



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|---|--|--|--|--|---|---|
| Breakfast | Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs: 6g FV 2.1g | Atkins Day Break Chocolate Chip Crisp Bar , 5 large Strawberries ½ cup Greek yogurt Net Carbs: 13g FV 0g | Atkins Frozen Bacon Scramble Net Carbs: 5g FV .4g | Atkins Frozen Egg with Sausage and Cheese Burrito Net Carbs: 11g FV 1.5g | Atkins Frozen Bacon Scramble Net Carbs: 5g FV 0.4g | Atkins Frozen Chicken with Cheese and Bean Burrito Net Carbs: 12g FV 1g | Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs: 6g FV 2.1g |
| Snack | Atkins Milk Chocolate Delight Shake Net Carbs: 2g FV 0g | Atkins Cookies & Creme Shake ½ oz whole cashews Net Carbs: 5.8g FV 0g | Atkins Dark Chocolate Royale Shake ½ small banana Net Carbs: 12.2g FV 0g | Atkins Snack Triple Chocolate Bar Net Carbs: 3.3g FV 0g | Atkins Cookies & Creme Shake Net Carbs: 2g FV 0g | Atkins Snack Dark Chocolate Almond Coconut Crunch Bar Net Carbs: 3g FV 0g | Atkins Strawberry Shake Net Carbs: 1g FV 0g |
| Lunch | 6 oz fillet of salmon 1/3 cup wild rice 8 stalks asparagus Net Carbs: 13.9g FV 3.2g | Atkins Frozen Orange Chicken 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Sweet Mustard Dressing Net Carbs: 12.9g FV 8.7g | 5 oz hamburger 1 oz Cheddar 1 large tomato ½ Hass avocado 1 Flatout Original Light Wrap Net Carbs: 12.7g FV 6.3g | Atkins Frozen Chili Con Carne 2 cups mixed greens 4 cherry tomatoes 2 Tbsp Ranch Dressing Net Carbs: 12.4g FV 6.6g | Atkins Frozen Chicken & Broccoli Alfredo 1½ cups frozen cauliflower, carrot and snow pea mixture 1 Tbsp butter Net Carbs: 11g FV 8g | Atkins Frozen Beef Teriyaki Stir-Fry , 2 cups Romaine hearts, ½ cup chopped red bell pepper, 5 cherry tomatoes, 2 Tbsp Caesar Dressing Net Carbs: 15g FV 10.5g | Atkins Frozen Italian-Style Pasta Bake 2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing Net Carbs: 14.7g FV 8.2g |
| Snack | Atkins Snack Cashew Trail Mix Bar Net Carbs: 6g FV 0g | Atkins Mocha Latte Shake Net Carbs: 3g FV 0g | Atkins Snack Caramel Chocolate Nut Roll Bar Net Carbs: 3g FV 0g | Atkins French Vanilla Shake Net Carbs: 1g FV 0g | Atkins Snack Cashew Trail Mix Bar Net Carbs: 6g FV 0g | Atkins Strawberry Shake Net Carbs: 1g FV 0g | Atkins Snack Caramel Double Chocolate Crunch Bar Net Carbs: 3g FV 0g |
| Dinner | Atkins Frozen Chicken & Broccoli Alfredo 2 cups baby spinach ½ Hass avocado ½ cup sliced cucumbers 2 Tbsp Creamy Italian Dressing Net Carbs: 11g FV 7.7g | 6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil Net Carbs: 4.8g FV 4.8g | Atkins Frozen Crustless Chicken Pot Pie ½ cup chopped zucchini Net Carbs: 7.8g FV 5.1g | 6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter Net Carbs: 12.9g FV 4.3g | Atkins Frozen Beef Merlot ½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter Net Carbs: 16g FV 5g | 7 oz bone-in pork chop ¼ small baked potato 1 Tbsp butter 1½ cups mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs: 8.8g FV 2g | 6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice Net Carbs: 14.5g FV 3g |
| | Total Net Carbs: 38.9g Total FV 13g | Total Net Carbs: 39.5g Total FV 13.5g | Total Net Carbs: 40.7g Total FV 11.8g | Total Net Carbs: 40.6g Total FV 12.4g | Total Net Carbs: 40g Total FV 13.4g | Total Net Carbs: 39.8g Total FV 13.5g | Total Net Carbs: 39.2g Total FV 13.3g |

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

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



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|--|--|--|--|---|---|
| Breakfast | Atkins Frozen Bacon Scramble 1/8 cantaloupe melon wedge Net Carbs: 12.5g FV .4g | Atkins Frozen Chicken with Cheese and Bean Burrito Net Carbs: 12g FV 1g | Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs: 6g FV 2.1g | Atkins Meal Strawberry Almond Bar 1/3 cup blueberries 1/2 cup Greek yogurt Net Carbs: 13.5g FV 0g | Atkins Frozen Bacon Scramble Net Carbs: 5g FV .4g | Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs: 6g FV 2.1g | Atkins Frozen Bacon Scramble Net Carbs: 5g FV .4g |
| Snack | Atkins Day Break Chocolate Chip Crisp Bar Net Carbs: 4g FV 0g | Atkins Strawberry Shake Net Carbs: 1g FV 0g | Atkins Day Break Cranberry Almond Bar 1/2 small apple Net Carbs: 10.5g FV 0g | Atkins Chocolate Royale Shake Net Carbs: 2g FV 0g | Atkins Snack Dark Chocolate Decadence Bar Net Carbs: 3g FV 0g | Atkins Strawberry Shake 5 large strawberries Net Carbs: 6.1g FV 0g | Atkins Snack Cashew Trail Mix Bar Net Carbs: 6g FV 0g |
| Lunch | 6 oz chicken 1/2 Hass avocado 7-inch low-carb tortilla 2 cups mixed greens 2 Tbsp Blue Cheese Dressing Net Carbs: 7.7g FV 4g | 5 oz hamburger 1 oz pepper jack cheese 4 Tbsp Salsa Cruda 1/2 Hass avocado 1/2 4-inch whole wheat pita pocket Net Carbs: 10.7g FV 3g | Atkins Frozen Shrimp Scampi 6 stalks asparagus Net Carbs: 10.4g FV 4.6g | Atkins Frozen Mexican-Style Chicken and Vegetables 1 cup cauliflower, steamed 1 Tbsp butter Net Carbs: 10.2g FV 5.6g | 5 oz ham, 2 cups baby spinach, 1/4 cup chopped green bell pepper 1 small tomato, 5 large radishes, 1/2 cup sliced cucumber, 2 Tbsp Sweet Mustard Dressing Net Carbs: 8.8g FV 7.2g | 4 oz tuna, 1 1/2 stalks celery, 2 Tbsp mayonnaise, 1/2 Hass avocado, 2 cups mixed greens, 3 cherry tomatoes, 2 Tbsp Lemon Vinaigrette Net Carbs: 8.1g FV 6.9g | Atkins Frozen Beef Teriyaki Stir-Fry 1/2 cup snow peas 1 Tbsp olive oil Net Carbs: 10g FV 7g |
| Snack | Atkins Vanilla Shake Net Carbs: 1g FV 0g | Atkins Snack Coconut Almond Delight Bar Net Carbs: 3g FV 0g | Atkins Milk Chocolate Delight Shake & Atkins Indulge Chocolate Coconut Bar Net Carbs: 4.6g FV 0g | Atkins Snack Dark Chocolate Almond Coconut Crunch Bar Net Carbs: 3g FV 0g | 1/2 cup cottage cheese 1/2 cup fresh pineapple chunks Net Carbs: 12.7g FV 0g | Atkins Snack Caramel Chocolate Peanut Nougat Bar Net Carbs: 2g FV 0g | Atkins Café Caramel Shake Net Carbs: 3g FV 0g |
| Dinner | Atkins Frozen Meatloaf with Portobello Mushroom Gravy , 1/2 medium red bell pepper, sliced 2 cups baby spinach 2 Tbsp Ranch Dressing Net Carbs: 14.2g FV 7.9g | Atkins Frozen Chicken & Broccoli Alfredo 1 1/4 cups steamed broccoli, 2 Tbsp Parmesan cheese Net Carbs: 13g FV 9.6g | 6 oz grilled chicken 2 Tbsp Barbecue Sauce 2 cups baby spinach 1/2 Hass avocado 1/2 cup sliced red bell pepper, 2 Tbsp Creamy Italian Dressing Net Carbs: 9.9g FV 7.8g | 7 oz bone-in pork chop 1 cup snap peas, 1 tsp olive oil, 2 cups Romaine hearts, 1/4 cup chopped red bell pepper, 2 Tbsp Ranch Dressing Net Carbs: 10.4g FV 9.5g | Atkins Frozen Orange Chicken 1/2 cup steamed broccoli 1 Tbsp butter Net Carbs: 10g FV 6.9g | Atkins Frozen Meatloaf with Portobello Mushroom Gravy , 1/4 acorn squash 1 tsp butter, 2 Tbsp sugar-free pancake syrup Net Carbs: 18.1g FV 2.7g | 5 oz hamburger, 1/2 cup sliced mushrooms, 1 Tbsp olive oil, 1 Flatout Original Light Wrap, 2 cups mixed greens, 5 cherry tomatoes, 1/4 Cup sliced cucumber 2 Tbsp Fresh Raspberry Vinaigrette Net Carbs: 14.8g FV 8g |
| | Total Net Carbs: 39.4g Total FV 12.3g | Total Net Carbs: 39.7g Total FV 13.6g | Total Net Carbs: 41.4g Total FV 14.5g | Total Net Carbs: 39.1g Total FV 15.1g | Total Net Carbs: 39.5g Total FV 14.5g | Total Net Carbs: 40.3g Total FV 11.7g | Total Net Carbs: 39.8g Total FV 14.6g |

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

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



Week 1

Atkins Products

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

Proteins

- Bone-In Pork Chop
- Chicken
- Ground Beef
- Salmon
- Steak
- Whitefish

Vegetables

- Asparagus
- Broccoli
- Cauliower
- Corn on the Cob
- Frozen Cauliower, Carrot and Snow Pea Mixture
- Green Beans
- Hass Avocados
- Potato
- Radishes
- Red Bell Pepper
- Romaine Lettuce /Mixed Greens
- Spinach
- Stir-Fry Vegetables
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Greek Yogurt
- Banana
- Cantaloupe
- Strawberries
- Cashews
- Cheddar Cheese
- Blue Cheese Dressing
- Caesar Dressing
- Creamy Italian Dressing
- Ranch Dressing
- Sweet Mustard Dressing
- Tamari Sauce
- Flatout Original Light Wrap
- Quinoa
- Brown Rice
- Wild Rice

Week 2

Atkins Products

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

Proteins

- Bone-In Pork Chop
- Chicken
- Ground Beef
- Ham*
- Tuna*

Vegetables

- Acorn Squash
- Asparagus
- Broccoli
- Cauliower
- Celery
- Cucumber
- Hass Avocado
- Radishes
- Red or Green Bell Pepper
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Snap Peas
- Snow Peas
- Spinach
- Tomatoes

Fats

- Olive Oil
- Butter

Other

- Greek Yogurt
- Apple*
- Blueberries*
- Cantaloupe
- Pineapple*
- Raspberries*
- Strawberries
- Parmesan Cheese*
- Pepper Jack Cheese*
- Blue Cheese Dressing
- Creamy Italian Dressing
- Fresh Raspberry Vinaigrette*
- Lemon Vinaigrette*
- Ranch Dressing
- Sweet Mustard Dressing
- Barbecue Sauce*
- Sugar-Free Pancake Syrup*
- Cottage Cheese*
- Mayonnaise*
- Salsa Cruda*
- Flatout Original Light Wrap
- Low-Carb Tortilla*
- Whole Wheat Pita Pocket*