

to create, customize and save your own personal meal plans! www.atkins.com/ezphase1

PHASE 1 MADE EASY > Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Eggs Scrambled with Sautéed Onions and Cheddar Cheese	Atkins Day Break Strawberry Banana Shake and Atkins Day Break Cranberry Almond Bar	Atkins Frozen Tex-Mex Scramble	Beef Sautéed with Green Bell Pepper and Onions Topped with Cheese	Tomato, Avocado, Spinach and Monterey Jack Stacks	Atkins Frozen Farmhouse-Style Sausage Scramble	Red Bell Pepper Filled with Creamy Eggs and Spinach with a Muffin
	Net Carbs: 5.4g	Net Carbs: 4g	Net Carbs: 5g	Net Carbs: 6.9g	Net Carbs: 5.6g	Net Carbs: 5g	Net Carbs: 11g
Snack	Atkins Day Break Wild Berry Shake	Red Bell Pepper with Greek Vinaigrette	Zucchini and Ranch Dressing	Atkins Day Break Creamy Chocolate Shake	Caprese Salad	Atkins Day Break Chocolate Hazelnut Bar	Atkins Day Break Wild Berry Shake
	Net Carbs: 2g	Net Carbs: 3.8g	Net Carbs: 3.1g	Net Carbs: 3g	Net Carbs: 2.3g	Net Carbs: 3g	Net Carbs: 2g
Lunch	Atkins Frozen Roast Turkey Tenders with Herb Pan Gravy	Chef Salad of Chicken, Bacon, Tomato, Avocado and Dressing	Atkins Frozen Italian Sausage Primavera	Atkins Advantage Chocolate Chip Granola Bar	Atkins Frozen Beef Merlot	Canned Tuna with Snap Peas, Red Bell Pepper and Tomato	Atkins Advantage Chocolate Peanut Butter Bar
	Net Carbs: 6g	Net Carbs: 5.7g	Net Carbs: 5g	Net Carbs: 3g	Net Carbs: 6g	Net Carbs: 7.2g	Net Carbs: 2g
Snack	Atkins Advantage Coconut Almond Delight Bar	Celery and Pepper Jack Cheese	Atkins Advantage Dark Chocolate Royale Shake	Green Bell Pepper with Ranch Dressing	Atkins Advantage Caramel Chocolate Peanut Nougat Bar	Atkins Advantage Strawberry Shake	Cucumber with Greek Vinaigrette
	Net Carbs: 2g	Net Carbs: 2g	Net Carbs: 2g	Net Carbs: 3.6g	Net Carbs: 3g	Net Carbs: 1g	Net Carbs: 3.3g
Dinner	Filet of Fish with Herb Butter, Broccoli and Salad	Atkins Frozen Meatloaf with Portobello Mushroom Gravy	Chicken Breast with Broccoli and Mixed Green Salad	Atkins Frozen Chicken & Broccoli Alfredo	Pork Chop with Broccoli and Mixed Greens with Avocado	Blue Cheese Burger with Avocado, Tomato and Grilled Zucchini	Atkins Frozen Crustless Chicken Pot Pie
	Net Carbs: 7.9g	Net Carbs: 7g	Net Carbs: 6.3g	Net Carbs: 5g	Net Carbs: 6.5g	Net Carbs: 6.5g	Net Carbs: 5g
	_	A	dd Atkins Endulg	je Treats to your n	neal plan as desired	<u>. </u>	
	Total Net Carbs: 23.3g	Total Net Carbs: 22.5g		Total Net Carbs: 21.5g		Total Net Carbs: 22.7g	Total Net Carbs: 23.3g



to create, customize and save your own personal meal plans! www.atkins.com/ezphase1

PHASE 1 MADE EASY ▶ Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Atkins Day Break Creamy Chocolate Shake and Atkins Day Break Chocolate Hazelnut Bar	Atkins Frozen Tex-Mex Scramble	Cheese and Spinach Omelet Topped with Avocado and Salsa	Atkins Day Break Wild Berry Shake and Atkins Day Break Cranberry Almond Bar	Atkins Frozen Farmhouse-Style Sausage Scramble	Eggs with Avocado and Salsa	Atkins Frozen Tex-Mex Scramble
	Net Carbs: 6g	Net Carbs: 5g	Net Carbs: 8g	Net Carbs: 4g	Net Carbs: 5g	Net Carbs: 4.8g	Net Carbs: 5g
Snack	Cherry Tomatoes with Muenster Cheese	Cherry Tomatoes with Gouda Cheese	Atkins Day Break Strawberry Banana Shake	Celery Sticks with Monterey Jack Cheese	Atkins Day Break Creamy Chocolate Shake	Atkins Day Break Strawberry Banana Shake	Atkins Day Break Chocolate Chip Crisp Bar
	Net Carbs: 2.9g	Net Carbs: 2.9g	Net Carbs: 2g	Net Carbs: 1.4g	Net Carbs: 3g	Net Carbs: 2g	Net Carbs: 3g
Lunch	Atkins Frozen Italian Sausage Primavera	Atkins Frozen Beef Merlot	Atkins Advantage Mudslide Bar	Atkins Frozen Chicken & Broccoli Alfredo	Atkins Advantage Peanut Fudge Granola Bar	Tuna-Celery Salad in Avocado Halves	Deli Ham on Romaine, Tomato and Avocado Salad
	Net Carbs: 5g	Net Carbs: 6g	Net Carbs: 3g	Net Carbs: 5g	Net Carbs: 2g	Net Carbs: 4.5g	Net Carbs: 8.4g
Snack	Avocado and Ranch Dressing	Atkins Advantage Milk Chocolate Delight Shake	Zucchini and Cheddar Cheese	Atkins Advantage Caramel Fudge Brownie Bar	Chopped Tomato with Ranch Dressing	Atkins Advantage Caramel Chocolate Nut Roll Bar	Atkins Advantage Mocha Latte Shake
	Net Carbs: 2.2g	Net Carbs: 2g	Net Carbs: 3.2g	Net Carbs: 3g	Net Carbs: 5.8g	Net Carbs: 3g	Net Carbs: 2g
Dinner	Atkins Frozen Crustless Chicken Pot Pie	Grilled Chicken over Arugula with Tomatoes and Avocado	Atkins Frozen Roast Turkey Tenders with Herb Pan Gravy	Pork Chop with Cheddar-Cauliflower Mash and Salad	Steak with Asparagus and Salad	Atkins Frozen Meatloaf with Portobello Mushroom Gravy	Grilled Chicken and Yellow Squash over Salad Greens
	Net Carbs: 5g	Net Carbs: 6.1g	Net Carbs: 6g	Net Carbs: 6.8g	Net Carbs: 7.2g	Net Carbs: 7g	Net Carbs: 3.9g
			dd Atkins Endulg	je Treats to your n	neal plan as desired		
	Total Net Carbs: 21.1g	Total Net Carbs: 22g	Total Net Carbs: 22.2g	Total Net Carbs: 20.2g	Total Net Carbs: 23g	Total Net Carbs: 21.3g	Total Net Carbs: 22.3g



	ook i kocipos	
Eggs Scrambled with Sautéed Onions and Cheddar Cheese	Filet of Fish with Herb Butter, Broccoli and Salad	Red Bell Pepper with Greek Vinaigrette
Servings: 1 • Nutritional Information Per Serving: Fiber 0.5g • Protein 19.5g • Fat 23g • Calories 311	Servings: 1 • Nutritional Information Per Serving: Fiber 12g • Protein 39.5g • Fat 55g • Calories 699	Servings: 1 • Nutritional Information Per Serving: Fiber 1.5g • Protein 1g • Fat 21.5g • Calories 207
Ingredients 1 Teaspoon vegetable oil 1/4 Cup onion, chopped 2 large eggs 1/4 Cup Cheddar cheese, shredded Directions 1. Heat oil in a skillet over medium-high heat. Add onions and sauté for 3 minutes until tender. 2. Add eggs and cheese and scramble together, cooking until eggs are set. 3. Season with salt and freshly ground pepper. Serve immediately.	Ingredients 6 Ounces filet of whitefish 2 Cups fresh broccoli florets 1 Serving Herb-Butter Blend 2 Cups mixed greens 1/2 Hass avocado 1 Serving Italian Dressing Directions 1. Use the Atkins recipe to make Herb-Butter Blend for the fish and Italian Dressing for the salad. 2. Season filet with salt and freshly ground black pepper. Place filet on a piece of aluminum foil and top with Herb-Butter Blend. Bring all edges up to the top and seal forming a packet. Bake at 350°F for 10 minutes or until cooked through. 3. Steam broccoli (or alternatively place into packet with the fish and cook together) until tender. 4. Combine salad ingredients and toss with dressing. Serve immediately with fish and broccoli.	Ingredients 1/2 Cup chopped red bell pepper 1 Serving Greek Vinaigrette Directions 1. Use the Atkins recipe to make Greek Vinaigrette. 2. Chop the red bell pepper and drizzle with dressing.
Total Net 5.4g	7.9g	3.8g



Chef Salad of Chicken, Bacon, Tomato, Avocado and Dressing	Celery and Pepper Jack Cheese	Zucchini and Ranch Dressing
Servings: 1 • Nutritional Information Per Serving: Fiber 6.5g • Protein 53g • Fat 47g • Calories 685.5	Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 6g • Fat 9g • Calories 119	Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 1.5g • Fat 22.5g • Calories 221.5
Ingredients 1 Piece bacon (1 slice) 6 Ounces chicken breast 1 Cup mixed greens	Ingredients 1 medium celery stalk 1 Ounce pepper jack cheese	Ingredients 1/2 medium zucchini 1 Serving Ranch Dressing
1/2 medium tomato, chopped 1/2 Hass avocado, sliced 1/4 cup diced Monterey Jack cheese 1 Serving Blue Cheese Dressing	Directions 1. Cut celery into sticks and serve with cheese.	Directions 1. Use the Atkins recipe to make Ranch Dressing. 2. Cut zucchini into sticks and dip into dressing.
 Directions Use the Atkins recipe for Blue Cheese Dressing on this salad. Cook bacon and drain off excess fat. Crumble when cool and set aside. Poach chicken in 1 inch of water in a skillet over medium heat until it is no longer pink in the center and juices are clear; about 8 minutes. Cool and chop into bite sized pieces or strips. Season with salt and pepper. Assemble all ingredients and toss with dressing. Top with crumbled bacon. 		
Total Net 5.7g	2g	3.1g



Chicken Breast with Broccoli	Beef Sautéed with Green Bell Pepper	Green Bell Pepper
and Mixed Green Salad	and Onions Topped with Cheese	with Ranch Dressing
Servings: 1 • Nutritional Information Per Serving:	Servings: 1 • Nutritional Information Per Serving:	Servings: 1 • Nutritional Information Per Serving:
Fiber 9.5g • Protein 43g • Fat 32.5g • Calories 512.5	Fiber 2g • Protein 43.5g • Fat 47g • Calories 632.5	Fiber 1.5g • Protein 1g • Fat 22g • Calories 223
Ingredients 6 Ounces chicken breast 2 Cups fresh broccoli florets 1 Serving Hollandaise Sauce 2 Cups mixed greens 1 Serving Creamy Italian Dressing Directions 1. Use the Atkins recipe to make Hollandaise Sauce for the broccoli and Creamy Italian Dressing for the salad. 2. Prepare chicken breast by seasoning with salt and freshly ground black pepper then grill, pan fry, poach or bake until no longer pink in the center and juices run clear. 3. Steam broccoli until tender. Make Hollandaise sauce while broccoli and chicken are cooking. Serve with the broccoli. 4. Toss the greens with the dressing and serve with the chicken and broccoli.	Ingredients 5 Ounces ground beef 1 Tablespoon extra virgin olive oil 2/3 Cup sliced green bell pepper 1/2 Cup sliced yellow onion 1/2 Cup shredded Cheddar Directions 1. Sauté ground beef in a skillet over medium-high heat with small amount of cooking oil for 1-2 minutes. Add in green bell pepper and onions. 2. Sauté until beef is browned and the peppers and onions are soft. Add salt and pepper to taste. 3. Drain off any excess fat and put onto a serving plate. Sprinkle cheese on top and allow to melt. Serve immediately.	Ingredients 1 Cup sliced green bell pepper 1 Serving Ranch Dressing Directions 1. Use the Atkins recipe to make Ranch Dressing. 2. Slice green bell pepper and serve with dressing for dipping.
Total Net Carbs 6.3g	6.9g	3.6g



Tomato, Avocado, Spinach and Monterey Jack Stacks	Caprese Salad	Pork Chop with Broccoli and Mixed Greens with Avocado
Servings: 1 • Nutritional Information Per Serving: Fiber 7g • Protein 10g • Fat 34g • Calories 375	Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 10g • Fat 27.5g • Calories 294	Servings: 1 • Nutritional Information Per Serving: Fiber 10g • Protein 44.5g • Fat 33.5g • Calories 531.5
Ingredients 2 Cups chopped spinach 1 Tablespoon olive oil 1 small tomato 1/2 Hass avocado, sliced 1 Ounce Monterey Jack cheese Directions 1. Wilt spinach in a sauté pan with 1 Tbsp oil; about 5 minutes. 2. Layer tomato, avocado and spinach equally on 2 halves of the tomato in the sauté pan. Cut top and bottom of tomato so that it will not rock. 3. Place cheese sliced or shredded on top, cover with a lid (a little water may be added to the pan and put back onto the heat) to melt the cheese. Serve immediately seasoned with salt and freshly ground black pepper or a sprinkle of paprika.	Ingredients 5 cherry tomatoes 2 Ounces fresh mozzarella cheese 1 Tablespoon extra virgin olive oil 1 Tablespoon fresh basil, julienned Directions 1. Slice tomatoes and mozzarella. 2. Drizzle with olive oil. 3. Julienne the fresh basil leaves and sprinkle on top. Serve immediately.	Ingredients 6 Ounces pork chop 2 Cups fresh broccoli florets 1 Cup mixed greens 1/2 Hass avocado, sliced 1 Serving Blue Cheese Dressing Directions 1. Use the Atkins recipe to make Blue Cheese Dressing for the salad. 2. Preheat a grill. Season pork chop with salt and freshly ground black pepper. Cook for 5 minutes then flip over and cook on the other side until cooked through. 3. While pork chop is cooking, steam broccoli in a steamer basket over a pot of boiling water until it is crisp-tender; about 4 minutes. 4. Combine the greens with the avocado and dressing. Serve immediately with the pork chop and steamed broccoli.
Total Net Carbs 5.6g	2.3g	6.5g



Canned	Tuna wi	th Sna	o Peas,
Red Bel	l Pepper	and T	omato

Servings: 1 • Nutritional Information Per Serving: Fiber 3q • Protein 32q • Fat 23.5q • Calories 386

Ingredients

- 4 Ounces canned tuna in water, drained
- 2 Tablespoons mayonnaise
- 1/2 Cup chopped snap peas (with pod)
- 1/4 Cup chopped red bell pepper
- 1 medium tomato, chopped

Directions

- 1. Drain tuna.
- 2. Combine tuna with the mayonnaise until thoroughly blended. Add the snap peas, red pepper and tomato. Alternatively hollow out the tomato instead of chopping and stuff it with the tuna, mayonnaise, snap pea and red pepper combination.

Blue Cheese Burger with Avocado, Tomato and Grilled Zucchini

Servings: 1 • Nutritional Information Per Serving: Fiber 6.5q • Protein 40q • Fat 44.5q • Calories 600

Ingredients

- 6 Ounces ground beef
- 1 Tablespoon crumbled blue cheese
- 1 medium zucchini, cut into rounds or sticks
- 1 Tablespoon olive oil
- 1/2 Hass avocado
- 1 Piece 1/2-inch tomato slice

Directions

- 1. Preheat a grill.
- Combine the ground beef and blue cheese till thoroughly mixed (or form hamburger patty around the blue cheese to encase it in the center). Season with salt and freshly ground black pepper.
- Lightly coat the zucchini with olive oil and season with salt and freshly ground black pepper. Grill the burger and zucchini over medium-high heat until the burger is cooked through and the zucchini is tender.
- Top burger with sliced avocado and tomato. Serve with the grilled zucchini.

Red Bell Pepper Filled with Creamy Eggs and Spinach with a Muffin

Servings: 1 • Nutritional Information Per Serving: Fiber 13q • Protein 33q • Fat 49q • Calories 642

Ingredients

- 1/2 medium red bell pepper
- 1 Tablespoon olive oil
- 2 Cups fresh baby spinach
- 2 eggs
- 1 Ounce shredded Monterey Jack cheese
- 1 Serving Muffin in a Minute

Directions

- 1. Use the Atkins recipe to make Muffin in a Minute to serve with the eggs.
- Cut bell pepper in half. Slice small even slices off the bottom tips so it will stand up right. Place bottom half in a pan with a small amount of water and steam over medium heat until the pepper is tender. Set aside on a serving plate.
- 3. Prepare ingredients for the Muffin in a Minute and set aside
- 4. Sauté the spinach in the oil until wilted; add eggs and cheese. Cook until eggs are set but have a creamy texture (do not over cook) and season with salt and freshly ground black pepper.
- Immediately spoon the egg mixture into the pepper. Put the muffin into the microwave and cook for 1 minute. Serve immediately.



PHASE I MADE EAST > W	reek i kecipes	
Cucumber with Greek Vinaigrette		
Servings: 1 • Nutritional Information Per Serving: Fiber 0.5g • Protein 0.5g • Fat 21g • Calories 195.5		
Ingredients 3/4 Cup sliced cucumber 1 Serving Greek Vinaigrette		
Directions 1. Use the Atkins recipe to make Greek Vinaigrette. 2. Slice the cucumbers or cut into sticks. Enjoy with the dressing.		
Total Net Carbs 3.3g		



	Trook Z Rocipos	
Cherry Tomatoes with Muenster Cheese	Avocado and Ranch Dressing	Cherry Tomatoes with Gouda Cheese
Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 14g • Fat 17g • Calories 224	Servings: 1 • Nutritional Information Per Serving: Fiber 4g • Protein 1.5g • Fat 32.5g • Calories 318	Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 8g • Fat 8g • Calories 116
Ingredients 5 cherry tomatoes 2 Ounces Muenster cheese	Ingredients 1/2 Hass avocado 1 Serving Ranch Dressing	Ingredients 5 cherry tomatoes 1 Ounce Gouda cheese
Directions 1. Enjoy the cherry tomatoes with the cheese.	Directions 1. Use the Atkins recipe for Ranch Dressing. 2. Slice avocado and drizzle with dressing.	Directions 1. Arrange cherry tomatoes and Gouda cheese on a plate.
Total Net 2 9 a	2.2-	2.0~
Net 2.9g	2.2g	2.9g



Grilled Chicken over Arugula with Tomatoes and Avocado	Cheese and Spinach Omelet Topped with Avocado and Salsa	Zucchini and Cheddar Cheese
with Tomatoes and Avocado Servings: 1 • Nutritional Information Per Serving: Fiber 6g • Protein 43.5g • Fat 36.5g • Calories 542.5 Ingredients 6 Ounces boneless chicken breast 2 Cups arugula, stemmed and torn into bite-size pieces 3 cherry tomatoes, halved 1/2 Hass avocado, sliced 1 Ounce crumbled feta cheese 1 Serving Sweet Mustard Dressing Directions 1. Use the Atkins recipe to make Sweet Mustard Dressing. 2. Season chicken with salt and freshly ground black pepper. 3. Grill over medium-high heat until no longer pink in the center and nicely browned. 3. Place arugula, tomatoes and avocado slices in a small bowl. Toss gently with dressing and season with salt and freshly ground black pepper. 4. Top with grilled chicken. Serve immediately.	Servings: 1 • Nutritional Information Per Serving: Fiber 7.5g • Protein 22g • Fat 47.5g • Calories 558 Ingredients 1 Tablespoon olive oil 2 Cups fresh baby spinach 2 large eggs, lightly beaten 1 Ounce shredded Monterey Jack cheese 1/2 Hass avocado, sliced or chopped 1 Serving Salsa Cruda Directions 1. Use the Atkins recipe to make Salsa Cruda or use 2 tablespoons of no-sugar-added salsa. 2. Sauté spinach in a nonstick skillet with 1/2 tablespoon oil over medium high heat until wilted. Remove and set aside. 3. Lightly beat the eggs with salt and freshly ground black pepper. 4. Add 1/2 tablespoon oil to the same skillet used for the spinach then add the eggs. Cook for 3 minutes, flip over, and continue to cook on the other side for 2 minutes.	
	5. Add the cheese and sautéed spinach to half of the omelet. Flip other half over top. Cook an additional 1-2 minutes to melt cheese. Top with avocado and salsa.	
Total Net Carbs	8g	3.2g



I I IAOL I MADE LAST Y	of I MADE LAST V vveek 2 kecipes		
Celery Sticks with Monterey Jack Cheese	Pork Chop with Cheddar-Cauliflower Mash and Salad	Chopped Tomato with Ranch Dressing	
Servings: 1 • Nutritional Information Per Serving: Fiber 1g • Protein 14g • Fat 17g • Calories 219	Servings: 1 • Nutritional Information Per Serving: Fiber 6.5g • Protein 47.5g • Fat 29g • Calories 503.5	Servings: 1 • Nutritional Information Per Serving: Fiber 2.5g • Protein 2g • Fat 22.5g • Calories 237.5	
Ingredients 1 medium celery stalk 2 Ounces Monterey Jack cheese Directions 1. Cut celery into sticks and enjoy with the cheese.	Ingredients 6 Ounces pork chop with bone 1 1/3 Cups fresh cauliflower florets 1/4 Cup shredded Cheddar 2 Cups hearts of Romaine 1 Serving Creamy Italian Dressing Directions 1. Use the Atkins recipe to make Creamy Italian Dressing for the salad. 2. Generously salt and pepper the pork chop, then bake in a preheated oven set to 350°F for 10-15 minutes or until browned and no longer pink in the center. 3. Steam cauliflower over medium heat in a steamer basket for 5 minutes or until tender. Place in bowl and mash with a fork. Blend in cheese and allow to melt. Stir once melted until combined. 4. Combine Romaine lettuce with dressing and serve immediately with the pork chop and Cheddar-Cauliflower Mash.	Ingredients 1 large tomato, diced 1 Serving Ranch Dressing Directions 1. Use the Atkins recipe to make Ranch Dressing. 2. Chop tomato and drizzle with dressing. Alternatively, cut tomato into wedges and dip into dressing.	
Total Net 1.4g	6.8g	5.8g	



Steak with Asparagus and Salad	Eggs with Avocado and Salsa	Tuna-Celery Salad in Avocado Halves
Servings: 1 • Nutritional Information Per Serving: Fiber 8.7g • Protein 42.9g • Fat 37.4g • Calories 558	Servings: 1 • Nutritional Information Per Serving: Fiber 5g • Protein 14g • Fat 19.5g • Calories 264	Servings: 1 • Nutritional Information Per Serving: Fiber 11.5g • Protein 39g • Fat 44g • Calories 606.5
Ingredients 6 Ounces top sirloin steak 7 asparagus spears 1 1/2 Tablespoons olive oil 2 Cups mixed greens 1/2 Cup chopped red bell pepper	Ingredients 2 large eggs 1/2 Hass avocado, sliced 1 Ounce salsa	Ingredients 5 Ounces tuna canned in water, drained 2 celery stalks, diced 2 Tablespoons mayonnaise 1 Hass avocado
 Directions Use the Atkins recipe to make Creamy Italian Dressing for the salad. Preheat a grill. Season steak with salt and freshly ground black pepper. Coat asparagus with olive oil and season with salt and freshly ground black pepper. Begin grilling steak. Cook for about 5 minutes on each side or until desired temperature. Grill the asparagus for 2 minutes on one side, flip, then an additional 2 minutes or until tender. Combine the greens and red bell pepper then toss with dressing. Serve immediately with the steak and asparagus. 	 You can scramble or poach the eggs instead of frying, if preferred. Additionally, use no-sugar-added salsa or the Atkins recipe: Salsa Cruda. Fry eggs in 1 teaspoon of virgin olive oil in a small skillet over medium high heat until desired doneness. Flip, if desired. Season with salt and freshly ground black pepper. Spread the avocado slices on a plate, top with eggs and then salsa. 	Directions 1. Drain tuna and place in a bowl. 2. Add chopped celery and mayonnaise. Thoroughly combine and season to taste with salt and freshly ground black pepper. 3. Cut avocado in half lengthwise, carefully remove the peel and seed. Using an ice cream scoop divide tuna salad into the wells of the avocado and serve immediately.
Total Net Carbs 7.2g	4.8g	4.5g



1117 (02 1 7717 (22 27 (01 7 7	TOOK 2 ROUPED	
Deli Ham on Romaine, Tomato and Avocado Salad	Grilled Chicken and Yellow Squash over Salad Greens	
Servings: 1 • Nutritional Information Per Serving: Fiber 10g • Protein 25g • Fat 30.5g • Calories 427	Servings: 1 • Nutritional Information Per Serving: Fiber 2g • Protein 38g • Fat 36g • Calories 492.5	
Ingredients 3 Cups shredded Romaine lettuce 1 large tomato, diced 1/2 Hass avocado, sliced or chopped 1 Serving Sweet Mustard Dressing 4 Ounces ham, diced	Ingredients 6 Ounces chicken breast 1/3 medium yellow squash, sliced into rounds 1 Cup mixed greens 1 1/2 Servings Italian Dressing (3 Tbsp)	
 Directions Use the Atkins recipe to make Sweet Mustard Dressing. Combine the Romaine, tomato and avocado with the dressing. Arrange ham on top and enjoy. 	 Use the Atkins recipe to make Italian Dressing to marinate the chicken and dress the salad. Heat grill to medium, or heat broiler. Meanwhile, spoon 1 tablespoon salad dressing over chicken breast, and coat thoroughly. Sprinkle with salt and pepper. Allow to stand until grill is ready. In a medium bowl, toss squash slices with 1 tablespoon salad dressing until coated on all sides. Sprinkle with salt and pepper. Arrange chicken breast and squash slices in a single layer on grill. Cook squash just until partially softened, 2 to 3 minutes per side. Transfer to a plate. Remove chicken from grill when it is no longer pink in the center and its juices run clear. Toss the greens with the remaining 1 tablespoon of the salad dressing. Serve the grilled chicken and squash over the mixed greens. 	
Total Net 8.4g	3.9g	