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## PHASE 1 MADE EASY ▶ Week 1

|  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|---|--|---|---|--|--|
| Breakfast  | Eggs with Avocado and Tomato with Sausage                       | <b>Atkins Day Break Creamy Chocolate Shake and Atkins Day Break Peanut Butter Fudge Crisp Bar</b> | Tomato, Mozzarella and Turkey Sausage Stack              | <b>Atkins Day Break Strawberry Banana Shake and Atkins Day Break Cranberry Almond Bar</b> | Cheddar Omelet Sautéed with Tomato and Zucchini and Bacon     | <b>Atkins Day Break Wild Berry Shake and Atkins Day Break Cranberry Almond Bar</b> | Cheddar Omelet with Avocado and Salsa                        |
|  | Net Carbs: 5g   | Net Carbs: 5g   | Net Carbs: 5g  | Net Carbs: 4g   | Net Carbs: 6g   | Net Carbs: 4g  | Net Carbs: 5g  |
| Snack  | <b>Atkins Day Break Strawberry Banana Shake</b>                 | Zucchini with Monterey Jack Cheese  | <b>Atkins Day Break Wild Berry Shake</b>                 | Cucumbers and Ranch Dressing  | <b>Atkins Day Break Creamy Chocolate Shake</b>                | Cherry Tomatoes with Blue Cheese Dressing  | <b>Atkins Day Break Strawberry Banana Shake</b>              |
|  | Net Carbs: 2g   | Net Carbs: 3g   | Net Carbs: 2g  | Net Carbs: 3g   | Net Carbs: 3g   | Net Carbs: 3g  | Net Carbs: 2g  |
| Lunch  | <b>Atkins Advantage Cookies n' Crème Bar</b>                    | Shrimp with Avocado and Tomato Salad  | <b>Atkins Advantage Chocolate Peanut Butter Bar</b>      | Roast Beef with Avocado, Olive and Alfalfa Sprout Salad                                   | <b>Atkins Advantage Fudge Granola Bar</b>                     | Tuna-Celery Salad in Avocado Halves  | <b>Atkins Advantage Chocolate Chip Granola Bar</b>           |
|  | Net Carbs: 3g   | Net Carbs: 5g   | Net Carbs: 2g  | Net Carbs: 6g   | Net Carbs: 2g   | Net Carbs: 5g  | Net Carbs: 3g  |
| Snack  | Celery with Cream Cheese  | <b>Atkins Advantage Milk Chocolate Delight Shake</b>  | Red Bell Pepper with Green Goddess Dressing              | <b>Atkins Advantage Caramel Chocolate Peanut Nougat Bar</b>                               | Celery with Cheddar Cheese                                    | <b>Atkins Advantage Caramel Fudge Brownie Bar</b>                                  | Zucchini with Greek Vinaigrette                              |
|  | Net Carbs: 2g   | Net Carbs: 2g   | Net Carbs: 2g  | Net Carbs: 3g   | Net Carbs: 2g   | Net Carbs: 3g  | Net Carbs: 3g  |
| Dinner   | Top Sirloin with Broccoli and Cauliflower and Mixed Green Salad | Pork Tenderloin with Mixed Greens, Cucumber and Red Bell Pepper Salad                             | Grilled Cheddar Burger with Avocado, Tomato and Coleslaw | Salmon and Asparagus with Mixed Green Salad   | Pork Chop with Steamed Broccoli and Mixed Greens with Avocado | Chicken Breast with Brussels Sprouts and Baby Spinach Salad                        | Lamb Chop with Salad of Artichokes, Cucumber and Green Beans |
|  | Net Carbs: 7g   | Net Carbs: 7g   | Net Carbs: 8g  | Net Carbs: 6g   | Net Carbs: 7g   | Net Carbs: 6g  | Net Carbs: 8g  |
| Add <b>Atkins Indulge Treats</b> to your meal plan as desired! |   |   |  |   |   |  |  |
| Total Net Carbs: 19g   |   | Total Net Carbs: 22g  | Total Net Carbs: 19g                                     | Total Net Carbs: 22g  | Total Net Carbs: 20g  | Total Net Carbs: 21g   | Total Net Carbs: 21g   |

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## PHASE 1 MADE EASY ▶ Week 2

|  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|--|--|--|---|--|---|--|--|
| Breakfast  | <b>Atkins Day Break Creamy Chocolate Shake and Atkins Day Break Chocolate Chip Crisp Bar</b> | Canadian Bacon, Cheddar and Tomato Stacks                    | <b>Atkins Day Break Strawberry Banana Shake and Atkins Day Break Cinnamon Bun Bar</b> | Poached Eggs over Tomato, Avocado and Muenster                   | <b>Atkins Day Break Creamy Chocolate Shake and Atkins Day Break Peanut Butter Fudge Crisp Bar</b> | Breakfast Mexi Peppers   | <b>Atkins Day Break Wild Berry Shake and Atkins Day Break Cranberry Almond Bar</b> |
|  | Net Carbs: 6g  | Net Carbs: 6g  | Net Carbs: 5g   | Net Carbs: 5g  | Net Carbs: 5g   | Net Carbs: 5g  | Net Carbs: 4g  |
| Snack  | Red Bell Pepper with Creamy Italian Dressing   | <b>Atkins Day Break Strawberry Banana Shake</b>              | Cucumber with Italian Dressing  | <b>Atkins Day Break Creamy Chocolate Shake</b>                   | Zucchini and Greek Vinaigrette  | <b>Atkins Day Break Wild Berry Shake</b>                           | Cherry Tomatoes with Ranch Dressing  |
|  | Net Carbs: 3g  | Net Carbs: 2g  | Net Carbs: 2g   | Net Carbs: 3g  | Net Carbs: 2g   | Net Carbs: 2g  | Net Carbs: 3g  |
| Lunch  | Roasted Turkey with Arugula, Cherry Tomato and Monterey Jack Cheese                          | <b>Atkins Advantage Mudslide Bar</b>                         | Salmon, Celery, Olive and Onion Salad on Romaine                                      | <b>Atkins Advantage Peanut Butter Granola Bar</b>                | Deli Ham with Tomato and Avocado Salad  | <b>Atkins Advantage Chocolate Chip Cookie Dough Bar</b>            | Chicken Breast with Spinach and Tomato Salad                                       |
|  | Net Carbs: 3g  | Net Carbs: 3g  | Net Carbs: 5g   | Net Carbs: 3g  | Net Carbs: 5g   | Net Carbs: 3g  | Net Carbs: 4g  |
| Snack  | <b>Atkins Advantage Coconut Delight Bar</b>  | Caprese Salad  | <b>Atkins Advantage Mocha Latte Shake</b>   | Celery with Gouda Cheese   | <b>Atkins Advantage Dark Chocolate Almond Crunch Bar</b>  | Broccoli and Blue Cheese Dressing                                  | <b>Atkins Advantage Dark Chocolate Royale Shake</b>                                |
|  | Net Carbs: 2g  | Net Carbs: 2g  | Net Carbs: 2g   | Net Carbs: 2g  | Net Carbs: 3g   | Net Carbs: 2g  | Net Carbs: 2g  |
| Dinner   | Cod and Green Beans with Mixed Green Salad   | Grilled Chicken Breast with Avocado, Cheese and Tomato Salad | Lettuce-Wrapped Burger Topped with Avocado and Tomato and Mixed Green Salad           | Italian Sausage Sautéed with Bell Peppers and Onion with a Salad | Steak Topped with Sautéed Mushrooms and Baby Spinach Salad  | Salmon and Asparagus with Avocado, Olive and Alfalfa Sprouts Salad | Pork Chop with Avocado and Cucumber Salad  |
|  | Net Carbs: 6g  | Net Carbs: 6g  | Net Carbs: 7g   | Net Carbs: 9g  | Net Carbs: 7g   | Net Carbs: 9g  | Net Carbs: 7g  |
| Add <b>Atkins Indulge Treats</b> to your meal plan as desired! |  |  |   |  |   |  |  |
| Total Net Carbs: 20g   |  | Total Net Carbs: 19g   | Total Net Carbs: 21g  | Total Net Carbs: 22g   | Total Net Carbs: 22g  | Total Net Carbs: 21g   | Total Net Carbs: 20g   |



## PHASE 1 MADE EASY ▶ Week 1 Recipes

| Eggs with Avocado and Tomato with Sausage   | Celery with Cream Cheese  | Top Sirloin with Broccoli and Cauliflower and Mixed Green Salad   |
|---|---|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.0g • Protein 26.5g • Fat 42.0g • Calories 524</i></p> <p><b>Ingredients</b></p> <p>3 Ounce-weights pork sausage<br/>2 eggs, lightly beaten<br/>1/2 Haas avocado, sliced or chopped<br/>1/2 medium tomato, chopped</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Prepare eggs as desired by poaching, frying, scrambling or as an omelet.</li><li>2. Form sausage into a patty and cook over medium-high heat in a skillet. Cook alone or with the eggs.</li><li>3. Top eggs with avocado and tomato (or fill omelet).</li><li>4. Serve with sausage.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 1.5g • Fat 10g • Calories 106</i></p> <p><b>Ingredients</b></p> <p>1 celery stalk<br/>2 Tablespoons cream cheese</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Spread cream cheese into the well of the celery stalk and enjoy.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 6.5g • Protein 46.0g • Fat 43.0g • Calories 614</i></p> <p><b>Ingredients</b></p> <p>6 Ounce-weights top sirloin<br/>1 1/2 Cups broccoli florets, raw<br/>3/4 Cup cauliflower florets, raw<br/>1 Serving Brown Butter Sauce<br/>1 Cup mixed greens<br/>1/4 Cup alfalfa sprouts<br/>1 Serving Blue Cheese Dressing</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Brown Butter Sauce or use 2 tablespoons of butter for the steamed vegetables. Use the Atkins recipe to make Blue Cheese Dressing for the salad.</li><li>2. Preheat grill or oven. Season sirloin with salt and freshly cracked black pepper. Cook sirloin to desired temperature or till no longer pink in the center and fully cooked.</li><li>3. Steam broccoli and cauliflower florets in a steamer basket over a pot of boiling water until crisp-tender; top with butter sauce.</li><li>4. Combine the greens and alfalfa sprouts with the dressing. Serve immediately with the top sirloin and vegetables.</li></ol> |
| <div>Total Net Carbs</div> 5g   | 2g  | 7g  |



## PHASE 1 MADE EASY ► Week 1 Recipes

| Zucchini with Monterey Jack Cheese  | Shrimp with Avocado and Tomato Salad   | Pork Tenderloin with Mixed Greens, Cucumber and Red Bell Pepper Salad  |
|---|--|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 15.0g • Fat 17.5g • Calories 228</i></p> <p><b>Ingredients</b><br/>1/2 medium zucchini, cut into sticks or sliced<br/>2 Ounce-weights Monterey Jack cheese slices</p> <p><b>Directions</b><br/>1. Cut the zucchini into sticks and eat with the cheese.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 8.0g • Protein 26.0g • Fat 21.5g • Calories 341</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights shrimp<br/>1/2 Haas avocado, sliced or chopped<br/>1/2 medium tomato, chopped<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing for this recipe.<br/>2. Steam shrimp in a steamer basket over boiling water until they turn pink and just start to curl. Immediately transfer to a bowl filled with ice and cold water. Drain, pat dry, peel and devein. Or use frozen precooked shrimp that have been thoroughly thawed. Coarsely chop and put into a bowl.<br/>3. Add the chopped avocado and tomato in the bowl with the shrimp and toss with the dressing. Serve immediately.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 3.0g • Protein 37.5g • Fat 25.0g • Calories 410</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights pork tenderloin<br/>1 Cup mixed greens<br/>1/3 medium cucumber, sliced<br/>1/2 Cup sliced red bell peppers<br/>1 Serving Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Italian Dressing for the salad.<br/>2. Preheat grill or oven (set to broil).<br/>3. Season pork with salt and freshly ground black pepper then grill or cook in the oven under the broiler until cooked through. About 5-10 minutes depending upon thickness.<br/>4. Combine the greens, cucumber and red bell pepper with the dressing and toss to coat. Serve immediately with the pork tenderloin.</p> |
| <div>Total Net Carbs</div> 3g   | 5g   | 7g   |



## PHASE 1 MADE EASY ▶ Week 1 Recipes

| Tomato, Mozzarella and Turkey Sausage Stack   | Red Bell Pepper with Green Goddess Dressing  | Grilled Cheddar Burger with Avocado, Tomato and Coleslaw  |
|---|--|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 28.5g • Fat 15.0g • Calories 286</i></p> <p><b>Ingredients</b></p> <p>4 Ounce-weights turkey sausage, formed into a patty<br/>1 Ounce-weight shredded Cheddar<br/>1 medium tomato, sliced</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Heat a skillet over medium high heat. Form turkey sausage into 2 patties and sauté until nicely browned and cooked through. Place the mozzarella on top of the sausage patties during the last minute of cooking to melt the cheese.</li><li>2. Slice tomato into 2 large slices. Arrange first on a plate then layer on the sausage and mozzarella. Serve immediately.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 1.0g • Fat 13.5g • Calories 136</i></p> <p><b>Ingredients</b></p> <p>1/4 Cup chopped red bell pepper<br/>1 Serving Green Goddess Dressing</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Green Goddess Dressing.</li><li>2. Dice red bell peppers and toss with dressing.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 8.0g • Protein 42.0g • Fat 70.0g • Calories 862</i></p> <p><b>Ingredients</b></p> <p>1/4 Pound medium head of cabbage, halved and cored<br/>1/8 Cup mayonnaise<br/>1/16 Cup sour cream<br/>1/4 Tablespoon cider vinegar<br/>1/8 Tablespoon granular sugar substitute (sucralose)<br/>1/8 Teaspoon salt<br/>1/8 Teaspoon celery seed<br/>6 Ounce-weights ground beef<br/>1 Ounce-weight slice of Cheddar<br/>1/2 Haas avocado, sliced<br/>2 Pieces 1/2-inch slices of tomato</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Cut cabbage into halves, core and thinly slice. Transfer to a large bowl.</li><li>2. In a small bowl, whisk together mayonnaise, sour cream, cider vinegar, sugar substitute, celery seed and salt.</li><li>3. Pour dressing over cabbage. Mix until thoroughly combined and refrigerate at least 30 minutes before serving for flavors to blend.</li><li>4. Preheat grill or broiler. Form ground beef into a patty and season with salt and freshly ground black pepper.</li><li>5. Cook until desired doneness, about 5 minutes per side. Top with Cheddar during last 1 minute of cooking to melt the cheese.</li><li>6. Top burger with avocado and tomato and serve with coleslaw.</li></ol> |
| <div>Total Net Carbs</div> 5g   | 2g   | 8g  |



## PHASE 1 MADE EASY ▶ Week 1 Recipes

| Cucumbers and Ranch Dressing   | Roast Beef with Avocado, Olive and Alfalfa Sprout Salad   | Salmon and Asparagus with Mixed Green Salad  |
|--|---|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 0.5g • Protein 0.5g • Fat 22.0g • Calories 212</i></p> <p><b>Ingredients</b><br/>1/2 Cup sliced cucumber<br/>1 Serving Ranch Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Ranch Dressing.<br/>2. Slice the cucumbers and dip into the dressing.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 11.5g • Protein 58.5g • Fat 46.0g • Calories 707</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights roast beef<br/>2 Cups mixed greens<br/>1/2 Haas avocado, sliced or chopped<br/>10 black olives<br/>1/2 Cup alfalfa sprouts<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing for this salad.<br/>2. Combine the greens, avocado, olives and alfalfa sprouts with the dressing and toss to coat.<br/>3. Top with roast beef and serve immediately.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.0g • Protein 38.5g • Fat 39.5g • Calories 552</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights salmon filet<br/>6 asparagus spears<br/>2 Cups mixed greens<br/>1 Serving Russian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Russian Dressing for the salad.<br/>2. Preheat an oven to 350°F. Season the salmon with salt and freshly ground black pepper and place on a sheet pan covered with foil. Cook salmon until it is no longer translucent and flakes easily with a fork.<br/>3. Steam asparagus in a steamer basket placed over boiling water for 5-10 minutes until crisp-tender.<br/>4. Combine the greens with the dressing and serve with the salmon and asparagus.</p> |
| <div>Total Net Carbs</div> 3g  | 6g  | 6g   |



## PHASE 1 MADE EASY ► Week 1 Recipes

| Cheddar Omelet Sautéed with Tomato and Zucchini and Bacon   | Celery with Cheddar Cheese  | Pork Chop with Steamed Broccoli and Mixed Greens with Avocado  |
|---|---|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.5g • Protein 32.5g • Fat 48.5g • Calories 597</i></p> <p><b>Ingredients</b><br/>2 Pieces bacon slices<br/>1/2 Cup chopped zucchini<br/>1/2 medium tomato, chopped<br/>2 eggs, lightly beaten<br/>1/2 Cup shredded Cheddar</p> <p><b>Directions</b><br/>1. Cook bacon in a non-stick skillet over medium-high heat until crisp.<br/>2. Drain all but 1 teaspoon of oil from the pan and add the zucchini and tomatoes. Sauté for 2-3 minutes, remove from pan and set aside.<br/>3. To the same pan add the lightly beaten eggs. Spread eggs out to cover the bottom of the pan. When the eggs are slightly browned on the bottom and set on the top, flip the omelet over.<br/>4. Place the sauteed zucchini and tomatoes over half of the omelet, add the cheese and then flip half of the eggs over the top of the mixture. Cook an additional 2 minutes to melt the cheese. Serve immediately with the bacon on the side.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 2.0g • Protein 7.0g • Fat 9.5g • Calories 128</i></p> <p><b>Ingredients</b><br/>2 celery stalks<br/>1 slice of Cheddar</p> <p><b>Directions</b><br/>1. Cut celery into stalks and enjoy with the cheese.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 10.0g • Protein 44.5g • Fat 33.5g • Calories 531</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights pork chop<br/>2 Cups fresh broccoli florets<br/>1 Cup mixed greens<br/>1/2 Haas avocado, sliced<br/>1 Serving Blue Cheese Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Blue Cheese Dressing for the salad.<br/>2. Preheat a grill. Season pork chop with salt and freshly ground black pepper. Cook for 5 minutes then flip over and cook on the other side until cooked through.<br/>3. While pork chop is cooking, steam broccoli in a steamer basket over a pot of boiling water until it is crisp-tender; about 4 minutes.<br/>4. Combine the greens with the avocado and dressing. Serve immediately with the pork chop and steamed broccoli.</p> |
| Total Net Carbs<br>6g   | 2g  | 7g   |



## PHASE 1 MADE EASY ▶ Week 1 Recipes

| Cherry Tomatoes with Blue Cheese Dressing   | Tuna-Celery Salad in Avocado Halves   | Chicken Breast with Brussels Sprouts and Baby Spinach Salad  |
|---|---|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 3.0g • Fat 12.0g • Calories 140</i></p> <p><b>Ingredients</b><br/>5 cherry tomatoes<br/>1 Serving Blue Cheese Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe for Blue Cheese Dressing.<br/>2. Drizzle or dip cherry tomatoes with Blue Cheese Dressing.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 11.5g • Protein 39.0g • Fat 44.0g • Calories 606</i></p> <p><b>Ingredients</b><br/>5 Ounce-weights tuna canned in water, drained<br/>2 celery stalks, diced<br/>2 Tablespoons mayonnaise<br/>1 Haas avocado</p> <p><b>Directions</b><br/>1. Drain tuna and place in a bowl.<br/>2. Add chopped celery and mayonnaise. Thoroughly combine and season to taste with salt and freshly ground black pepper.<br/>3. Cut avocado in half lengthwise, carefully remove the peel and seed. Using an ice cream scoop divide tuna salad into the wells of the avocado and serve immediately.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 4.0g • Protein 39.0g • Fat 33.0g • Calories 487</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights chicken breast<br/>1 Tablespoon olive oil<br/>1/2 Cup Brussels sprouts, cut in half<br/>2 Cups baby spinach<br/>1 Serving Sweet Mustard Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Sweet Mustard Dressing for the salad.<br/>2. Cook chicken seasoned with salt and pepper with preferred method (grill, poach or bake) until juices run clear and it is no longer pink in the center.<br/>3. While chicken is cooking sauté the brussels sprouts in a tablespoon of oil preheated in a skillet over medium-high heat; about 5-8 minutes until they are tender.<br/>4. Toss the baby spinach with the dressing and serve immediately with the chicken and Brussels sprouts.</p> |
| <div>Total Net Carbs</div> 3g   | 5g  | 6g   |





## PHASE 1 MADE EASY ► Week 1 Recipes

| Cheddar Omelet with Avocado and Salsa   | Zucchini with Greek Vinaigrette  | Lamb Chop with Salad of Artichokes, Cucumber and Green Beans   |
|---|--|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.0g • Protein 21.0g • Fat 33.0g • Calories 419</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>1 Teaspoon olive oil</li><li>2 eggs, slightly beaten</li><li>1 Ounce-weight shredded Cheddar</li><li>1/2 Haas avocado, sliced</li><li>1 Ounce-weight no added sugar salsa (2 tablespoons)</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Heat oil in a nonstick skillet over medium high heat. Add slightly beaten eggs to skillet. Cook 3 minutes, flip over, cook other side for 2 minutes.</li><li>2. Add Cheddar and avocado to half of the omelet. Flip other half over top. Cook an additional 1-2 minutes to melt cheese.</li><li>3. Top with salsa and serve immediately.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 1.5g • Fat 21.5g • Calories 200</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>1/2 medium zucchini, cut into sticks or sliced</li><li>1 Serving Greek Vinaigrette</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Greek Vinaigrette.</li><li>2. Cut zucchini into sticks and dip into dressing.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 4.5g • Protein 34.5g • Fat 48.5g • Calories 609</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>6 Ounce-weights lamb chop</li><li>4 Pieces marinated artichoke hearts</li><li>1/4 Cup sliced cucumber</li><li>1/4 Cup fresh green beans</li><li>1 Cup mixed greens</li><li>1 Serving Greek Vinaigrette</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Greek Vinaigrette for this salad.</li><li>2. Preheat grill. Season the lamb chop with salt and freshly ground black pepper.</li><li>3. Grill the lamb to desired doneness, or about 4 minutes per side.</li><li>4. While the lamb is cooking, combine the mixed greens, artichoke pieces, sliced cucumber and blanched green beans*. Toss with vinaigrette and serve immediately with the grilled lamb chop.</li></ol> <p>* To blanch the green beans, drop into boiling water for 1-3 minutes until tender then quickly drain and put them into an ice water bath to stop the cooking. Drain and set aside.</p> |
| <div>Total Net Carbs</div> 5g   | 3g   | 8g   |



## PHASE 1 MADE EASY ▶ Week 2 Recipes

| Red Bell Pepper with Creamy Italian Dressing  | Roasted Turkey with Arugula, Cherry Tomato and Monterey Jack Cheese Salad  | Cod and Green Beans with Mixed Green Salad  |
|---|--|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 4.0g • Protein 1.5g • Fat 9.5g • Calories 119</i></p> <p><b>Ingredients</b><br/>1/2 Cup chopped red bell pepper<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing.<br/>2. Chop red bell pepper and toss with dressing.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 3.0g • Protein 58.0g • Fat 31.5g • Calories 549</i></p> <p><b>Ingredients</b><br/>1 Cup chopped arugula<br/>5 cherry tomatoes<br/>1/2 Cup shredded Monterey Jack cheese<br/>1 Serving Creamy Italian Dressing<br/>5 Ounce-weights roasted turkey breast</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing.<br/>2. Combine the arugula, cherry tomatoes, shredded cheese and dressing.<br/>3. Toss to combine and top with the roasted turkey.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 7.0g • Protein 33.5g • Fat 24.5g • Calories 398</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights cod fillet<br/>1/2 Cup green beans<br/>1 Tablespoon olive oil<br/>2 Cups mixed greens<br/>5 large radishes, sliced<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing for the salad.<br/>2. Preheat oven to 350°F. Season the fish with salt and freshly ground black pepper.<br/>3. Place the prepared cod and green beans onto a sheet pan covered in tin foil and sprinkle with 1 tablespoon of oil. Create a packet by pulling the sides of the tinfoil up and around the fish and beans and pinch closed at the top to make a sealed packet. Bake in the oven for 10 minutes or until the fish is cooked through and the beans are tender.<br/>4. Combine the greens and radishes with the dressing. Serve immediately with the cod and green beans.</p> |
| <div>Total Net Carbs</div> 3g   | 4g   | 6g  |



## PHASE 1 MADE EASY ► Week 2 Recipes

| Canadian Bacon, Cheddar and Tomato Stacks  | Caprese Salad  | Grilled Chicken Breast with Avocado, Cheese and Tomato Salad   |
|--|--|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 2.0g • Protein 20.0g • Fat 13.0g • Calories 236</i></p> <p><b>Ingredients</b></p> <p>2 Pieces Canadian bacon slices<br/>1 large tomato, sliced<br/>1/4 Cup shredded Cheddar</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. In a skillet over medium-high heat sauté the Canadian bacon until nicely browned and warmed through.</li><li>2. Top with a slice of tomato and then cheddar while still in the pan. Cover with a lid and allow to steam with a teaspoon of water for about 1 minute to heat the tomato and melt the cheese.</li><li>3. Plate and serve immediately.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 10.0g • Fat 27.5g • Calories 294</i></p> <p><b>Ingredients</b></p> <p>5 cherry tomatoes<br/>2 Ounce-weights fresh mozzarella cheese<br/>1 Tablespoon extra virgin olive oil<br/>1 Tablespoon fresh basil, julienned</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Slice tomatoes and mozzarella.</li><li>2. Drizzle with olive oil.</li><li>3. Julienne the fresh basil leaves and sprinkle on top. Serve immediately.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 8.0g • Protein 53.0g • Fat 53.0g • Calories 732</i></p> <p><b>Ingredients</b></p> <p>6 Ounce-weights chicken breast<br/>2 Cups mixed greens<br/>1/2 Haas avocado, sliced<br/>2 Ounce-weights Monterey Jack cheese slices<br/>1/2 small tomato, chopped<br/>1 Serving Italian Dressing</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Italian Dressing for the salad.</li><li>2. Preheat a grill. Season chicken with salt and freshly ground black pepper. Grill over medium heat until the juices run clear and it is no longer pink in the center, about 5 minutes per side depending upon the thickness.</li><li>3. While the chicken is cooking, combine the greens, tomatoes, avocado and cheese with the dressing. Toss to combine and serve immediately with the chicken.</li></ol> |
| <div>Total Net Carbs</div> 6g  | 2g   | 6g   |



## PHASE 1 MADE EASY ▶ Week 2 Recipes

| Cucumber with Italian Dressing  | Salmon, Celery, Olive and Onion Salad on Romaine  | Lettuce-Wrapped Burger with Avocado and Tomato and Mixed Green Salad   |
|---|---|--|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 0.5g • Protein 0.0g • Fat 21.0g • Calories 193</i></p> <p><b>Ingredients</b><br/>1/2 Cup sliced cucumber<br/>1 Serving Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Italian Dressing.<br/>2. Cut the cucumbers and toss with dressing.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.5g • Protein 30.5g • Fat 29.0g • Calories 406</i></p> <p><b>Ingredients</b><br/>4 Ounce-weights canned salmon, drained<br/>2 Tablespoons mayonnaise<br/>1 1/2 medium celery stalks, chopped<br/>5 black olives, sliced<br/>1 Tablespoon chopped onion<br/>3 Cups shredded Romaine lettuce</p> <p><b>Directions</b><br/>1. Drain salmon and put into a bowl. Combine with mayonnaise. Add salt and pepper to taste.<br/>2. Add celery, olives and onions. Mix till combined.<br/>3. Serve over romaine lettuce.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 10.5g • Protein 30.5g • Fat 41.5g • Calories 551</i></p> <p><b>Ingredients</b><br/>5 Ounce-weights ground beef<br/>1/2 Haas avocado, sliced<br/>1 Piece 1/2-inch slice of tomato<br/>4 bibb lettuce leaves<br/>1 Cup mixed greens<br/>6 cherry tomatoes<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing for the salad.<br/>2. Preheat a grill. Form the beef into a patty and season with salt and freshly ground black pepper. Grill until desired doneness or no longer pink in the center; about 5 minutes per side.<br/>3. Layer the avocado and tomato on top of the burger and carefully wrap in the lettuce leaves.<br/>4. Combine the greens and cherry tomatoes with the dressing and serve immediately with the burger.</p> |
| <div>Total Net Carbs</div> 2g   | 5g  | 7g   |



## PHASE 1 MADE EASY ▶ Week 2 Recipes

| Poached Eggs over Tomato, Avocado and Muenster  | Celery with Gouda Cheese  | Italian Sausage Sautéed with Bell Peppers and Onion with a Salad  |
|---|---|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.0g • Protein 20.0g • Fat 28.0g • Calories 366</i></p> <p><b>Ingredients</b></p> <p>2 large eggs<br/>1/3 medium tomato, cut into 2 slices<br/>1 Ounce-weight Muenster cheese (1 slice)<br/>1/2 Hass avocado, sliced</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Poach eggs: add 2–3 inches of water with a pinch of salt to a saucepan. Bring to a boil; then turn down heat and allow water to simmer until barely any bubbles remain around the edges. Crack each egg into a cup and carefully slide it into the water. Cook 2 minutes for a runny yolk, 3 minutes for medium firmness and 4 minutes for a firm yolk. Remove with a slotted spoon. Gently pat with a paper towel to remove excess water.</li><li>2. Place tomato slices on a plate, top with avocado, cheese slices and finally the eggs.</li><li>3. Sprinkle with paprika (if desired), and season to taste with salt and freshly ground black pepper.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 7.0g • Fat 8.0g • Calories 108</i></p> <p><b>Ingredients</b></p> <p>1 celery stalk<br/>1 Ounce-weight Gouda cheese</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Slice Celery into sticks and pair with Gouda cheese.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 6.0g • Protein 23.0g • Fat 54.0g • Calories 634</i></p> <p><b>Ingredients</b></p> <p>5 Ounce-weights Italian sausage link<br/>1/2 Cup sliced red bell peppers<br/>1/2 Cup sliced green bell peppers<br/>1/3 Cup sliced yellow onion<br/>1 Cup mixed greens<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Creamy Italian Dressing for the salad.</li><li>2. Heat a non-stick heavy skillet over medium high heat.</li><li>3. Add the Italian sausage, bell peppers and onions. Sauté until the sausages just begin to brown and the onions and peppers are nicely caramelized; about 8-12 minutes. Be sure the sausage is fully cooked by cutting it into slices diagonally - it should not be pink in the center.</li><li>4. Toss the greens with the salad dressing and serve immediately with the Italian sausage mixture.</li></ol> |
| Total Net Carbs<br>5g   | 2g  | 9g  |



## PHASE 1 MADE EASY ▶ Week 2 Recipes

| Zucchini and Greek Vinaigrette  | Deli Ham with Tomato and Avocado Salad   | Steak Topped with Sautéed Mushrooms and Baby Spinach Salad  |
|---|--|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 0.0g • Protein 1.0g • Fat 21.0g • Calories 195</i></p> <p><b>Ingredients</b><br/>1/3 zucchini, sliced<br/>1 Serving Greek Vinaigrette</p> <p><b>Directions</b><br/>1. Slice zucchini into sticks and dip sticks into Greek Vinaigrette.</p> <p>.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 8.0g • Protein 33.5g • Fat 26.0g • Calories 416</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights deli ham<br/>1/2 Haas avocado, sliced or chopped<br/>1 medium tomato, chopped<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing.<br/>2. Combine the chopped tomatoes and avocado with the dressing.<br/>3. Top with the deli ham and serve immediately.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 4.0g • Protein 40.5g • Fat 43.5g • Calories 591</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights top sirloin<br/>1 Tablespoon olive oil<br/>3 Ounce-weights Shiitake mushrooms, sliced<br/>1 1/2 Cups baby spinach<br/>1 Serving Ranch Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Ranch Dressing for the salad.<br/>2. Preheat a grill. Season the steak with salt and freshly ground black pepper. Grill steak until desired doneness or no longer pink in the center; about 5 minutes per side.<br/>3. While the steak is cooking, place oil in a non-stick skillet over medium-high heat. Sauté mushrooms until tender; about 5 minutes. Season with salt and freshly ground black pepper. Serve over the cooked steak.<br/>4. Combine the spinach and dressing. Serve immediately with the steak and mushrooms.</p> |
| <div>Total Net Carbs</div> 2g   | 5g   | 7g  |



## PHASE 1 MADE EASY ► Week 2 Recipes

| Breakfast Mexi Peppers  | Broccoli and Blue Cheese Dressing  | Salmon and Asparagus with Avocado, Olive and Alfalfa Sprouts Salad  |
|---|--|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.5g • Protein 21.0g • Fat 20.0g • Calories 298</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>1 Ounce-weight sausage</li><li>1 Ounce-weight ground beef</li><li>2 Tablespoons white onion</li><li>1 Tablespoon cheddar cheese</li><li>3/4 large egg</li><li>1/2 red bell pepper</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Preheat oven to 400°F and line a baking sheet with foil. Cook</li><li>2. chorizo and drain of excess fat.</li><li>3. Place in mixing bowl and combine with the beef, onion, cheese and eggs.</li><li>4. Prepare bell pepper by cutting in half lengthwise. Scoop out seeds and cut away rib (white part).</li><li>5. Fill pepper with the meat mixture and place on the prepared baking sheet. Bake for 25 - 30 minutes and serve hot.</li></ol> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 2.0g • Protein 4.5g • Fat 13.0g • Calories 144</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>1 Cup broccoli florets, raw</li><li>1 Serving Blue Cheese Dressing</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe for Blue Cheese Dressing.</li><li>2. Drizzle dressing over raw broccoli or blanched broccoli.</li></ol> <p>Note: To blanch broccoli. Cook in boiling water for 2-3 minutes then immediately immerse in cold ice water. Pat dry and drizzle with dressing.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 12.0g • Protein 41.5g • Fat 50.5g • Calories 680</i></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"><li>6 Ounce-weights salmon filet</li><li>8 asparagus spears</li><li>2 Cups mixed greens</li><li>1/2 Haas avocado, sliced or chopped</li><li>7 black olives</li><li>1/2 Cup alfalfa sprouts</li><li>1 Serving Sherry Vinaigrette</li></ul> <p><b>Directions</b></p> <ol style="list-style-type: none"><li>1. Use the Atkins recipe to make Sherry Vinaigrette for the salad.</li><li>2. Preheat an oven to 350°F. Season salmon with salt and freshly ground black pepper.</li><li>3. Place a sheet of tin foil large enough to make a packet around the salmon and asparagus on a sheet pan. Place the salmon and asparagus on the tin foil and create a packet by folding up all the corners to meet at the top - form a tight seal. Bake for 10 minutes or until the salmon is cooked through and the asparagus is tender.</li><li>4. Combine the greens, avocado, olives and alfalfa sprouts with the dressing. Serve immediately with the salmon and asparagus.</li></ol> |
| Total Net Carbs<br>5g   | 2g   | 9g  |



## PHASE 1 MADE EASY ► Week 2 Recipes

| Cherry Tomatoes with Ranch Dressing  | Chicken Breast with Spinach and Tomato Salad  | Pork Chop with Avocado and Cucumber Salad   |
|--|---|---|
| <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 1.0g • Protein 1.0g • Fat 22.0g • Calories 220</i></p> <p><b>Ingredients</b><br/>5 cherry tomatoes<br/>1 Serving Ranch Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Ranch Dressing.<br/>2. Dip the cherry tomatoes in dressing and enjoy.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 5.0g • Protein 39.5g • Fat 14.0g • Calories 320</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights chicken breast<br/>2 Cups chopped fresh spinach<br/>1 small tomato, chopped<br/>1 Serving Creamy Italian Dressing</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Creamy Italian Dressing.<br/>2. Season the chicken with salt and freshly ground black pepper then poach, grill or bake the chicken until juices run clear and it is no longer pink in the center.<br/>3. Combine the spinach and tomato with the dressing. Toss to combine then top with the cooked chicken.</p> | <p><i>Servings: 1 • Nutritional Information Per Serving:<br/>Fiber 8.0g • Protein 39.5g • Fat 37.5g • Calories 540</i></p> <p><b>Ingredients</b><br/>6 Ounce-weights pork chop<br/>2 Cups mixed greens<br/>1/2 Haas avocado, sliced<br/>1 Cup sliced cucumber<br/>1 Serving Hot Bacon Vinaigrette</p> <p><b>Directions</b><br/>1. Use the Atkins recipe to make Hot Bacon Vinaigrette for the salad.<br/>2. Season the pork chop with salt and freshly ground black pepper then grill, bake or pan fry until cooked through; about 5 minutes per side.<br/>3. Combine the greens, avocado and cucumber with the vinaigrette.</p> <p>Optional: Use the bacon from making the salad dressing (crumbled) to garnish the salad.</p> |
| <div>Total Net Carbs</div> 3g  | 4g  | 7g  |