 13.5g	Total Net Carbs: 29.4g Total FV: 18.3g	Total Net Carbs: 31.4g Total FV 17.4g	Total Net Carbs: 30.7g Total FV 114.6g	Total Net Carbs: 28.3g Total 16.9g	Total Net Carbs: 31.5g Total FV 12.2g	Total Net Carbs: 31.9g Total FV 12.2g

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

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