



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Cheddar Omelet with Sautéed Onions and Shiitake Mushrooms & ½ cup red grapes <b>Net Carbs: 20.2g</b> <b>FV 5.7g</b>	3 <b>Atkins Cuisine Pancakes</b> ½ cup sliced mango <b>Net Carbs: 21.4g</b> <b>FV 0g</b>	<b>Atkins Frozen Egg with Sausage and Cheese Burrito</b> 5 large strawberries <b>Net Carbs: 16.1g</b> <b>FV 1.5g</b>	Almond-Pineapple Smoothie ½ cup cooked oatmeal <b>Net Carbs: 28.9g</b> <b>FV 0g</b>	Feta and Red Bell Pepper Omelet <b>Net Carbs: 7.5g</b> <b>FV 2.5g</b>	Breakfast Berry Parfait ¼ cup blueberries <b>Net Carbs: 17.1g</b> <b>FV 0g</b>	Almond, Cottage Cheese, Pumpkin and Spice Pancakes ½ small banana <b>Net Carbs: 17.3g</b> <b>FV 1g</b>
<b>Snack</b>	1 oz cheddar 5 whole wheat crackers 4 oz vegetable juice cocktail <b>Net Carbs: 18.2g</b> <b>FV 4.3g</b>	4 oz Greek yogurt ½ cup blueberries <b>Net Carbs: 12.5g</b> <b>FV 0g</b>	<b>Atkins Dark Chocolate Royale Shake</b> <b>Net Carbs: 2g</b> <b>FV 0g</b>	<b>Atkins Cafe Caramel Shake</b> <b>Net Carbs: 2g</b> <b>FV 0g</b>	<b>Atkins Cookies &amp; Cream Shake</b> 1 small banana <b>Net Carbs: 20.4g</b> <b>FV 0g</b>	½ medium cucumber 4 Tbsp black bean dip <b>Net Carbs: 17g</b> <b>FV 3g</b>	<b>Atkins French Vanilla Shake</b> 5 large strawberries <b>Net Carbs: 6.1g</b> <b>FV 0g</b>
<b>Lunch</b>	<b>Atkins Frozen Chicken with Cheese Burrito</b> , Mixed Greens with Cucumber, Avocado and Shredded Carrot with 2 Tbsp Carrot-Ginger Dressing <b>Net Carbs: 20.6g</b> <b>FV 8g</b>	Grilled Burger with Avocado and Tomato, 2 Tbsp Barbecue Sauce, whole wheat bun, Classic Coleslaw <b>Net Carbs: 29.7g</b> <b>FV 6.4g</b>	<b>Atkins Frozen Mac and Cheese</b> , Mixed Greens with Avocado, Tomato and Red Bell Peppers, 2 Tbsp Creamy Italian Dressing <b>Net Carbs: 22.6g</b> <b>FV 8.3g</b>	3.2 oz Italian Sausage link, ¾ cup prepared brown rice pasta, 3 Tbsp Romesco Sauce Simple Tomato Salad <b>Net Carbs: 36.6g</b> <b>FV 5.1g</b>	<b>Atkins Frozen Meat Lasagna</b> Strawberry Rhubarb Pie <b>Net Carbs: 23.1g</b> <b>FV 1g</b>	Chicken Salad Sandwich with Grapes and Walnuts <b>Net Carbs: 13g</b> <b>FV 1.8g</b>	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> ¼ cup brown rice <b>Net Carbs: 15.3g</b> <b>FV 2g</b>
<b>Snack</b>	<b>Atkins Harvest Trail Blueberry Vanilla &amp; Almond Bar</b> <b>Net Carbs: 7g</b> <b>FV 0g</b>	<b>Atkins Chocolate Chip Crisp Bar &amp; Atkins Mocha Latte Shake</b> <b>Net Carbs: 7g</b> <b>FV 0g</b>	2 Tbsp black bean dip 10 corn tortilla chips <b>Net Carbs: 25g</b> <b>FV 0g</b>	½ cup cottage cheese 1 wedge cantaloupe <b>Net Carbs: 10.5g</b> <b>FV 0g</b>	1 large tomato 4 Tbsp hummus <b>Net Carbs: 8g</b> <b>FV 5g</b>	<b>Atkins Harvest Trail Dark Chocolate Cherry and Nuts Bar</b> 1 small apple <b>Net Carbs: 23g</b> <b>FV 0g</b>	½ whole wheat bagel 1 Tbsp cream cheese <b>Net Carbs: 22.1g</b> <b>FV 0g</b>
<b>Dinner</b>	6 oz shrimp 1 Tbsp Teriyaki Glaze 1 cup steamed broccoli ½ cup wild rice ½ cup green peas <b>Net Carbs: 31.3g</b> <b>FV 6g</b>	6 oz chicken breast 2 Tbsp Barbecue Rub ¼ whole baked acorn squash, Mixed Greens with Celery, Cherry Tomatoes and Chick Peas , 2 Tbsp Roasted Garlic-Basil Dressing <b>Net Carbs: 27.3g</b> <b>FV 6.8g</b>	5 oz flank steak 2 Tbsp Cajun Rub 1 medium sweet potato Spinach Salad with Tomatoes, Red Pepper and Marinated Artichoke Hearts, 2 Tbsp Green Goddess Dressing <b>Net Carbs: 33.4g</b> <b>FV 9.2g</b>	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b> 1/4 cup corn kernels Arugula, Cucumber and Carrot Salad 2 Tbsp Sweet Mustard Dressing <b>Net Carbs: 21.8g</b> <b>FV 8.2g</b>	Quick Barbecued Pork whole wheat bun ¼ whole acorn squash Classic Coleslaw Coconut Pie <b>Net Carbs: 38.7g</b> <b>FV 19g</b>	<b>Atkins Frozen Stone Fired Three Meat Pizza</b> Mixed Greens with Celery, Cherry Tomatoes and Chick Peas, 2 Tbsp Garlic Ranch Dressing <b>Net Carbs: 25.3g</b> <b>FV 8.8g</b>	Steak Fajitas with Peppers, Onions, Black Beans and Salsa, one 6-inch corn tortilla <b>Net Carbs: 38.1g</b> <b>FV 9.8g</b>
	<b>Total Net Carbs: 97.3g</b> <b>Total FV 24g</b>	<b>Total Net Carbs: 97.9g</b> <b>Total FV: 13.2g</b>	<b>Total Net Carbs: 99.1g</b> <b>Total FV 19g</b>	<b>Total Net Carbs: 99.8g</b> <b>Total FV 13.3g</b>	<b>Total Net Carbs: 97.7g</b> <b>Total FV 27.5g</b>	<b>Total Net Carbs: 95.4g</b> <b>Total FV 13.6g</b>	<b>Total Net Carbs: 98.9g</b> <b>Total FV 12.8g</b>

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	Cheese and Spinach Omelet Topped with Avocado and Salsa Mixed Fruit Salad  <b>Net Carbs: 23g</b> <b>FV 4.2g</b>	Breakfast Berry Parfait  <b>Net Carbs: 12.7g</b> <b>FV 0g</b>	Cheddar Omelet with Swiss Chard and Onions 4 oz vegetable juice cocktail 1 wedge cantaloupe  <b>Net Carbs: 18.7g</b> <b>FV 9g</b>	<b>Atkins Frozen Egg with Sausage and Cheese Burrito</b> , 2/3 cup sliced strawberries  <b>Net Carbs: 17.2g</b> <b>FV 1.5g</b>	Vegan Almond-Pineapple Smoothie ½ whole wheat bagel  <b>Net Carbs: 32.7g</b> <b>FV 0g</b>	<b>2 Atkins Cuisine Waffles</b> 1 wedge honeydew melon  <b>Net Carbs: 22.2g</b> <b>FV 0g</b>	Italian Frittata ½ cup raspberries ½ cup cooked oatmeal  <b>Net Carbs: 23.4g</b> <b>FV 3g</b>
Snack	1 medium carrot 4 Tbsp hummus 10 corn tortilla chips  <b>Net Carbs: 27.1g</b> <b>FV 4.1g</b>	1 whole wheat bagel 2 Tbsp cream cheese  <b>Net Carbs: 44.2g</b> <b>FV 0g</b>	<b>Atkins Milk Chocolate Delight Shake</b> 1 small banana  <b>Net Carbs: 22.4g</b> <b>FV 0g</b>	4 oz vegetable juice cocktail 1 oz Cheddar cheese 5 whole wheat crackers  <b>Net Carbs: 18.2g</b> <b>FV 4.3g</b>	<b>Atkins Chocolate Chip Crisp Bar</b>  <b>Net Carbs: 4g</b> <b>FV 0g</b>	5 whole wheat crackers 1 oz Gouda  <b>Net Carbs: 14.3g</b> <b>FV 0g</b>	<b>Atkins Cookies and Crème Shake</b>  <b>Net Carbs: 2g</b> <b>FV 0g</b>
Lunch	Pasta Salad with Tuna, Capers, and Lemon  <b>Net Carbs: 20.1g</b> <b>FV 1.4g</b>	Hearts of Lettuce with Shrimp and Green Goddess Dressing  <b>Net Carbs: 9g</b> <b>FV 7g</b>	<b>Atkins Frozen Chicken with Cheese and Bean Burrito</b>  <b>Net Carbs: 12g</b> <b>FV 1g</b>	Asian Beef Salad with Edamame  <b>Net Carbs: 10g</b> <b>FV 5g</b>	<b>Atkins Frozen Mac and Cheese</b> ¾ cup steam broccoli  <b>Net Carbs: 18.5g</b> <b>FV 4.5g</b>	<b>Atkins Frozen Crustless Chicken Pot Pie</b> 2 cups mixed greens ½ Hass avocado ¼ cup chick peas 2 Tbsp Ranch Dressing  <b>Net Carbs: 20.8g</b> <b>FV 6.3g</b>	Beef Burger with Feta and Tomato, whole wheat bun Mixed Greens with Celery, Cherry Tomatoes and Chick Peas 2 Tbsp Garlic Ranch Dressing  <b>Net Carbs: 34.4g</b> <b>FV 7.6g</b>
Snack	<b>Atkins Harvest Trail Coconut Almond Bar</b>  <b>Net Carbs: 6g</b> <b>FV 0g</b>	<b>Atkins Strawberry Shake</b>  <b>Net Carbs: 1g</b> <b>FV 0g</b>	1 medium carrot 4 tbsp spicy black bean dip with 1 oz melted Cheddar cheese  <b>Net Carbs: 18.5g</b> <b>FV 4.1g</b>	<b>Atkins Harvest Trail Dark Chocolate Cherry and Nuts Bar</b>  <b>Net Carbs: 6g</b> <b>FV 0g</b>	4 Tbsp hummus 2 Tbsp Salsa Cruda 10 corn tortilla chips  <b>Net Carbs: 23.8g</b> <b>FV 0.9g</b>	2 Tbsp peanut butter 1 small apple  <b>Net Carbs: 21g</b> <b>FV 0g</b>	4 oz Greek yogurt ½ cup sliced mango  <b>Net Carbs: 16g</b> <b>FV 0g</b>
Dinner	<b>Atkins Frozen Stone Fired Pepperoni Pizza</b> Spinach Salad with Tomatoes, Red Pepper and Marinated Artichoke Hearts, 2 Tbsp Parmesan Peppercorn Dressing  <b>Net Carbs: 21g</b> <b>FV 10.2g</b>	<b>Atkins Frozen Orange Chicken</b> , 1 small baked potato, Spring Salad  <b>Net Carbs: 35.2g</b> <b>FV 5.2g</b>	Italian Pasta and Bean Soup Baby Spinach, Pickled Beets and Tomato Salad 2 Tbsp Fresh Raspberry Vinaigrette  <b>Net Carbs: 25.4g</b> <b>FV 12.2</b>	Baked Salmon with Bok Choy and Mixed Greens ¾ cup brown rice  <b>Net Carbs: 46.1g</b> <b>FV 8g</b>	5 oz steak ¼ whole acorn squash Mixed Greens with Okra, Roasted Red Pepper and Snow Peas 2 Tbsp Parmesan Peppercorn Dressing  <b>Net Carbs: 20.9g</b> <b>FV 14.5g</b>	6 oz Tilapia filet Baked Potato with Sour Cream Fennel and Jicama Salad 2 Tbsp Green Goddess Dressing  <b>Net Carbs: 21.3g</b> <b>FV 7g</b>	<b>Atkins Frozen Meat Lasagna</b> 1 whole artichoke, steamed  <b>Net Carbs: 21.2g</b> <b>FV 11.2g</b>
	<b>Total Net Carbs: 97.2g</b> <b>Total FV 19.9g</b>	<b>Total Net Carbs: 102.1g</b> <b>Total FV 12.2g</b>	<b>Total Net Carbs: 97g</b> <b>Total FV 26.3g</b>	<b>Total Net Carbs: 97.5g</b> <b>Total FV 18.8g</b>	<b>Total Net Carbs: 99.9g</b> <b>Total FV 19.9g</b>	<b>Total Net Carbs: 99.6g</b> <b>Total FV 13.3g</b>	<b>Total Net Carbs: 97g</b> <b>Total FV 21.8g</b>

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