

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper ¼ cup chopped onion ½ cup shredded cheddar</p> <p>Net Carbs 6g • FV 6g</p>	<p>1 tsp olive oil ¼ cup chopped onion 2 large eggs ¼ cup shredded Cheddar</p> <p>Net Carbs 5.4g • FV 3.1g</p>	<p><i>Atkins Meal Strawberry Almond Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ medium red bell pepper 1 Tbsp olive oil 2 cups baby spinach 2 large eggs 2 Tbsp heavy cream ¼ cup shredded Monterey Jack Cheese</p> <p>Net Carbs 7g • FV 5.3g</p>	<p>2 cups chopped spinach 1 tsp olive oil 1 small tomato ½ Hass avocado 1 oz Monterey Jack Cheese</p> <p>Net Carbs 4.8g • FV 4.6g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>
SNACK	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.6g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>5 cherry tomatoes 2 oz fresh mozzarella cheese 1 Tbsp olive oil 1 Tbsp fresh basil</p> <p>Net Carbs 2.3g • FV 2.3g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
LUNCH	<p><i>Atkins Frozen Crustless Chicken Pot-Pie</i></p> <p>1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.6g • FV 3.6g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Orange Chicken</i></p> <p>Net Carbs 7g • FV 3.9g</p>	<p>1 slice bacon 6 oz chicken breast 1 cup mixed greens ½ medium tomato ½ Hass avocado ¼ cup diced Monterey Jack Cheese 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 5.7g • FV 4.6g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Chicken Margherita</i></p> <p>Net Carbs 7g • FV 2g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise ½ cup chopped snap peas ¼ cup chopped red bell pepper 1 medium tomato</p> <p>Net Carbs 7.2g • FV 7.2g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs 3.6g • FV 2.7g</p>	<p><i>Atkins Snack Coconut Almond Delight Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>2 celery stalks 2 oz Cheddar</p> <p>Net Carbs 2.7g • FV 2g</p>	<p>1 celery stick 1 oz Monterey Jack cheese</p> <p>Net Carbs 1.4g • FV 1g</p>	<p><i>Atkins Snack Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
DINNER	<p>Zucchini Chicken Alfredo CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 6.6g • FV 4.4g</p>	<p>Greek Hamburger with Feta and Roasted Zucchini CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 7.4g • FV 4.1g</p>	<p>Spicy Ahi Tuna Salad CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 6.6g • FV 5.6g</p>	<p>Bacon Wrapped Filet with Blue Cheese Butter Sauce CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 6g • FV 4.8g</p>	<p>Pork Tenderloin Medallions with Mustard Sauce CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 8.7g • FV 6.7g</p>	<p>Maple Mustard Glazed Salmon and Asparagus CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 6.5g • FV 5.8g</p>	<p>Baked Meatballs with Green Beans CHEF'D ORDER FRESH RECIPE DELIVERY! Net Carbs 6.8g • FV 4.1g</p>
	<p>Total Net Carbs: 22.4g Foundation Vegetables: 12.7g</p>	<p>Total Net Carbs: 22g Foundation Vegetables: 12.8g</p>	<p>Total Net Carbs: 22g Foundation Vegetables: 12.6g</p>	<p>Total Net Carbs: 21.2g Foundation Vegetables: 14.4g</p>	<p>Total Net Carbs: 21.1g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 22.6g Foundation Vegetables: 14.7g</p>	<p>Total Net Carbs: 22g Foundation Vegetables: 13.4g</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>1 Tbsp olive oil 2 cups baby spinach 2 large eggs 1 oz shredded Monterey Jack Cheese ½ Hass avocado ¼ cup Salsa Cruda</p> <p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 8g • FV 5.8g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5g • FV .4g</p>	<p>1 large tomato 2 slices bacon ¼ cup shredded cheddar 1 Tbsp olive oil 1 large egg</p> <p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Meal Peanut Butter Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>
SNACK	<p>1 small zucchini 1 ½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.2g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>5 cherry tomatoes 2 Tbsp aioli</p> <p>Net Carbs 2.8g • FV 2.3g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ Hass avocado 2 Tbsp Ranch Dressing</p> <p>Net Carbs 2.2g • FV 1.3g</p>
LUNCH	<p><i>Atkins Frozen Beef Merlot</i></p> <p>Net Carbs 6g • FV 2g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>6 oz chicken breast 1/3 medium yellow squash 2 C mixed greens 3 Tbsp Italian Dressing</p> <p>Net Carbs 5.2g • FV 4.8g</p>	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>Net Carbs 5g • FV 2.3g</p>	<p><i>Atkins Peanut Fudge Granola Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise 1 celery stalk 2 Tbsp chopped cucumber 1 oz Cheddar ½ Hass avocado</p> <p>Net Carbs 4.5g • FV 4.5g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>Net Carbs 4g • FV 2.1g</p>
SNACK	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>1 small zucchini 1 ½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.2g</p>	<p><i>Atkins Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>½ C chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>5 cherry tomatoes 2 Tbsp Aioli</p> <p>Net Carbs 2.8g • FV 2.3g</p>
DINNER	<p>Spicy Ahi Tuna Salad</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 6.6g • FV 5.6g</p>	<p>Zucchini Chicken Alfredo</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 6.6g • FV 4.4g</p>	<p>Maple Mustard Glazed Salmon and Asparagus</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 6.5g • FV 5.8g</p>	<p>Chimichurri Steak and Cauliflower Mash</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 10.3g • FV 7.8g</p>	<p>Greek Salad with Chicken</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 9.7g • FV 8.8g</p>	<p>Steak Salad</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 7.5g • FV 5.5g</p>	<p>Pork Tenderloin Medallions with Mustard Sauce</p> <p>CHEF'D</p> <p>ORDER FRESH RECIPE DELIVERY!</p> <p>Net Carbs 8.7g • FV 6.7g</p>
	<p>Total Net Carbs: 22.8g Foundation Vegetables: 11.9g</p>	<p>Total Net Carbs: 20.8g Foundation Vegetables: 12.4g</p>	<p>Total Net Carbs: 20.7g Foundation Vegetables: 12.7g</p>	<p>Total Net Carbs: 23.1g Foundation Vegetables: 12.4g</p>	<p>Total Net Carbs: 21.5g Foundation Vegetables: 12.2g</p>	<p>Total Net Carbs: 21.8g Foundation Vegetables: 14.9g</p>	<p>Total Net Carbs: 20.7g Foundation Vegetables: 12.4g</p>



WEEK 1

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bacon
- Tuna
- Chicken Breasts
- Eggs
- Ground Beef

Vegetables

- Basil
- Celery
- Green or Red Bell Peppers
- Hass Avocados
- Mixed Greens
- Onions
- Snap Peas
- Spinach
- Tomatoes
- Zucchini

Fats

- Olive Oil

Other

- Cheddar Cheese
- Fresh Mozzarella Cheese
- Monterey Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Greek Vinaigrette
- Ranch Dressing
- Heavy Cream
- Mayonnaise

WEEK 2

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bacon
- Tuna
- Chicken Breasts
- Eggs

Vegetables

- Celery
- Cucumber
- Hass Avocados
- Red Bell Pepper
- Spinach
- Tomatoes
- Yellow Squash*
- Zucchini

Fats

- Olive Oil

Other

- Cheddar Cheese
- Mayonnaise
- Monterey Jack Cheese
- Italian Dressing
- Ranch Dressing
- Greek Vinaigrette
- Aioli*
- Salsa Cruda*

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