

Atkins 40 Foodie 40g NC Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 small tomatoes 1 Tbsp olive oil 2 eggs 2oz turkey sausage	½ cup cooked oatmeal 2 large strawberries 2 pieces bacon	¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp <i>Salsa Cruda</i>	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar 7-inch low-carb tortilla	2 eggs 2 pieces bacon 1 medium tomato 2 Tbsp grated Parmesan	4 oz turkey sausage 1 medium tomato 1 slice whole grain toast	2 cups baby spinach 1 Tbsp olive oil 2 eggs ½ medium bell pepper ¼ cup shred Monterey Jack cheese
	Net Carbs: 5.6g FV 4.9g	Net Carbs: 14.4g FV 0g	Net Carbs: 5.8g FV 4.1g	Net Carbs: 7.1g FV 3.7g	Net Carbs: 4.7g FV 3.3g	Net Carbs: 15.3g FV 3.3g	Net Carbs: 6.2g FV 5.3g
Snack	1/2 cup fresh pineapple chunks ½ cup cottage cheese	Atkins Advantage Dark Chocolate Decadence Bar	½ small banana 2 Tbsp peanut butter	Atkins Day Break Creamy Chocolate Shake	1 oz Cheddar ½ small apple	Atkins Advantage Dark Chocolate Almond Coconut Bar	½ medium pear 1 slice Cheddar
	Net Carbs: 13.8g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 14.2g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 8.9g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 11.4g FV 0g
Lunch	6 oz fillet of salmon 1/3 cup wild rice 1 cup mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp <i>Sherry Vinaigrette</i>	6 oz grilled chicken 1 Tbsp olive oil 2 cups mixed greens 1 small tomato ½ Hass avocado 5 large radishes 2 Tbsp <i>Caesar Dressing</i>	5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap	Atkins Frozen Italian Sausage Primavera ½ cup steamed Brussels sprouts 1 Tbsp butter	6 oz turkey cutlets 2 cups baby spinach ½ cup sliced green bell pepper ¼ cup sliced cucumbers ½ Hass avocado 2 Tbsp <i>Creamy Italian Dressing</i>	4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp <i>Blue Cheese Dressing</i>
	Net Carbs: 14.8g FV 3.6g	Net Carbs: 9.6g FV 8.1g	Net Carbs: 11g FV 4.6g	Net Carbs: 7.3g FV 4.2g	Net Carbs: 7.8g FV 7.6g	Net Carbs: 4.7g FV 4.7g	Net Carbs: 6.3g FV 5.2g
Snack	Atkins Advantage Strawberry Shake	½ cup raspberries ½ cup Greek yogurt	Atkins Advantage Caramel Chocolate Nut Roll Bar	1 medium carrot ¼ cup hummus	Atkins Advantage Milk Chocolate Delight Shake	½ medium zucchini ¼ cup hummus	Atkins Advantage Mocha Latte Shake
	Net Carbs: 1g FV 0g	Net Carbs: 7.9g FV 0g	Net Carbs: 3g FV 0g	Net Carbs: 9.1g FV 0g	Net Carbs: 2g FV 0g	Net Carbs: 7.2g FV 2.2g	Net Carbs: 3g FV 0g
Dinner	6 oz rotisserie chicken 2 cups baby spinach ½ Hass avocado 2 Tbsp <i>Sherry Vinaigrette</i>	6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil	6 oz grilled chicken 1 cup chopped zucchini 2 cups mixed greens 2 Tbsp <i>Creamy Italian Dressing</i>	6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter	7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 2 cups mixed greens 2 Tbsp <i>Sherry Vinaigrette</i>	Atkins Frozen Beef Merlot ½ small corn on the cob 1 Tbsp butter	6 oz chicken ¼ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice
	Net Carbs: 4.5g FV 4.1g	Net Carbs: 4.8g FV 4.8g	Net Carbs: 5.7g FV 5.5g	Net Carbs: 12.9g FV 4.3g	Net Carbs: 16.2g FV 2.7g	Net Carbs: 12g FV 2g	Net Carbs: 14.5g FV 3g
	Total Net Carbs: 22.7g	Total Net Carbs: 22.7g	Total Net Carbs: 22.7g	Total Net Carbs: 39.4g	Total Net Carbs: 22.6g	Total Net Carbs: 12.2g	Total Net Carbs: 11.5g

Flex Foodie 40g NC Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 eggs 2 cups baby spinach 1 Tbsp olive oil 1 oz Swiss cheese 1/8 cantaloupe melon wedge	½ cup cooked oatmeal ½ cup blackberries 2 oz turkey sausage	2 eggs ¼ cup shred Cheddar 4 Tbsp <i>Salsa Cruda</i>	Atkins Advantage Strawberry Almond Bar 1/3 cup blueberries ½ cup Greek yogurt	2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp <i>Salsa Cruda</i> 1 slice whole grain toast	2 small tomatoes 4 oz turkey sausage ½ whole wheat English muffin 1 tsp sugar-free peach jam 1 Tbsp cream cheese	2eggs 1 medium tomato 2 oz Canadian bacon 2 Tbsp <i>Hollandaise Sauce</i>
	Net Carbs: 12.6g FV 2.8g	Net Carbs: 15.4g FV 0g	Net Carbs: 2.8g FV 1.7g	Net Carbs: 13.5g FV 0g	Net Carbs: 16.7g FV 3g	Net Carbs: 16.9g FV 4.9g	Net Carbs: 5.2g FV 3.3g
Snack	1 medium carrot 1 stalk celery ¼ cup hummus	Atkins Advantage Coconut Almond Delight Bar	1/3 small apple 1 ½ stalks celery 2 Tbsp almond butter	2 stalks celery 1 oz Cheddar	Atkins Advantage Strawberry Shake	1 small tomato ½ cup cottage cheese	Atkins Advantage Café Caramel Shake
	Net Carbs: 10.1g FV 1g	Net Carbs: 3g FV 0g	Net Carbs: 12.8g FV 1.5g	Net Carbs: 2.4g FV 2g	Net Carbs: 1g FV 0g	Net Carbs: 6.6g FV 2.5g	Net Carbs: 3g FV 0g
Lunch	6 oz chicken ½ Hass avocado 7-inch low-carb tortilla 2 cups mixed greens 2 Tbsp <i>Sherry Vinaigrette</i>	5 oz hamburger 1 oz pepper jack cheese 1 medium tomato ½ Hass avocado ½ 4-inch whole wheat pita pocket	4 oz tuna 1 ½ stalks celery 2 Tbsp mayonnaise ½ Hass avocado	6 oz chicken 2 cups Romaine hearts ½ cup chopped bell pepper 1/3 cup edamame 2 Tbsp <i>Creamy Italian Dressing</i>	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp <i>Blue Cheese Dressing</i>	6 oz grilled chicken 6 stalks Asparagus 2 Tbsp Sherry Vinaigrette	5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 1 Flatout Original Light Wrap 2 cups mixed greens 2 Tbsp <i>Sherry Vinaigrette</i>
	Net Carbs: 7.4g FV 4g	Net Carbs: 12.2g FV 4.6g	Net Carbs: 2.8g FV 2.8g	Net Carbs: 8.7g FV 5.2g	Net Carbs: 6.3g FV 5.2g	Net Carbs: 2.8g FV 2.4g	Net Carbs: 10.6g FV 4.1g
Snack	Atkins Advantage Vanilla Shake	1 medium tomato 4 Tbsp grated Parmesan	Atkins Advantage Dark Chocolate Royale Shake	1 oz pepper jack cheese 2 whole wheat crackers	½ cup vegetable juice 1 oz Cheddar	Atkins Advantage Caramel Chocolate Peanut Nougat Bar	½ cup blueberries ½ cup Greek yogurt
	Net Carbs: 1g FV 0g	Net Carbs: 4.1g FV 3.3g	Net Carbs: 2g FV 0g	Net Carbs: 6.4g FV 0g	Net Carbs: 4.9g FV 4.5g	Net Carbs: 2g FV 0g	Net Carbs: 13.5g FV 0g
Dinner	5 oz Italian sausages ¼ medium onion, sliced ½ medium red bell pepper, sliced 2 cups mixed greens 2 Tbsp <i>Blue Cheese Dressing</i>	6 oz chicken 6 stalks asparagus 1 Tbsp butter 2 cups mixed greens 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Sesame Chicken ½ cup snow peas ¼ cup wild rice	7 oz bone-in pork chop 1 1/3 cup cauliflower florets 1 Tbsp butter 2 cups mixed greens 2 Tbsp <i>Ranch Dressing</i>	Atkins Frozen Turkey Tenders with Herb Pan Gravy 2 cups baby spinach ½ cup chopped green bell pepper 2 Tbsp <i>Sweet Mustard Dressing</i>	6 oz steak 2/3 cup sliced zucchini 1 Tbsp olive oil ¼ acorn squash 1 Tbsp butter 2 Tbsp sugar-free pancake syrup	6 oz chicken ½ cup green beans 1 Tbsp butter 2 Tbsp sliced almonds 2 cups arugula ¼ cup slice cucumbers 2 Tbsp <i>Fresh Raspberry Vinaigrette</i>
	Net Carbs: 8.8g FV	Net Carbs: 6g FV 5.1g	Net Carbs: 19g FV	Net Carbs: 7.9g FV	Net Carbs: 11.1g FV	Net Carbs: 12g FV	Net Carbs: 6.3g FV