



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<i>Cheddar Omelet with Sautéed Onions and Shiitake Mushrooms</i> 2/3 cup red grapes	<i>2 Double Chocolate Protein Pancakes</i> 1 small banana	<b>Atkins Farmhouse-Style Sausage Scramble</b> 5 large strawberries	<i>Almond-Pineapple Smoothie</i> ½ cup cooked oatmeal	<i>Feta and Red Bell Pepper Omelet</i>	<i>Breakfast Berry Parfait</i> ¼ cup blueberries	Almond-Pumpkin Pancakes ½ small banana
	<b>Net Carbs: 24.5g</b> <b>FV 5.7g</b>	<b>Net Carbs: 27.4g</b> <b>FV 0g</b>	<b>Net Carbs: 10.1g</b> <b>FV 2.1g</b>	<b>Net Carbs: 28.9g</b> <b>FV 0g</b>	<b>Net Carbs: 6.1g</b> <b>FV 2.5g</b>	<b>Net Carbs: 15.5g</b> <b>FV 0g</b>	<b>Net Carbs: 14g</b> <b>FV 1g</b>
<b>Snack</b>	1 oz cheddar 5 whole wheat crackers 4 oz vegetable juice cocktail	<b>Atkins Mocha Latte Shake</b>	<b>Atkins Dark Chocolate Royale Shake</b>	<b>Atkins Cafe Caramel Shake</b>	<b>Atkins Milk Chocolate Delight Shake</b> 1 small banana	½ medium cucumber 4 Tbsp black bean dip	<b>Atkins French Vanilla Shake</b> 5 large strawberries
	<b>Net Carbs: 18.2g</b> <b>FV 4.3g</b>	<b>Net Carbs: 3g</b> <b>FV 0g</b>	<b>Net Carbs: 2g</b> <b>FV 0g</b>	<b>Net Carbs: 2g</b> <b>FV 0g</b>	<b>Net Carbs: 22.4g</b> <b>FV 0g</b>	<b>Net Carbs: 17g</b> <b>FV 3g</b>	<b>Net Carbs: 6.1g</b> <b>FV 0g</b>
<b>Lunch</b>	<b>Atkins Frozen Meat Lasagna</b> , 2 cups mixed greens, ½ cup sliced cucumber, 5 cherry tomatoes and 1/3 cup shredded carrot with 2 Tbsp <i>Creamy Italian Dressing</i>	5 oz hamburger with 2 Tbsp onions, 2 Tbsp <i>Barbecue Sauce</i> , whole wheat bun and <i>Classic Coleslaw</i>	<b>Atkins Frozen Chicken Marsala</b> with 2 cups mixed greens, ½ cup sliced red bell pepper and 2 Tbsp <i>Lemon Vinaigrette</i>	3.2 oz Italians sausage link, ¾ cup prepared brown rice pasta, 3 Tbsp <i>Romesco Sauce</i> <i>Simple Tomato Salad</i>	<b>Atkins Sesame Chicken Stir-Fry</b> <i>Strawberry Rhubarb Pie</i>	<i>Chicken Salad Sandwich with Grapes and Walnuts</i>	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> ¼ cup brown rice
	<b>Net Carbs: 19g</b> <b>FV 6.4g</b>	<b>Net Carbs: 28.7g</b> <b>FV 5.3g</b>	<b>Net Carbs: 12.4g</b> <b>FV 5.2g</b>	<b>Net Carbs: 36.7g</b> <b>FV 5.2g</b>	<b>Net Carbs: 18g</b> <b>FV 2.2g</b>	<b>Net Carbs: 13g</b> <b>FV 1.8g</b>	<b>Net Carbs: 24.6g</b> <b>FV 2g</b>
<b>Snack</b>	<b>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</b>	4 oz Greek yogurt ½ cup blueberries	4 Tbsp black bean dip 15 corn tortilla chips	½ cup cottage cheese 1 wedge cantaloupe	1 large tomato 4 Tbsp hummus	<b>Atkins Harvest Trail Dark Chocolate Peanut Butter Bar</b> 1 small apple	½ whole wheat bagel 1 Tbsp cream cheese
	<b>Net Carbs: 4g</b> <b>FV 0g</b>	<b>Net Carbs: 9.5g</b> <b>FV 0g</b>	<b>Net Carbs: 41g</b> <b>FV 0g</b>	<b>Net Carbs: 10.5g</b> <b>FV 0g</b>	<b>Net Carbs: 8g</b> <b>FV 5g</b>	<b>Net Carbs: 21g</b> <b>FV 0g</b>	<b>Net Carbs: 22.1g</b> <b>FV 0g</b>
<b>Dinner</b>	6 oz shrimp 1 Tbsp <i>Teriyaki Glaze</i> 1 cup steamed broccoli ½ cup snow peas ½ cup chopped red bell pepper ½ cup wild rice	6 oz chicken breast 2 Tbsp <i>Barbecue Rub</i> ¼ whole baked acorn squash, 2 cups mixed greens, 5 cherry tomatoes, ¼ cup chick peas and 2 Tbsp <i>Roasted Garlic-Basil Dressing</i>	6 oz flank steak 2 Tbsp <i>Cajun Rub</i> 1 medium sweet potato <i>Baby Spinach</i> , <i>Pickled Beets and Tomato Salad</i> with 2 Tbsp <i>Green Goddess Dressing</i>	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b> 1/4 cup corn kernels 2 cups arugula, ½ cup sliced cucumber, 1/3 cup shredded carrot and 2 Tbsp <i>Sweet Mustard Dressing</i>	<i>Quick Barbecued Pork</i> whole wheat bun ¼ whole acorn squash <i>Classic Coleslaw</i>	<b>Atkins Frozen Stone Fired Three Meat Pizza</b> 2 cups mixed greens, 1 diced celery stalk, 5 cherry tomatoes 1/3 cup chick peas and 2 Tbsp <i>Garlic Ranch Dressing</i>	<i>Fajita Steak and Fresh Guacamole</i> , ¼ cup black beans and one 6-inch corn tortilla
	<b>Net Carbs: 32.5g</b> <b>FV 13.2g</b>	<b>Net Carbs: 26.7g</b> <b>FV 13.2g</b>	<b>Net Carbs: 32.6g</b> <b>FV 8.4g</b>	<b>Net Carbs: 20.5g</b> <b>FV 6.9g</b>	<b>Net Carbs: 39.5g</b> <b>FV 19g</b>	<b>Net Carbs: 28.6g</b> <b>FV 6.6g</b>	<b>Net Carbs: 29.7g</b> <b>FV 9g</b>
	<b>Total Net Carbs: 98.2g</b> <b>Total FV 29.6g</b>	<b>Total Net Carbs: 95.3g</b> <b>Total FV: 15.8g</b>	<b>Total Net Carbs: 98.1g</b> <b>Total FV 15.7g</b>	<b>Total Net Carbs: 98.6g</b> <b>Total FV 12.1g</b>	<b>Total Net Carbs: 94g</b> <b>Total 19.1g</b>	<b>Total Net Carbs: 95.1g</b> <b>Total FV 11.4g</b>	<b>Total Net Carbs: 96.5g</b> <b>Total FV 12g</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
<b>Breakfast</b>	<p><i>Cheddar Omelet with Swiss Chard and Onions</i> <i>Mixed Fruit Salad</i></p> <p><b>Net Carbs: 21.2g</b> <b>FV 4.2g</b></p>	<p><i>Crunchy Tropical Berry and Almond Breakfast Parfait</i></p> <p><b>Net Carbs: 10.8g</b> <b>FV 0g</b></p>	<p><i>Cheddar Omelet with Sautéed Onions and Shiitake Mushrooms</i> 4 oz vegetable juice cocktail 1 wedge cantaloupe</p> <p><b>Net Carbs: 19.5g</b> <b>FV 10g</b></p>	<p><i>Cinnamon Crumb Coffee Cake</i> 2/3 cup sliced strawberries <b>Atkins Cafe Caramel Shake</b></p> <p><b>Net Carbs: 19.2g</b> <b>FV 0g</b></p>	<p><i>Vegan Almond-Pineapple Smoothie</i> ½ whole wheat bagel</p> <p><b>Net Carbs: 30.4g</b> <b>FV 0g</b></p>	<p><b>2 Atkins Waffles</b> 1 wedge honeydew melon</p> <p><b>Net Carbs: 21.8g</b> <b>FV 0g</b></p>	<p><i>Italian Frittata</i> ½ cup raspberries ½ cup cooked oatmeal</p> <p><b>Net Carbs: 22.4g</b> <b>FV 3g</b></p>
<b>Snack</b>	<p>1 medium carrot 4 Tbsp hummus 10 corn tortilla chips</p> <p><b>Net Carbs: 27.1g</b> <b>FV 4.1g</b></p>	<p>1 whole wheat bagel 2 Tbsp cream cheese</p> <p><b>Net Carbs: 44.2g</b> <b>FV 0g</b></p>	<p><b>Atkins Milk Chocolate Delight Shake</b> 1 small banana</p> <p><b>Net Carbs: 22.4g</b> <b>FV 0g</b></p>	<p>4 oz vegetable juice cocktail 1 oz Cheddar cheese 5 whole wheat crackers</p> <p><b>Net Carbs: 18.2g</b> <b>FV 4.3g</b></p>	<p><b>Atkins Chocolate Chip Crisp Bar</b></p> <p><b>Net Carbs: 4g</b> <b>FV 0g</b></p>	<p>5 whole wheat crackers 1 oz Gouda cheese</p> <p><b>Net Carbs: 14.3g</b> <b>FV 0g</b></p>	<p><b>Atkins Cafe Caramel Shake</b></p> <p><b>Net Carbs: 2g</b> <b>FV 0g</b></p>
<b>Lunch</b>	<p><i>Pasta Salad with Tuna, Capers, and Lemon</i></p> <p><b>Net Carbs: 23.6g</b> <b>FV 1.4g</b></p>	<p><i>Hearts of Lettuce with Shrimp and Green Goddess Dressing</i></p> <p><b>Net Carbs: 9.2g</b> <b>FV 7g</b></p>	<p><b>Atkins Frozen Pork Verde</b> ¼ cup great northern beans 1 oz cheddar cheese</p> <p><b>Net Carbs: 15g</b> <b>FV 2g</b></p>	<p><i>Warm Asian Beef Salad</i></p> <p><b>Net Carbs: 15g</b> <b>FV 10g</b></p>	<p><b>Atkins Frozen Sesame Chicken Stir-Fry</b> ¾ cup steamed broccoli</p> <p><b>Net Carbs: 13.5g</b> <b>FV 6.7g</b></p>	<p><b>Atkins Frozen Crustless Chicken Pot Pie</b> 2 cups mixed greens ½ Hass avocado ¼ cup chick peas 2 Tbsp <i>Ranch Dressing</i></p> <p><b>Net Carbs: 20.8g</b> <b>FV 6.3g</b></p>	<p><i>Beef Burger with Feta and Tomato, whole wheat bun</i> 2 cups mixed greens, 1 stalk celery, 5 cherry tomatoes, 1/3 cup chick peas and 2 Tbsp <u>Garlic Ranch Dressing</u></p> <p><b>Net Carbs: 37.6g</b> <b>FV 5.4g</b></p>
<b>Snack</b>	<p><b>Atkins Dark Chocolate Almond Coconut Crunch Bar</b></p> <p><b>Net Carbs: 4g</b> <b>FV 0g</b></p>	<p><b>Atkins Strawberry Shake</b></p> <p><b>Net Carbs: 1g</b> <b>FV 0g</b></p>	<p>1 stalk celery 4 tbsp hummus</p> <p><b>Net Carbs: 6g</b> <b>FV 1g</b></p>	<p><b>Atkins Caramel Peanut Chocolate Nougat Bar</b></p> <p><b>Net Carbs: 2g</b> <b>FV 0g</b></p>	<p>2 Tbsp Salsa Cruda 15 corn tortilla chips</p> <p><b>Net Carbs: 27.9g</b> <b>FV 0.9g</b></p>	<p>2 Tbsp peanut butter 1 small apple</p> <p><b>Net Carbs: 21g</b> <b>FV 0g</b></p>	<p>4 oz Greek yogurt ½ cup sliced mango</p> <p><b>Net Carbs: 16g</b> <b>FV 0g</b></p>
<b>Dinner</b>	<p><b>Atkins Frozen Stone Fired Pepperoni Pizza</b> 1 cup green beans 2 cups baby spinach, 4 marinated artichoke hearts, ¼ cup chopped red bell pepper and 2 Tbsp <i>Parmesan Peppercorn Dressing</i></p> <p><b>Net Carbs: 18.1g</b> <b>FV 7.4g</b></p>	<p><b>Atkins Frozen Orange Chicken</b> 1 small baked potato <i>Spring Salad</i></p> <p><b>Net Carbs: 36.1g</b> <b>FV 5.2g</b></p>	<p><i>Sea Scallops and Lemon Pasta</i> <i>Baby Spinach, Pickled Beets and Tomato Salad</i> 2 Tbsp <i>Fresh Raspberry Vinaigrette</i></p> <p><b>Net Carbs: 33.7g</b> <b>FV 8.9g</b></p>	<p><i>Baked Salmon with Charmoula over Broccoli</i> ¾ cup brown rice</p> <p><b>Net Carbs: 40.9g</b> <b>FV 8g</b></p>	<p>5 oz steak ¼ whole acorn squash 2 cups mixed greens, 5 cherry tomatoes and ¼ cup cooked quinoa with 2 Tbsp <i>Parmesan Peppercorn Dressing</i></p> <p><b>Net Carbs: 23.7g</b> <b>FV 6.6g</b></p>	<p>6 oz Tilapia filet small baked potato with 2 Tbsp sour cream 1/2 medium zucchini and 1 carrot diced and sautéed with 1 Tbsp butter</p> <p><b>Net Carbs: 20.1g</b> <b>FV 6.3g</b></p>	<p><b>Atkins Frozen Italian-Style Pasta Bake</b> 1 whole steamed artichoke</p> <p><b>Net Carbs: 18.2g</b> <b>FV 12.4g</b></p>
	<p><b>Total Net Carbs: 94g</b> <b>Total FV 17.1g</b></p>	<p><b>Total Net Carbs: 101.3g</b> <b>Total FV 12.2g</b></p>	<p><b>Total Net Carbs: 100.5g</b> <b>Total FV 21.9g</b></p>	<p><b>Total Net Carbs: 95.3g</b> <b>Total FV 22.3g</b></p>	<p><b>Total Net Carbs: 99.5g</b> <b>Total FV 14.2g</b></p>	<p><b>Total Net Carbs: 98g</b> <b>Total FV 12.6g</b></p>	<p><b>Total Net Carbs: 96.2g</b> <b>Total FV 20.8g</b></p>

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