

Atkins 40

menu

1 WEEK LOW-CARB MEAL PLAN

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 Net Carbs: 5.6g FV 4.9 g	½ cup cooked oatmeal 2 large strawberries. 2 pieces bacon Net Carbs: 14.4g FV 0g	½ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Sofra Creole Net Carbs: 5.8g FV 4.1 g	5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onions ½ cup shredded Cheddar 7-inch low-carb tortilla Net Carbs: 7.1g FV 3.7 g	2 eggs 2 pieces bacon 1 medium tomato 2 Tbsp grated Parmesan Net Carbs: 4.7g FV 3.3g	4 oz turkey sausage 1 medium tomato 1 slice whole grain toast Net Carbs: 15.3g FV 3.3g	2 cups baby spinach 1 Tbsp olive oil 2 eggs ½ medium bell pepper ¼ cup shredded Mon tenery Jack cheese Net Carbs: 6.3g FV 5.3 g
Snack	1/2 cup fresh pineapple chunks ½ cup cottage cheese Net Carbs: 13.8g FV 0g	Atkins Advantage Dark Chocolate Decadence Bar Net Carbs: 3g FV 0g	½ small banana 2 Tbsp. of nut butter Net Carbs: 14.2g FV 0g	Atkins Day Break Cream Chocolate 5 to 10 Net Carbs: 3g FV 0g	1 oz Cheddar ½ cup apple slices Net Carbs: 8.1g FV 0g	Atkins Advantage Dark Chocolate Almond Coconut Bar Net Carbs: 3g FV 0g	½ medium pear 1 slice Cheddar Net Carbs: 11.4g FV 0g
Lunch	5 oz fillet of salmon 1/3 cup wild rice 1 cup mixed greens ½ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette Net Carbs: 14.8g FV 3.6g	5 oz grilled chicken 1 Tbsp olive oil 2 cups mixed greens 1 small tomato ½ Hass avocado 5 large radishes 2 Tbsp Caesar Dressing Net Carbs: 9.8g FV 8.1g	5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap Net Carbs: 11g FV 4.6 g	Atkins Frozen Italian Sausage Primavera ¼ cup steamed Brussels sprouts 1 Tbsp butter Net Carbs: 7.3g FV 4.2 g	5 oz turkey cutlets 2 cups baby spinach ¼ cup sliced green bell pepper ½ cup sliced cucumbers ½ Hass avocado 2 Tbsp Creamy Italian Dressing Net Carbs: 7.8g FV 7.6 g	4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves Net Carbs: 4.7g FV 4.7 g	5 oz ham 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing Net Carbs: 6.3g FV 5.2 g
Snack	Atkins Advantage Strawberry Shake Net Carbs: 3g FV 0g	½ cup raspberries ½ cup Greek yogurt Net Carbs: 7.5g FV 0g	Atkins Advantage Caramel Chocolate Nut Roll Bar Net Carbs: 3g FV 0g	1 medium carrot ¼ cup hummus Net Carbs: 9.1g FV 0g	Atkins Advantage Milk Chocolate Delight Shake Net Carbs: 2g FV 0g	½ medium zucchini ½ cup hummus Net Carbs: 7.2g FV 2.2 g	Atkins Advantage Mocha Latte Shake Net Carbs: 3g FV 0g
Dinner	6 oz rotisserie chicken 2 cups baby spinach ½ Hass avocado 2 Tbsp Sherry Vinaigrette Net Carbs: 4.5g FV 4.1 g	6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil Net Carbs: 4.8g FV 4.8g	6 oz grilled chicken 1 cup chopped asu chini 2 cups mixed greens 2 Tbsp Creamy Italian Dressing Net Carbs: 5.7g FV 5.5 g	6 oz fillet of whitefish ½ cup cooked quinoa 1 cup green beans 1 Tbsp butter Net Carbs: 12.8g FV 4.3g	7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 2 cups mixed greens 2 Tbsp Sherry Vinaigrette Net Carbs: 14.2g FV 2.7g	Atkins Frozen Beef Market ½ small corn on the cob 1 Tbsp butter Net Carbs: 12g FV 2g	6 oz chicken ½ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice Net Carbs: 14.5g FV 3g
	Total Net Carbs: 39.7 g	Total Net Carbs: 39.7 g	Total Net Carbs: 39.7 g	Total Net Carbs: 39.4 g	Total Net Carbs: 39.7 g	Total Net Carbs: 39.7 g	Total Net Carbs: 41.5 g

My No-Guilt Life

Atkins Diet Free

Michael Greger



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