



Your Phase 1 Meal Planner

20g of carbohydrates per day

Got a question?

If you have any questions about Phase 1, ask our nutritionist. You can get in touch via the Support section of our website.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 egg omelette with 30g grated cheese & 50g sliced red pepper	100g smoked salmon with ½ sliced ripe avocado & 2 tsp cream cheese, sprinkle with black pepper	Hot Flax Cereal (see recipe)	1 low carb sausage, 1 poached egg & half grilled tomato	Mushroom Bake (see recipe)	2 scrambled egg with 4 cooked, chopped asparagus spear & 1 slice bacon	1 bacon, 1 low carb sausage, 1 fried egg & ½ grilled tomato
Snack	1 cooked chicken leg	Atkins snack	1 boiled egg	½ sliced avocado	Atkins snack	30g cubed cheese	Atkins snack
Lunch	Goat's cheese salad made with 80g salad leaves, 5 olives, 4 cherry tomatoes, ½ sliced avocado, 50g cubed cucumber and 50g crumbled goat's cheese. Drizzle with extra virgin olive oil	1 baked chicken thigh served over mixed salad leaves, ½ chopped red pepper, 4 cucumber slices. Top with 30g grated cheese	Bacon, Spinach & Blue Cheese Salad (see recipe)	1 tin mackerel in brine, drained, served over 100g spinach leaves, 30g crumbled feta & ½ chopped red pepper	Chicken Burger with Tomato Salsa (see recipe)	Greek salad including 5 olives, 100g baby spinach, ½ avocado, ¼ chopped red onion, 50g cubed cucumber and 30g feta cheese. Drizzle with 1 tbsp olive oil	1 small tin salmon served over 100g baby spinach leaves, 5 cherry tomatoes, ¼ sliced cucumber. Drizzle with 1 tbsp extra virgin olive oil
Snack	Atkins snack	1 Pepperoni stick	Atkins snack	2 tbsp cream cheese spread into a celery stalk	½ tin tuna mixed with full fat mayonnaise on a romaine leaf 'wrap'	Atkins snack	1 slice ham wrapped up with a cheese slice
Dinner	115g salmon baked in foil topped with 1 tbsp butter & 1 tsp parsley. Serve with 100g 'riced' cauliflower and 80g sautéed kale cooked in 1 tbsp olive oil	Mushroom Burgers (see recipe)	1 slice baked pork belly served with 100g each broccoli & cauliflower mashed with 1 tbsp butter. Top with 30g grated cheese	Chicken Casserole with Red Peppers (see recipe)	2 smoky chorizo sausages cooked and served with 100g cauliflower, cooked and mashed with 1 tbsp cream cheese & 80g green beans	Chicken breast wrapped in 2 slices Parma ham. Serve with 100g celeriac, mashed with 1 tbsp butter	Beef stir-fry made with 115g beef strips, 50g beansprouts, 2 sliced mushrooms, ½ sliced red pepper, 30g water chestnuts. Stir-fry with soya sauce



Mix and Match
Feel free to mix and match individual meals or even full days to suit you.

Get organised
Make an extra portion and use for tomorrow's lunch.

How much protein?
Check what's right for you based on your weight and gender - from 115g up to 225g for a large man.

Atkins snacks
You can add Atkins low carb snack bars, cookies, drinks and shakes to your menu right from day one.



Healthy swaps

Adapt any recipe to your taste by swapping your protein or veg choices, e.g. fish for chicken, broccoli for cauliflower

Recipes

Chicken Casserole with Red Peppers

Serves 1

1 tbsp olive oil
2 chicken thighs
Salt and pepper to season
2 garlic cloves, chopped
½ medium onion, chopped
1 rasher bacon, diced
½ red pepper, seeded and chopped
1 bay leaf
½ tin chopped tomatoes
½ stock cube
1 tbsp thyme

Heat the oil in a frying pan. When hot, add half the chicken pieces and fry over medium heat until they colour. Remove cooked chicken.

Add garlic and onion and cook until soft, add cooked chicken to pot with bacon, peppers, bay leaf and thyme.

Fry until bacon colours then add tomatoes and stock cube and let it bubble.

Stir everything together then turn heat down to low, cover and simmer for an hour until juice reduces to a sauce.

Remove the bay leaf and serve.

Hot Flax Cereal

Serves 1

2 tbsp ground flaxseeds
1 tsp Splenda
30ml single cream
40ml water
1 tsp ground cinnamon

Combine the ingredients and microwave for 2 minutes.

Chicken Burgers with Tomato Salsa

Serves 1

1 garlic clove, crushed
1 spring onion, finely sliced
1 tbsp mixed herbs
100g minced chicken
1 tsp olive oil

For the salsa:

80g cherry tomatoes, quartered
½ red chilli, deseeded and finely chopped
1 tsp chopped coriander
Rind and juice of 1 lime

Mix together all the burger ingredients, except the oil, and form into a burger, chill for 30 minutes.

Combine the salsa ingredients in a bowl. Brush the burger with oil and cook under high grill for 3-4 mins each side.

Serve with tomato salsa and salad.

Bacon, Spinach and Blue Cheese salad

Serves 1

2 smoked bacon rashers, chopped
150g spinach leaves
30g blue cheese, cubed
5 cherry tomatoes, halved
50g raw broccoli florets

Dressing:

1 tbsp Splenda
1 tsp mustard
1 tbsp lemon juice

Fry the bacon in a non-stick frying pan until crisp. Toss together the spinach, blue cheese, tomatoes and broccoli then stir these into the bacon.

Place the salad in a serving bowl.

Mix together the dressing ingredients and drizzle over the salad.

Mushroom Bake

Serves 1

2 tbsp salsa
2 mushrooms, chopped
1 egg
30g cheese, shredded

Place the salsa in a ramekin and add mushrooms, crack an egg on top and then top with shredded cheese.

Microwave for 2 minutes.

Mushroom Burgers

Serves 1

1 garlic clove, chopped
½ green pepper, chopped
½ red chilli, chopped
½ onion, chopped
100g minced meat
40g mushrooms, chopped
Large romaine leaves

Finely chop the garlic clove, green pepper and red chilli and mix in a bowl with 100g minced meat.

Form into a burger and cook to desired level.

Meanwhile heat 1 tbsp butter in a pan and add onion and mushrooms and sauté until cooked.

Put burgers onto large romaine leaves and top with the onion/mushroom mixture.

Serve with a mixed side salad.

For all the family

Just add potato, pasta or rice for any one that isn't eating low carb.

Share your favourites

Got any recipe tips? We'd love to hear them. Share them with our members on our community forum.

Shopping List

Monday

Red pepper
Chicken leg
Goats cheese
Cherry tomatoes
Salmon
Eggs
Olives
Cauliflower
Kale

Tuesday

Smoked salmon
Chicken thigh
Red pepper
Cucumber
Green pepper
Pepperoni snacks
Eggs
Avocado
Mushroom
Onion
Cream cheese
Minced meat
Chilli
Cheese

Wednesday

Single cream
Ground flaxseed
Gorgonzola cheese
Cherry tomatoes
Eggs
Bacon
Spinach
Pork Belly
Broccoli
Cauliflower

Thursday

Sausages
Tomatoes
Mackerel (tinned)
Feta cheese
Red pepper
Chorizo
Eggs
Avocado
Spinach
Cream cheese
Celery
Cauliflower
Green beans

Friday

Mushrooms
Spring onion
Red chilli
Minced chicken
Cherry tomatoes
Tuna (tinned)
Chicken thighs
Red pepper
Onion
Bacon

Saturday

Asparagus
Tomatoes
Olives
Baby spinach
Red onion
Feta
Chicken breast
Parma ham
Bacon
Avocado
Celeriac

Sunday

Sausages
Tomatoes
Tin of salmon
Baby spinach
Cherry tomatoes
Cucumber
Ham
Beef
Beansprouts
Red pepper
Waterchestnuts
Mushrooms

Handy to have around the house

Mixed salad leaves
Parsley & other herbs
Garlic
Splenda
Olive oil
Eggs

Atkins snacks
Selection of foundation vegetables
Chilli peppers
Cinnamon & other spices
Soya sauce

Butter
Cheese
Ground flaxseeds
Mustard
Full fat mayonnaise

Notes