<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>2 small tomatoes</td>
<td>½ cup cooked oatmeal</td>
<td>¼ cup chopped red bell pepper</td>
<td>5 oz ground beef</td>
<td>2 eggs</td>
<td>4 oz turkey sausage</td>
<td>2 cups baby spinach</td>
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<tr>
<td>1 Tbsp olive oil</td>
<td>2 large strawberries</td>
<td>2 eggs</td>
<td>1 Tbsp olive oil</td>
<td>2 pieces bacon</td>
<td>1 Tbsp olive oil</td>
<td>1 Tbsp olive oil</td>
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<tr>
<td>2 eggs</td>
<td>2 pieces bacon</td>
<td>½ Hass avocado</td>
<td>1 medium tomato</td>
<td>1 medium tomato</td>
<td>2 eggs</td>
<td>2 eggs</td>
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<tr>
<td>2oz turkey sausage</td>
<td>1 oz pepper jack cheese</td>
<td>1 oz Cheddar</td>
<td>2 Tbsp grated Parmesan</td>
<td>½ small apple</td>
<td>½ small apple</td>
<td>½ small apple</td>
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<tr>
<td><strong>Snack</strong></td>
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<tr>
<td>½ cup fresh pineapple chunks</td>
<td>Atkins Advantage Dark Chocolate Decadence Bar</td>
<td>½ small banana</td>
<td>Atkins Day Break Creamy Chocolate Shake</td>
<td>1 oz Cheddar</td>
<td>Atkins Advantage Dark Chocolate Almond Coconut Bar</td>
<td>½ medium pear</td>
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<tr>
<td>½ cup cottage cheese</td>
<td></td>
<td>2 Tbsp peanut butter</td>
<td></td>
<td>½ small apple</td>
<td></td>
<td>1 slice Cheddar</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>6 oz fillet of salmon</td>
<td>6 oz grilled chicken</td>
<td>5 oz hamburger</td>
<td>Atkins Frozen Italian Sausage Primavera</td>
<td>6 oz turkey cutlets</td>
<td>4 oz tuna</td>
<td>5 oz ham</td>
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<tr>
<td>1/3 cup wild rice</td>
<td>1 cups mixed greens</td>
<td>1 oz Cheddar</td>
<td>½ cup steamed Brussels sprouts</td>
<td>2 cups baby spinach</td>
<td>1 stalk celery</td>
<td>2 cups mixed greens</td>
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<tr>
<td>¼ cup sliced cucumbers</td>
<td>1 small tomato</td>
<td>1 medium tomato</td>
<td>1 Tbsp butter</td>
<td>2 Tbsp mayonnaise</td>
<td>½ cup sliced green bell pepper</td>
<td>1 Tbsp Blue Cheese Dressing</td>
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<tr>
<td>¼ cup sliced mushrooms</td>
<td>½ Hass avocado</td>
<td>½ Hass avocado</td>
<td>2 Tbsp Creamy Italian Dressing</td>
<td>2 Tbsp chopped red bell pepper</td>
<td>2 Tbsp chopped red bell pepper</td>
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<tr>
<td>2 Tbsp Sherry Vinaigrette</td>
<td>5 large radishes</td>
<td>1 Flatout Original Light Wrap</td>
<td></td>
<td>2 Tbsp Cheddar</td>
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<td>2 Tbsp Blue Cheese Dressing</td>
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<tr>
<td><strong>Snack</strong></td>
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<tr>
<td>Atkins Advantage Strawberry Shake</td>
<td>Atkins Advantage Caramel Chocolate Nut Roll Bar</td>
<td>1 medium carrot</td>
<td>Atkins Advantage Milk Chocolate Delight Shake</td>
<td>Atkins Frozen Beef Merlot</td>
<td>Atkins Frozen Beef Merlot</td>
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<tr>
<td>½ cup raspberries</td>
<td>½ cup Greek yogurt</td>
<td>¼ cup hummus</td>
<td>½ medium zucchini</td>
<td>½ small corn on the cob</td>
<td>½ small corn on the cob</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td>6 oz rotisserie chicken</td>
<td>6 oz grilled chicken</td>
<td>6 oz fillet of whitefish</td>
<td>7 oz bone-in pork chop</td>
<td>Atkins Frozen Beef Merlot</td>
<td>Atkins Frozen Beef Merlot</td>
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<tr>
<td>2 cups baby spinach</td>
<td>1 cup chopped zucchini</td>
<td>¼ cup cooked quinoa</td>
<td>½ small baked potato</td>
<td>¼ cup stir-fry vegetables</td>
<td>¼ cup stir-fry vegetables</td>
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<tr>
<td>½ Hass avocado</td>
<td>2 cups mixed greens</td>
<td>1 cup green beans</td>
<td>1 Tbsp butter</td>
<td>1 Tbsp tamari sauce</td>
<td>1 Tbsp tamari sauce</td>
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<tr>
<td>2 Tbsp Sherry Vinaigrette</td>
<td>2 Tbsp Creamy Italian Dressing</td>
<td>2 Tbsp Sherry Vinaigrette</td>
<td>2 Tbsp Creamy Italian Dressing</td>
<td>1 Tbsp butter</td>
<td>1 Tbsp butter</td>
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<tr>
<td><strong>Total Net Carbs:</strong></td>
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<tr>
<td>28.7g</td>
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<td>28.7g</td>
<td>39.4g</td>
<td>43.3g</td>
<td>41.5g</td>
<td>44.5g</td>
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### Breakfast

**Monday**
- 2 eggs
- 2 cups baby spinach
- 1 oz Swiss cheese
- 1/8 cantaloupe
- 2 eggs
- 2 cups cooked oatmeal
- 1/2 cup blackberries
- 1 oz turkey sausage

Net Carbs: 12.6g FV 2.8g

**Tuesday**
- 1 medium carrot
- 1 stalk celery
- 1/4 cup hummus
- 5 oz ham
- 2 cups mixed greens
- 1 Tbsp olive oil
- 1/3 cup sliced zucchini

Net Carbs: 7.4g FV 4g

**Wednesday**
- 6 oz chicken
- 2/3 cup sliced zucchini
- 1 Tbsp olive oil
- 1 1/3 cup cauliflower florets
- 1/3 cup edamame

Net Carbs: 10.1g FV 1g

**Thursday**
- Atkins Advantage Strawberry Almond Bar
- 1/3 cup blueberries
- 1 Tbsp Salsa Cruda
- 1 slice whole grain toast
- 1/3 cup blueberries
- 1/2 cup Greek yogurt

Net Carbs: 15.4g FV 0g

**Friday**
- Atkins Advantage Dark Chocolate Royale Shake
- 1 oz pepper jack cheese
- 2 whole wheat crackers
- 1/2 cup vegetable juice

Net Carbs: 5.2g FV 3.3g

**Saturday**
- Atkins Advantage Dessert Delight Bar
- 1 1/2 stalks celery
- 1 oz Cheddar

Net Carbs: 13.5g FV 0g

**Sunday**
- Atkins Advantage Café Caramel Shake
- 1/3 small apple
- 1 1/2 stalks celery

Net Carbs: 12.8g FV 2.9g

### Snack

**Monday**
- Atkins Advantage Strawberry Shake
- 2 Tbsp cream cheese

Net Carbs: 2.8g FV 1.1g

**Tuesday**
- Atkins Advantage Strawberry Almond Delight Bar
- 1/2 cup cheddar cheese

Net Carbs: 3g FV 0g

**Wednesday**
- Atkins Advantage Caramel Chocolate Peanut Nougat Bar
- 2 Tbsp Blue Cheese Dressing

Net Carbs: 4.9g FV 3.4g

**Thursday**
- Atkins Frozen Sesame Chicken
- 2 Tbsp Ranch Dressing

Net Carbs: 8.8g FV 5.1g

**Friday**
- Atkins Frozen Turkey Tenders with Herb Pan Gravy
- 2 Tbsp sugar-free pancake syrup

Net Carbs: 6.3g FV 1.6g

**Saturday**
- Atkins Advantage Vanilla Shake
- 4 Tbsp grated Parmesan

Net Carbs: 1g FV 0g

**Sunday**
- Atkins Advantage Dark Chocolate Royale Shake
- 1 oz Cheddar

Net Carbs: 4.9g FV 1.8g

### Lunch

**Monday**
- 1/2 medium red bell pepper
- 2 cups mixed greens
- 2 Tbsp Ranch Dressing

Net Carbs: 8.8g FV 5.1g

**Tuesday**
- Atkins Frozen Sesame Chicken
- 1 1/2 cups cauliflower florets
- 1 Tbsp butter
- 2 cups mixed greens

Net Carbs: 6.4g FV 3.3g

**Wednesday**
- 6 oz chicken
- 1/2 cup snow peas
- 1/4 cup wild rice

Net Carbs: 7.9g FV 4.5g

**Thursday**
- Atkins Frozen Turkey Tenders with Herb Pan Gravy
- 2 cups baby spinach

Net Carbs: 19g FV 7.9g

**Friday**
- Atkins Advantage Vanilla Shake
- 4 Tbsp grated Parmesan

Net Carbs: 4.1g FV 3.3g

**Saturday**
- 1 1/2 cups cauliflower florets

Net Carbs: 11.1g FV 7.1g

**Sunday**
- Atkins Advantage Dark Chocolate Royale Shake
- 1 oz Cheddar

Net Carbs: 2g FV 0g