



QUICK-START GUIDE



WELCOME FROM SHARON

My story is simple: I was sick and tired of constantly being overweight. I wanted to stop feeling uncomfortable in my clothes and wanted to start living a healthier life.

I've had a few friends who got results on the Atkins Diet, so I took a look at what Atkins had to say—and I decided to give it a try. I was astonished when I lost over 23 pounds in my first six weeks.* Wow! Plus, as you can see, it's still off years later!

Like most people, I can be a little impatient—if don't start seeing and feeling a change quickly, I'm gone. I just can't stick with a diet program where I don't see results right away. With Atkins, I was amazed at how fast the weight started coming off, and I was even more amazed at how easy it's been to keep it off.

On Atkins I eat decent-sized portions of the foods I love, so I never feel deprived or resentful. I've never found any other diet where you can lose weight and feel fabulous while eating warm, indulgent comfort foods!

Just about everything in my life has improved thanks to the changes I've made with Atkins. I've always been a high-energy person, but now I have even more energy than I've ever had in my life. I can do more for myself and for my family, and that's what's most important to me—being able to enjoy more time with Ozzy and the kids, and knowing that I'm taking care of myself.

So join me in making a healthy lifestyle change with Atkins today! Don't wait until tomorrow. Make the change right now. Commit to it.

Then in two weeks go online to atkins.ca and tell me how you're doing. This guide will help you get started and show you how Atkins can become part of your life!

All my best,

Sharon Osbourne ✍



*The average person can expect to lose 1–2 lbs per week. Results may vary. Weight loss is influenced by exercise, food consumed and diet.



ATKINS MEANS...

Over 80 published clinical studies confirm the principles of the Atkins Diet produce effective weight loss and long-term health benefits.

QUICK AND EFFECTIVE

Atkins dieters frequently achieve lower blood pressure, lower triglycerides and healthier blood sugar levels. Dozens of published studies confirm these common “side effects” from low-carb eating.

HEALTHY

No diet is any good if you can't eat the food. On Atkins, you'll feast on all kinds of mouth-watering, rich, and tasty foods, including many that are “forbidden” on other less effective diets.

DELICIOUS

Cravings derail any diet, and cravings come from certain trigger foods. Eliminate these foods and you eliminate cravings. You'll never feel hungry or deprived, and food cravings will be a thing of the past.

THE END OF CRAVINGS

It's carbohydrates (carbs)—not calories—that drive your fat-making hormones through the roof. And once you understand that weight gain is driven by hormones, you'll understand why we count carbs, not calories. Reducing carbs—the fat storage driver—makes far more sense than reducing calories.

NO COUNTING CALORIES

Every single person is metabolically unique, and no one diet works for everyone. That's why there's Atkins 20 and Atkins 40. You'll achieve your goal weight on Atkins with a plan that was designed for you and for your body type. And you'll further adjust your carb intake to your individual needs.

INDIVIDUALIZED PLANS

The amount of net carbs allowed on even the first phase of Atkins 20 still allows you to consume more vegetables than the USDA guidelines! Vegetables are nutritional powerhouses that support your fat-burning metabolism without stimulating weight gain. Don't worry—nuts, fruits, starchy vegetables and whole grains can be added back as you progress through the diet.

BALANCE

HOW ATKINS WORKS

Let's face it: any diet with too many carbs is going to make you fat, even if you're exercising constantly.

But fat in your diet only creates fat on your body if you're consuming too many carbohydrates at the same time. The typical North American diet typically mixes too many carbs with too little fat, causing a metabolic imbalance that's virtually guaranteed to put weight on your thighs, hips, tummy and butt.

WHEN YOU EAT TOO MANY CARBS

your body immediately uses them for energy instead of accessing your fat stores. And what you don't use, the body stores as more fat.

WHEN YOU EAT FEWER CARBS

your body begins to rely on fat as its primary fuel source!

ON ATKINS:

- Your body burns fat rather than carbohydrates
- You have much more energy
- Cravings for sugar and carbs virtually disappear

THE ATKINS SOLUTION

By turning your body from a sugar-burning machine to a fat-burning machine, you'll be able to stay in complete control of your appetite. The diet is easy, sustainable and balanced. This guide—along with atkins.ca—will show you how a low-carb lifestyle can help you achieve lasting, sustainable weight loss!

HOW TO CALCULATE YOUR NET ATKINS COUNT™

The Net Atkins Count™ assists you in tracking carbs that impact blood sugar, and is calculated by subtracting the number of grams of fibre and sugar alcohols from the total grams of carbohydrates in foods. Fibre and sugar alcohols should be subtracted from the total grams of carbohydrates since they minimally impact blood sugar.

$$\begin{array}{r} 15\text{g TOTAL CARBS} \\ - 9\text{g FIBRE} \\ - 2\text{g SUGAR ALCOHOLS} \\ \hline \end{array}$$

$$= \text{ATKINS } 4\text{g NET CARBS } \text{NET ATKINS COUNT™}$$



HOW TO GET STARTED

The first thing to do is to choose the right plan.

Here are descriptions of the **ATKINS 20** and **ATKINS 40** plans to help you determine the best fit for you.

ATKINS 20

ATKINS 20 is the classic Atkins Diet that has been so successful for so many people over the past four decades. If you have more than 40 pounds to lose, have a waist of over 35" (women) or 40" (men), are diabetic or pre-diabetic, this is the plan for you. If you want to start with Atkins 20, see page 5 for more info.

ATKINS 40

ATKINS 40 was designed just for you if you have less than 40 pounds to lose. It is also the best option for people that are pregnant or breastfeeding. With Atkins 40, you can enjoy a full range of food options right from the beginning. You can eat foods from every food group—carbohydrates, protein and fats—while still losing weight and feeling satisfied. If you want to start with Atkins 40, see page 10 for more info.



ATKINS 20

The Classic Atkins Diet

PHASE 1

Phase 1 will jump-start your weight loss safely and effectively, so you'll see results fast. During this phase, you'll eat 20 g Net Carbs* of all kinds of protein and healthy fats, plus carbs that are rich in fibre such as leafy greens and broccoli. You can also eat delicious Atkins Bars, Shakes and Treats. As you limit your intake of carbs, your metabolism begins to run on fat and your weight starts to come down. You can stay on Phase 1 as long as you want, but we recommend moving through the phases to discover your personal carb balance.

***Net Carbs = Total Carbs - Fibre - Sugar Alcohols**

WHAT YOU'LL EAT DURING THIS PHASE:

1 FOUNDATION VEGETABLES

Includes leafy greens and other non-starchy vegetables, and should make up 12 to 15 grams of your daily Net Carb intake.

2 PROTEIN SOURCES

Satisfy your appetite with 118 g—177 g (4 to 6 ounces) of protein per meal from chicken, turkey, beef, fish, shellfish, lamb, pork, veal, eggs, tofu and other soy products.

3 NATURAL FATS

Add flavour and satiety with olive oil, canola oil, butter, avocado, olives and other natural fats.

4 VITAMINS & MINERALS

Also take a good multivitamin/mineral and an omega-3 supplement daily.



**Rosemary-Roasted
Chicken and Vegetables**

Find this recipe and
more at atkins.ca

*An **ATKINS 20** Meal Plan is
included on page 9*

YOU CAN ALSO HAVE PER DAY:

- Up to 118 g (4 ounces) of cheese
- 30 g (1 ounce) of sour cream or 44 g (1½ ounces) of unsweetened cream
- Up to 44 g (3 tablespoons) of lemon or lime juice
- Atkins Bars, Shakes and Treats
- Up to three packets of noncaloric sweeteners: stevia, sucralose or saccharin—count each packet as 1 gram of Net Carbs
- Diet beverages made with noncaloric sweeteners
- Sugar-free gelatin

ATKINS 20

The Classic Atkins Diet

PHASE 2

Here's where you start to add variety with an expanded list of vegetables, plus nuts, seeds, berries and a few other low-sugar fruits. Depending on your metabolism, you might also be able to reintroduce legumes here—such as beans and lentils. Remember, you are always able to personalize the program to your specific needs and body type. You'll continue to lose weight, while you gradually increase your carbs. As long as you keep eating the right amount of protein, vegetables and fat, you'll be totally satisfied—and in control of your appetite.

Gradually increase your Net Carbs in 5 gram increments each week as long as you keep losing weight and you don't experience cravings. You may find you need to go two or more weeks between increases. When you get within 10 pounds of your goal weight, move on to Phase 3.

WHAT YOU'LL EAT DURING THIS PHASE:

1 PROTEIN

The same delicious protein foods you've been eating in Phase One.

2 NATURAL FATS

Olive oil, butter, avocado, olives, coconut oil and more.

3 EXPANDED VEGETABLE LIST

In addition to foundation vegetables, you'll add nuts and seeds, berries and dairy products such as soft cheeses and plain whole milk yogurt. Finally, start to add small portions of legumes, if you can handle them.

4 ALCOHOL

Yes, you can have a drink! But remember: your body burns alcohol for fuel before it burns fat. So when you have a glass of wine or spirits, your body temporarily puts the brakes on fat burning, slowing down weight loss.



Atkins has delicious products when you need a snack on the run!

ATKINS 20

The Classic Atkins Diet

PHASE 3

You're almost to your goal weight! Once you're within ten pounds of your weight loss goal, you simply start adding an additional 10 gram portion of Net Carbs per week, for a total of 10 grams of net carbs added each week. The first time you add 10 grams, keep your carb intake at that level for two weeks. Then add 10 grams extra per week till you reach your goal. If your weight stalls, drop back 10 grams of carbs. Once weight loss resumes, stay at that level for a couple of weeks or so and then try adding another 5 daily grams.

WHAT YOU'LL EAT DURING THIS PHASE:

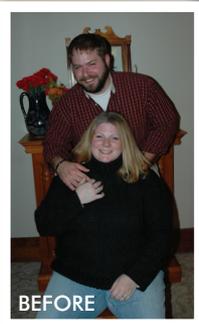
- 1 **THE SAME DELICIOUS AND FILLING PROTEIN FOODS** you've been eating since Phase 1.
- 2 **THE SAME HEALTHY FATS** they'll continue to be the key to appetite control.
- 3 **A GREATER CARBOHYDRATE VARIETY** a broader array of fruits, some starchy veggies like winter squash and sweet potatoes, and some whole grains like brown rice, oatmeal and quinoa.

SUCCESS STORY **TORI BERRY** (Age 35)

LOST 100 LBS. in 12 Months



AFTER



"Initially, the weight falls off so quickly that it motivates you to keep going because you can really see the results. There's also a lot of freedom in this diet. I don't even consider it a diet. I'm sleeping better and have a lot more energy!"

ATKINS 20

The Classic Atkins Diet

PHASE 4

This is the “rest of your life” phase, and it’s what separates Atkins from all the rest. You’re going to have a healthy, active life, and you’re going to stay slim while doing it! You’ll continue to eat some of the best foods on earth, plus you’ll have the tools to stick with it. Stay with Atkins. We’ll help you stay in control—for good!

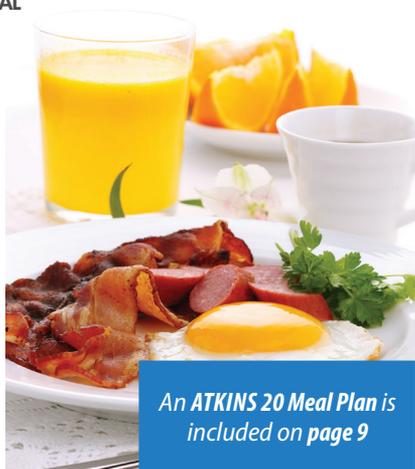
WHAT YOU’LL EAT DURING THIS PHASE:

- 1 KEEP EATING THE RIGHT AMOUNT OF PROTEIN.**
Get it from a variety of sources. If your metabolism can handle them, you can include legumes and beans.
- 2 KEEP EATING THOSE GOOD FATS!**
Seriously! In fact, in order to maintain your goal weight you may even need to add a little more fat—olives, olive oil, avocado. Remember—fat is your friend. Extra fat will also put the brakes on appetite and cravings. And when you control your carb intake there’s absolutely no health risk in eating it.
- 3 ENJOY A WHOLE BUNCH OF WHOLE-FOOD,**
slow-burning carbs like vegetables, nuts, seeds and berries. You can even have some low-sugar fruits, and moderate portions of starchy veggies and whole grains.
- 4 KEEP TAKING YOUR DAILY MULTIVITAMIN/MINERAL**
and omega-3 supplements.
- 5 KEEP AWAY FROM PROCESSED FOODS**
with white flour and refined grains. Ditto for all forms of added sugar and man-made trans fats.



**Ginger Pork Tenderloin,
Candied Sweet Potatoes
and Salad**

Find this recipe and more at atkins.ca



An **ATKINS 20 Meal Plan** is included on page 9



20

Quick-Start Plan

ATKINS 20

▲ Go to **ATKINS.CA** for these plans or customize your own!

▲ **Quick-Start Plan** (pictured): Teaches you the types of food and portion control you need for the best start. A fool-proof approach that gets you started with a minimum amount of carb-counting. Great for people who don't have time or don't like to cook.

▲ **Foodie Menu Plan** (access on atkins.ca): Provides a wide range of mouth-watering recipes that are low-carb and delicious—you'll be amazed what you can create. Great for people who love to cook and know their way around a kitchen.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Advantage Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2 g • FV 0 g</p>	<p>150 g (5 oz) smoked salmon 2 Tbsp cream cheese ¼ cucumber, cut into sticks</p> <p>Net Carbs 3.5 g • FV 2.4 g</p>	<p>¼ cup chopped green bell pepper 2 eggs ½ Hass avocado 30 g (1 oz) pepper jack cheese 4 Tbsp Salsa Cruda</p> <p>Net Carbs 5.8 g • FV 4.1 g</p>	<p>150 g (5 oz) ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar</p> <p>Net Carbs 4.1 g • FV 3.7 g</p>	<p><i>Atkins Advantage Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3 g • FV 0 g</p>	<p>1 small tomato ½ Hass avocado 120 g (4 oz) prosciutto 2 Tbsp Hollandaise Sauce</p> <p>Net Carbs 3.9 g • FV 3.8 g</p>	<p>2 cups baby spinach 1 Tbsp olive oil 2 eggs ½ medium bell pepper ¼ cup shred Monterey Jack cheese</p> <p>Net Carbs 6.2 g • FV 5.3 g</p>
SNACK	<p><i>Atkins Day Break Caramel Macchiato Shake</i></p> <p>Net Carbs 2 g • FV 0 g</p>	<p><i>Atkins Day Break Chocolate Hazelnut Bar</i></p> <p>Net Carbs 3 g • FV 0 g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2 g • FV 0 g</p>	<p><i>Atkins Day Break Peanut Butter Fudge Crisp Bar</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Day Break Strawberry Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage Milk Chocolate Delight Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Day Break Caramel Macchiato Shake</i></p> <p>Net Carbs 2 g • FV 0 g</p>
LUNCH	<p>180 g (6 oz) fillet of salmon 2 cups mixed greens ½ cup chopped red bell pepper 1 small tomato 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 8.2 g • FV 8.2 g</p>	<p>180 g (6 oz) chicken 2 cups mixed greens 1 small tomato 2 large radishes 2 Tbsp Ranch Dressing</p> <p>Net Carbs 6.4 g • FV 5.5 g</p>	<p>150 g (5 oz) hamburger 30 g (1 oz) Cheddar 1 small tomato ½ Hass avocado 1 Romaine lettuce leaf</p> <p>Net Carbs 4.4 g • FV 4.1 g</p>	<p>180 g (6 oz) chicken 1 cup green beans 1 Tbsp butter</p> <p>Net Carbs 4.3 g • FV 4.3 g</p>	<p>180 g (6 oz) turkey cutlets 2 cups baby spinach ¼ cup sliced cucumbers ¼ cup sliced red bell pepper ½ Hass avocado 2 Tbsp Ranch Dressing</p> <p>Net Carbs 7.6 g • FV 6.6 g</p>	<p>120 g (4 oz) tuna 1 1/2 stalks celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise</p> <p>Net Carbs 4.5 g • FV 4.5 g</p>	<p>150 g (5 oz) hamburger 30 g (1 oz) pepper jack cheese 2 cups baby spinach ½ Hass avocado 2 Tbsp Ranch Dressing</p> <p>Net Carbs 6.1 g • FV 4.1 g</p>
SNACK	<p><i>Atkins Advantage Vanilla Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage Milk Chocolate Delight Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage Vanilla Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage Milk Chocolate Delight Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage Milk Chocolate Delight Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>	<p><i>Atkins Advantage S'Mores bar</i></p> <p>Net Carbs 2 g • FV 0 g</p>	<p><i>Atkins Advantage Vanilla Shake</i></p> <p>Net Carbs 1 g • FV 0 g</p>
DINNER	<p>180 g (6 oz) rotisserie chicken 2 cups baby spinach ¼ cup sliced cucumber ½ Hass avocado 2 Tbsp Ranch Dressing</p> <p>Net Carbs 6.2 g • FV 5.7 g</p>	<p>180 g (6 oz) steak 2 cups broccoli and cauliflower, roasted with 2 Tbsp olive oil</p> <p>Net Carbs 4.8 g • FV 4.8 g</p>	<p>180 g (6 oz) chicken ½ cup snap peas 1 Tbsp butter</p> <p>Net Carbs 4.7 g • FV 4.7 g</p>	<p>180 g (6 oz) fillet of whitefish 2 cups baby spinach ¼ cup sliced cucumbers 1 small tomato 2 Tbsp Ranch Dressing</p> <p>Net Carbs 7.9 g • FV 6.9 g</p>	<p>210 g (7 oz) bone-in pork chop ¾ medium zucchini, sliced 1 Tbsp butter 2 cups mixed greens 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 6.4 g • FV 6 g</p>	<p>180 g (6 oz) steak 2 cups Romaine lettuce 5 cherry tomatoes ½ medium cucumber, sliced 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.6 g • FV 7.3 g</p>	<p>180 g (6 oz) chicken 1 cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce</p> <p>Net Carbs 4.9 g • FV 4 g</p>
	<p>Total Net Carbs: 19.7 g Foundation Vegetables: 13.9 g</p>	<p>Total Net Carbs: 18.7 g Foundation Vegetables: 12.7 g</p>	<p>Total Net Carbs: 17.9 g Foundation Vegetables: 12.9 g</p>	<p>Total Net Carbs: 18.3 g Foundation Vegetables: 14.9 g</p>	<p>Total Net Carbs: 19.0 g Foundation Vegetables: 12.6 g</p>	<p>Total Net Carbs: 19.0 g Foundation Vegetables: 15.6 g</p>	<p>Total Net Carbs: 20.2 g Foundation Vegetables: 13.4 g</p>

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

ATKINS 40

If you've got less than 40 pounds to lose or are pregnant/breast feeding, then the new Atkins 40 was designed just for you.

The Atkins 40 Plan is pure simplicity.

HERE'S HOW IT WORKS:

- Every day you'll eat 15 grams of Net Carbs from foundation vegetables, plus 25 grams of additional Net Carbs from any combination of foods on the acceptable food list
- Eat three 118 to 177 g (4 to 6 ounce) servings of protein each day
- Eat 2 to 4 servings of additional healthy fat each day
- Drink 8 to 10 glasses of water
- Take a multi-vitamin and a fish oil capsule every day
- You can consume alcohol in moderation, but keep a watch out for hidden sugar and try to abstain during your first two weeks

Once you're
10 pounds
from your
goal weight,

YOU CAN ADD
10 GRAMS OF
NET CARBS
PER WEEK!

CARBOHYDRATES ON THE ATKINS 40 PLAN

Vegetables, pasta, even potatoes? You can have it all on the Atkins 40 Plan!

- You have a daily budget of 40 grams of Net Carbs
- 15 grams of Net Carbs each day come from Foundation Vegetables
- The remaining 25 grams of Net Carbs are like "discretionary income"
- Just like any budget, you'll want to spend wisely. It's important to spread your extra carbs throughout the day for more variety and to avoid dreaded blood sugar spikes. Don't blow your 25 g of discretionary carbs on a ½ large baked potato or other high-carb food

FOR EXAMPLE, YOU COULD SPEND YOUR EXTRA 25 GRAMS A DAY OF CARBS AS:

- Five 5 gram Net Carb portions spread out over three meals and snacks
- One 15 gram portion with a meal or as a snack plus a second 10 gram portion
- Two 10 gram portions with a meal or as a snack plus an additional 5 gram serving

However you choose to divide them up, your total net carbs for the day should equal 40 grams of Net Carbs—15 g from foundation vegetables and 25 g from whatever foods you choose.

WHEN IS IT TIME TO ADD MORE CARBOHYDRATES?

- When you are 10 pounds from your goal weight, increase your budget to 50 g of Net Carbs per day
- Each week after that, add 10 g of Net Carbs to your carb budget and stop adding when you reach your goal weight
- The carb level you reach when you achieve your goal weight is your Carb Balance Level. Remember this number because it will be the maximum number of carbs you should consume to maintain your weight
- If you hit a plateau or start to gain weight, don't worry! Just drop back to 40 g of Net Carbs per day

FAT

Fat helps you feel full and makes food satisfying because of its flavour. When you are controlling your carbs, the calories from fat are used for energy; they are not stored as fat!

- Eat 2 to 4 servings of fat each day (don't count the fat that comes along with any protein foods like meat or chicken)
- There are many sources to choose from, including: butter, canola oil, coconut oil, flaxseed oil, olive oil, grapeseed oil, mayonnaise, high oleic safflower oil, sesame oil, no-sugar-added salad dressings

THERE ARE MANY DELICIOUS WAYS TO INCORPORATE FAT INTO YOUR PLAN:

- Cook your food with a tablespoon of oil or butter
- Spread some mayo on a ham and cheese rollup
- Make your own salad dressing with olive oil, vinegar, herbs and a squeeze of lemon or lime



"I love Atkins 40! I can have my favourite foods and not feel guilty. Since it's so easy to stay on the plan, I'm less tempted to cheat."

– SHARON OSBOURNE

An **ATKINS 40 Meal Plan** is included on **page 12**



40

Quick-Start Plan

ATKINS 40

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 small tomatoes 1 Tbsp olive oil 2 large eggs 60 g (2 oz) turkey sausage Net Carbs 5.6 g • FV 4.9 g	<i>Atkins Advantage Chocolate Chip Granola Bar</i> Net Carbs 3 g • FV 0 g	¼ cup chopped green bell pepper 2 large eggs ½ Hass avocado 30 g (1 oz) pepper jack cheese 4 Tbsp Salsa Cruda Net Carbs 5.8 g • FV 4.1 g	150 g (5 oz) ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar ½ whole wheat English muffin ½ Tbsp butter Net Carbs 15.2 g • FV 3.7 g	2 eggs 2 pieces bacon 1 large tomato 2 Tbsp grated Parmesan Net Carbs 6.4 g • FV 5 g	½ cup unsweetened almond milk ½ cup Greek Yogurt ½ cup raspberries 20 whole almonds Net Carbs 9.6 g • FV 0 g	2 cups baby spinach 1 Tbsp olive oil 2 large eggs ½ medium red bell pepper 30 g (1 oz) Monterey Jack cheese Net Carbs 6.2 g • FV 5.3 g
SNACK	<i>Atkins Day Break Caramel Macchiato Shake</i> Net Carbs 3 g • FV 0 g	½ cup fresh pineapple chunks ½ cup cottage cheese Net Carbs 13.8 g • FV 0 g	½ small banana 2 Tbsp peanut butter Net Carbs 14.2 g • FV 0 g	<i>Atkins Day Break Strawberry Shake</i> Net Carbs 1 g • FV 0 g	<i>Atkins Day Break Chocolate Hazelnut Bar</i> Net Carbs 3 g • FV 0 g	<i>Atkins Day Break Caramel Macchiato Shake & Atkins Advantage Dark Chocolate Almond Coconut Bar</i> Net Carbs 5 g • FV 0 g	1 large tomato ½ cup cottage cheese Net Carbs 8 g • FV 5 g
LUNCH	180 g (6 oz) fillet of salmon ½ cup wild rice 1 cup mixed greens ½ cup sliced cucumber ½ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette Net Carbs 14.8 g • FV 3.6 g	180 g (6 oz) grilled chicken 1 Tbsp Herb-Flavored Oil 2 cups mixed greens 1 medium tomato ½ Hass avocado 5 large radishes 2 Tbsp Caesar Dressing Net Carbs 12.7 g • FV 9.9 g	<i>Atkins Advantage Peanut Fudge Granola Bar</i> Net Carbs 2 g • FV 0 g	<i>Atkins Advantage Chocolate Peanut Butter Bar</i> Net Carbs 2 g • FV 0 g	180 g (6 oz) turkey cutlets ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs 14.7 g • FV 1.3 g	120 g (4 oz) tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise ½ of 4-inch whole wheat pita pocket Net Carbs 10.7 g • FV 4 g	<i>Atkins Advantage Chocolate Peanut Butter Bar</i> ½ small apple 3 Tbsp macadamia nuts Net Carbs 11.8 g • FV 0 g
SNACK	<i>Atkins Advantage Vanilla Shake</i> Net Carbs 1 g • FV 0 g	<i>Atkins Advantage Milk Chocolate Delight Shake</i> 24 whole almonds Net Carbs 3.7 g • FV 0 g	<i>Atkins Advantage Vanilla Shake</i> 3 large strawberries Net Carbs 4.1 g • FV 0 g	1 large tomato ¼ cup hummus Net Carbs 9.9 g • FV 5 g	<i>Atkins Advantage Milk Chocolate Delight Shake</i> ½ small apple Net Carbs 9.5 g • FV 0 g	<i>Atkins Strawberry Shake</i> Net Carbs 1 g • FV 0 g	<i>Atkins Snack Caramel Double Chocolate Crunch Bar</i> Net Carbs 1 g • FV 0 g
DINNER	180 g (6 oz) chicken ½ medium sweet potato 1 Tbsp butter 2 cups mixed greens 5 large radishes 2 Tbsp Creamy Italian Dressing Net Carbs 14.9 g • FV 3.5 g	180 g (6 oz) steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil Net Carbs 4.8 g • FV 4.8 g	180 g (6 oz) grilled chicken ½ medium green bell pepper, sliced ½ small onion, sliced 30 g (1 oz) shred Cheddar ½ of 4-inch whole wheat pita pocket Net Carbs 14.2 g • FV 9.6 g	180 g (6 oz) fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter Net Carbs 12.9 g • FV 4.3 g	210 g (7 oz) bone-in pork chop 2 cups baby spinach ½ cup sliced red bell pepper ¼ cup sliced cucumbers 2 Tbsp Sherry Vinaigrette Net Carbs 6.3 g • FV 6.3 g	180 g (6 oz) steak 2 cups shred Romaine lettuce 1 large tomato ½ Hass avocado 2 Tbsp Caesar Dressing Net Carbs 12.2 g • FV 10.6 g	180 g (6 oz) chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice Net Carbs 14.5 g • FV 3 g
	Total Net Carbs: 39.3 g Foundation Vegetables: 12.0 g	Total Net Carbs: 38.0 g Foundation Vegetables: 14.7 g	Total Net Carbs: 40.3 g Foundation Vegetables: 13.7 g	Total Net Carbs: 41.0 g Foundation Vegetables: 13.0 g	Total Net Carbs: 39.9 g Foundation Vegetables: 12.6 g	Total Net Carbs: 38.5 g Foundation Vegetables: 14.6 g	Total Net Carbs: 41.5 g Foundation Vegetables: 13.3 g

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!



SUCCESS STORIES

AFTER



SUCCESS STORY **KENT ALTENA** (Age 40)

LOST 211 LBS. in 15 Months

"I've tried other things, but this keeps me feeling full. Atkins tells you to listen to your body and for the first time I listened when my body told me I was full. It was better than counting calories or fat because I never felt deprived."

AFTER



SUCCESS STORY **MONICA GUTIERREZ** (Age 44)

LOST 93 LBS. in 24 Months

"Atkins fits into your lifestyle, so you don't fall off the wagon—it's easy to continue to make this a part of your life."

PRODUCTS

WE HAVE YOUR CRAVINGS COVERED

BARS & SNACKS

SATISFYING AND NUTRITIOUS SNACKS THAT WILL FILL YOU UP AND HELP YOU STAY ON TRACK.



Enjoy delicious Atkins Bars and Snacks at home or when you're on the go. Packed with protein, fibre and the taste you love, Atkins Snacks are a convenient, nutritious and delicious way to stay satisfied until your next meal.



TREATS

DELICIOUS INDULGENCES THAT SATISFY YOUR SWEET TOOTH—WITHOUT THE SUGAR!

With the rich, sweet taste you crave, but without the carbs or sugar, an Atkins Endulge Treat is the perfect solution for your sweet tooth. Enjoy an Atkins Endulge Treat whenever a sweet craving strikes!

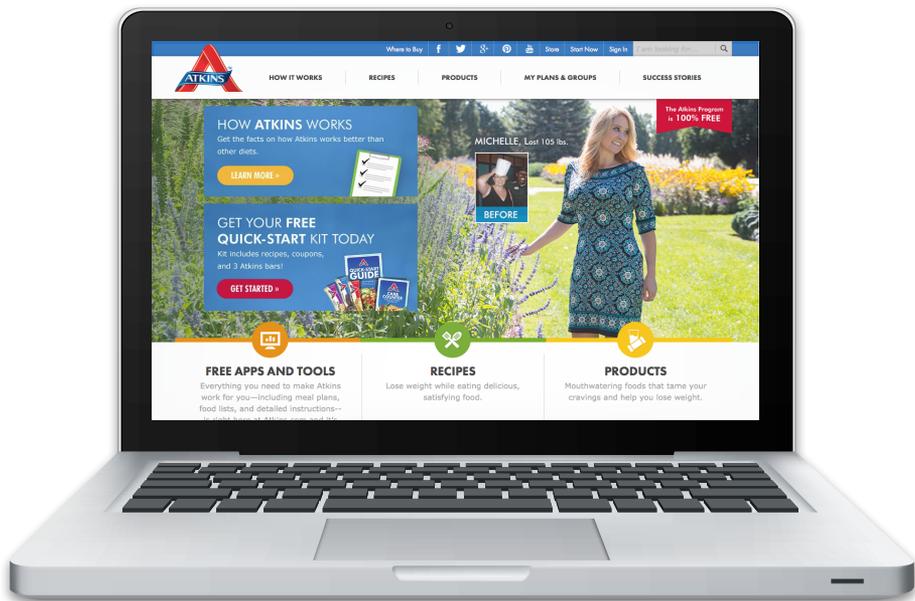
SHAKES

RICH AND CREAMY SHAKES KEEP YOU SATISFIED WITH PROTEIN, CALCIUM, AND IMPORTANT VITAMINS AND MINERALS.



Enjoy ready-to-drink Shakes in delicious chocolate, vanilla, strawberry or café caramel macchiato for a low-carb, smooth and filling drink.

ALL YOU NEED TO LOSE WEIGHT IS **FREE** ON **ATKINS.CA**



We have over 1,800 recipes. Plus meal plans, progress trackers, tips and advice.



**CARB
COUNTER**



**FAVOURITE RECIPES
& PRODUCTS**



**CELEBRITY &
NUTRITIONIST
BLOGS**



**MEAL
PLANNER**



TRACKERS





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