



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

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

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