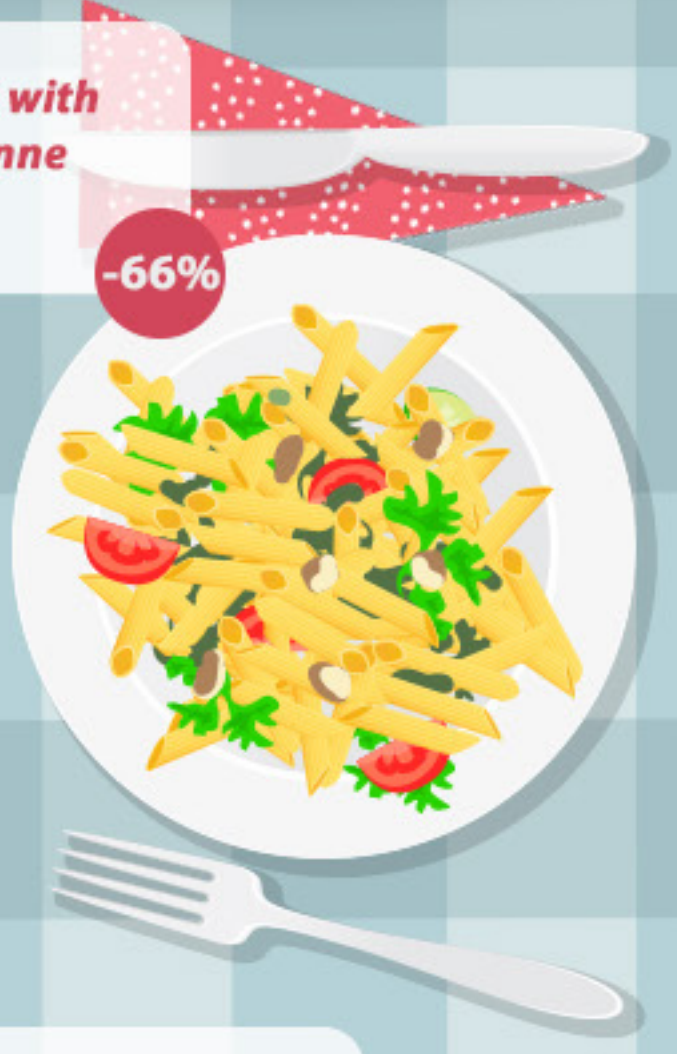




Just as good, less carbs



Replace regular penne with the Atkins low carb penne
[View recipe](#)



-81%

Try cauliflower rice instead of regular rice
[View recipe](#)



Use our crunchy muesli as pie crust
[View recipe](#)



-66%



Try our low carb blueberry smoothie
[View recipe](#)



-86%



Try oatmeal pancakes instead of multigrain pancakes
[View recipe](#)



-76%

± 137 grams of carbs

± 33 grams of carbs