

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

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**Matt Kingsley**



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