<table>
<thead>
<tr>
<th></th>
<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>BREAKFAST</td>
<td>1 serving Eggs Scrambled with Avocado, Onions and Tomato*</td>
<td>Atkins Creamy Chocolate 16-ounce Shake</td>
<td>1 serving Cheddar Omelet with Sautéed Tomato and Zucchini*</td>
<td>1 serving Canadian Bacon, Cheddar and Tomato Stacks* topped with 1 avocado</td>
<td>1 serving Blueberry Cloud Muffin* 2 tbsp almond butter</td>
<td>1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* 1/2 pink grapefruit</td>
<td>1 serving Muffins in a Minute* 2 tbsp almond butter 1/4 cup blueberries</td>
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<tr>
<td></td>
<td>Net Carbs 7g • FV 6g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 9g • FV 7g</td>
<td>Net Carbs 9g • FV 0g</td>
<td>Net Carbs 12g • FV 0g</td>
<td>Net Carbs 9g • FV 0g</td>
</tr>
<tr>
<td>SNACK</td>
<td>Atkins Peanut Butter Granola Bar 1/4 cup blueberries</td>
<td>1 serving Almond Muffin in a Minute* 2 tbsp cream cheese</td>
<td>Atkins Peanut Butter Protein Wafer Crisp Bar 1/2 medium gala apple</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Creamy Chocolate 16-ounce Shake</td>
<td>Atkins Mocha Latte Shake</td>
<td>Atkins Peanut Butter Granola Bar</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 8g • FV 0g</td>
<td>Net Carbs 6g • FV 0g</td>
<td>Net Carbs 12g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
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<tr>
<td>LUNCH</td>
<td>1 serving Mediterranean Vegetable and Egg Salad* topped with 2 tbsp roasted sunflower seeds</td>
<td>5 oz roasted chicken breast 1 serving Greek Salad*</td>
<td>1 serving Tomato Mozzarella Melt* 10 black olives 1/2 cup sliced red pepper</td>
<td>1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 oz Monterey jack cheese 1/2 cup sliced red pepper 2 tbsp Feta Ranch Dressing*</td>
<td>4 oz roasted turkey lunchmeat 1/2 cup cucumber slices 10 cherry tomatoes 2 tbsp Feta-Ranch Dressing*</td>
<td>1 serving Smoky Tomato* 1/2 cup sliced cucumber 6 superseed crackers (Mary’s Gone Crackers)</td>
<td>1 serving Cucumber, Mango and Black Bean Salad* 3 oz roasted chicken breast 1 oz cheddar cheese</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 11g • FV 9g</td>
<td>Net Carbs 5g • FV 4g</td>
<td>Net Carbs 7g • FV 7g</td>
<td>Net Carbs 11g • FV 10g</td>
<td>Net Carbs 11g • FV 6g</td>
<td>Net Carbs 10g • FV 3g</td>
<td>Net Carbs 12g • FV 3g</td>
</tr>
<tr>
<td>SNACK</td>
<td>Atkins Mocha Latte Shake</td>
<td>Atkins White Chocolate Macadamia Nut Bar 1 medium Asian pear</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Peanut Butter Granola Bar</td>
<td>Atkins Peanut Butter Protein Wafer Crisp Bar</td>
<td>Atkins White Chocolate Macadamia Nut Bar</td>
<td>Atkins Strawberry Shake</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 13g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 2g • FV 6g</td>
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<tr>
<td>DINNER</td>
<td>1 serving Grilled Lime Chicken Over Spinach Salad with Feta-Ranch Dressing*</td>
<td>1 serving Fajita Steak and Fresh Guacamole*</td>
<td>1 serving Wild Salmon Vera Cruz with Grilled Asparagus and Watercress*</td>
<td>1 serving Shrimp and Beet Poke Bowl*</td>
<td>1 serving Chicken Curry with Bell Peppers*</td>
<td>1 serving Beef Bolognaise with Parmesan*</td>
<td>1 serving Chicken and Mushrooms with Roasted Asparagus*</td>
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<tr>
<td></td>
<td>Net Carbs 9g • FV 6g</td>
<td>Net Carbs 13g • FV 0g</td>
<td>Net Carbs 13g • FV 6g</td>
<td>Net Carbs 14g • FV 6g</td>
<td>Net Carbs 11g • FV 10g</td>
<td>Net Carbs 8g • FV 8g</td>
<td>Net Carbs 13g • FV 11g</td>
</tr>
<tr>
<td></td>
<td><strong>Total Net Carbs: 39g</strong> Foundation Vegetables: 20g</td>
<td><strong>Total Net Carbs: 40g</strong> Foundation Vegetables: 14g</td>
<td><strong>Total Net Carbs: 41g</strong> Foundation Vegetables: 16g</td>
<td><strong>Total Net Carbs: 41g</strong> Foundation Vegetables: 25g</td>
<td><strong>Total Net Carbs: 40g</strong> Foundation Vegetables: 16g</td>
<td><strong>Total Net Carbs: 39g</strong> Foundation Vegetables: 14g</td>
<td><strong>Total Net Carbs: 40g</strong> Foundation Vegetables: 14g</td>
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*Go to Atkins.com/recipes for recipes!*
### Atkins Products
- 2 Atkins Creamy Chocolate Shakes 16-ounce
- 1 Atkins Creamy Vanilla Shake
- 2 Atkins Mocha Latte Shakes
- 2 Atkins Strawberry Shakes
- 3 Atkins Peanut Butter Granola Bars
- 2 Atkins Peanut Butter Protein Wafer Crisp
- 2 Atkins White Chocolate Macadamia Nut Bars

### Produce
- Apple, gala (1 medium)
- Asparagus (6-ounces)
- Avocado (3)
- Beets (1)
- Bell peppers: red (1 large), green (1 small & 1 large)
- Blueberries: fresh (4-ounces), frozen (2-ounces)
- Broccoli (1-ounce florets)
- Celery (1 large stalk)
- Cucumber (1 large)
- Garlic (6 cloves)
- Ginger root (1-inch knob)
- Grapefruit, pink (1 medium)
- Jalapeno pepper (1)
- Lemon (1)
- Lettuce: butterhead (1 medium leaf), arugula (2 cups), watercress (1-ounce)
- Limes (4)
- Mango (1)
- Mung bean sprouts (1 cup)
- Mushrooms: button (1-ounce), Crimini (3-ounces)
- Onions: yellow (1 small & 1 medium), red (1 medium), green/ scallions (1 small), sweet (1-ounce)
- Orange (1)
- Pear, Asian (1 medium)
- Radishes (4 medium)
- Spinach, baby (5 cups)
- Squash, zucchini (1 small)
- Tomatoes: small (1), medium (3), cherry (23), plum (1), large (1)

### Meat/Protein
- Beef: flank steak (6-ounces), ground (4-ounces)
- Chicken: roasted breast (8-ounces), raw breast (11-ounces), raw thigh (8-ounces)
- Pork: Canadian bacon (2 slices)
- Salmon (4-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (3-ounces)
- Turkey: bacon (1 slice), sliced roasted (4-ounces), breakfast sausage (4-links at 0 net carbs)

### Other
- Almond butter
- Artichoke hearts, marinated
- Bacon bits
- Beets, pickled
- Black beans, canned
- Capers
- Chipotle en adobo
- Crackers, Mary’s Gone Crackers Superseed
- Nori seaweed
- Olives: black, Kalamata, green
- Sauvignon blanc wine
- Sesame oil
- Sesame seeds, white
- Strawberry syrup, sugar free
- Sunflower seeds, roasted hulled
- Tamari soy sauce
- Tomato sauce, canned

### Pantry
- Almond flour/meal
- Baking powder
- Black pepper: ground, whole peppercorns
- Butter, salted
- Canola vegetable oil
- Chicken broth
- Chili powder
- Cinnamon
- Cumin
- Curry powder
- Dijon mustard
- Dried basil
- Dried dill
- Dried marjoram
- Dried oregano
- Dried thyme
- Flaxseed meal
- Garlic powder
- Mayonnaise
- No calorie sweetener
- Nutmeg
- Olive oil, extra virgin & light
- Onion powder
- Red chili pepper, crushed
- Salt
- Sucralose based sweetener, granulated
- Truvia (erythritol & stevia blend)
- Vinegar: red wine, white wine, Reserva sherry, unseasoned unsweetened rice
- Whey protein powder, vanilla
- Xylitol

### Herbs/Spices
- Chives
- Fresh cilantro
- Fresh parsley

### Menu Notes: Make 5 servings of Feta-Ranch Dressing for the week.
## Quick-Start Guide

**Atkins Raspberry Chia Bar**

**Net Carbs 7g • FV 6g**

**Notes:**
- **Net Carbs 4g • FV 0g**
- **Net Carbs 7g • FV 0g**
- **Net Carbs 10g • FV 0g**
- **Net Carbs 12g • FV 9g**
- **Net Carbs 15g • FV 0g**
- **Net Carbs 15g • FV 0g**
- **Net Carbs 22g • FV 14g**
- **Net Carbs 3g • FV 0g**
- **Net Carbs 9g • FV 0g**
- **Net Carbs 11g • FV 6g**
- **Net Carbs 3g • FV 0g**
- **Net Carbs 13g • FV 11g**
- **Net Carbs 2g • FV 0g**
- **Net Carbs 13g • FV 8g**
- **Net Carbs 10g • FV 14g**
- **Net Carbs 13g • FV 11g**

### Total Net Carbs
- **40g**
- **39g**
- **40g**
- **40g**
- **40g**
- **39g**
- **39g**

### Foundation Vegetables
- **16g**
- **15g**
- **13g**
- **18g**
- **22g**
- **15g**
- **15g**

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**Atkins Products**
- 1 Atkins Creamy Chocolate 16-ounce Shake
- 2 Atkins Creamy Vanilla Shakes
- 2 Atkins Mocha Latte Shakes
- 2 Atkins Strawberry Shakes
- 3 Atkins Peanut Butter Protein Wafer Crisp
- 1 Atkins Peanut Butter Granola Bar
- 3 Atkins White Chocolate Macadamia Nut Bars

**Meat/Protein**
- Beef, roasted (3-ounces)
- Chicken, breast (12-ounces)
- Meatless: ground crumbles (1 serving)
- Pork: tenderloin (5-ounces)
- Salmon (8-ounces)
- Shrimp (18 large)
- Tuna, canned in water (6-ounces)
- Turkey, ground (5-ounces)

**Other**
- Artichoke hearts, marinated
- Banana pepper rings
- Coconut cream
- Coconut milk beverage (not canned)
- Fish sauce
- Flatbread, light original FlatOut wrap
- Horseradish sauce
- Ketchup, unsweetened
- Maple syrup, sugar free
- Peanut butter, natural creamy
- Peanut oil
- Peanuts, dry roasted unsalted
- Pecans
- Pepper sauce (such as Tabasco)
- Pine nuts, dried
- Pumpkin seeds (pepitas), hulled, roasted
- Roasted red peppers
- Sesame oil, toasted
- Tamari soy sauce
- Tomatoes, canned diced
- Walnuts

**Produce**
- Asparagus (9-ounces)
- Avocado (2)
- Bell pepper, red (1 small & 1 medium)
- Berries: blueberries (2-ounces), strawberries (fresh 4-ounces), unsweetened frozen (1 cup)
- Broccoli (6-ounces)
- Cabbage, red (2-ounces)
- Carrots (2 small)
- Cauliflower: rice (1 cup), fresh (6-ounces)
- Celery (1 medium stalk)
- Cucumbers (2 medium)
- Daikon (3-ounces)
- Eggplant (5-ounces)
- Garlic (5 cloves)
- Ginger (2-inch knob)
- Green beans (4-ounces)
- Kale, baby (1-ounce)
- Lemons (2)
- Lettuce: Romaine (1 head), arugula (2 cups), butterhead (2 medium leaves)
- Lime (1)
- Mango (1)
- Mung bean sprouts (1 cup)
- Mushrooms, Crimini (1-ounce)
- Onions: red (1 small), yellow (1 small), green/ scallions (1 medium)
- Peppers: red hot chili (1), jalapeno (1)
- Shallots (1-ounce)
- Spinach, baby (3-ounces)
- Tomatoes: cherry (25), large (2), plum (1), small (1)

**Herbs/Spices**
- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh peppermint
- Fresh rosemary
- Fresh thyme

**Cheese/Dairy**
- Cheddar cheese (2-ounce)
- Cheddar jack blend (1-ounce)
- Cream cheese (2-ounces)
- Eggs (6)
- Feta cheese (1-ounce)
- Heavy cream (3-fl ounces)
- Milk, whole (3-fl ounces)
- Mozzarella: whole milk (1-ounce), fresh (3-ounces)
- Parmesan cheese, grated (2-ounces)
- String cheese (1 stick)
- Yogurt: Greek plain whole fat (3-ounces)

**Pantry**
- Baking powder
- Black pepper
- Butter, unsalted
- Canola vegetable oil
- Chicken broth
- Chili powder
- Cinnamon
- Cocoa powder, unsweetened
- Dijon mustard
- Dried oregano
- Dry mustard
- Italian seasoning
- Mayonnaise
- Oats, old-fashioned rolled
- Olive oil, extra virgin
- Red pepper flakes, crushed
- Salt
- Soy flour, whole grain
- Stevia extract, packets
- Sucralose based sweetener, granulated
- Vanilla extract
- Vinegar: white wine, red wine, balsamic, sodium and sugar free rice
- Whey protein powder: vanilla, chocolate
- Xylitol

**Menu Notes:** Make 3 servings of the Creamy Italian Dressing for the week.