



# 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	<b>Hot Flax Cereal</b> (see recipe)	1 low carb sausage, 1 poached egg & half grilled tomato	<b>Mushroom Bake</b> (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	<b>Atkins snack</b>	1 boiled egg	½ sliced avocado	<b>Atkins snack</b>	30g cubed cheese	<b>Atkins snack</b>
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	<b>Bacon, Spinach &amp; Blue Cheese Salad</b> (see recipe)	1 tin mackerel in brine, drained, served over 100g spinach leaves, 30g crumbled feta & ½ chopped red pepper	<b>Chicken Burger with Tomato Salsa</b> (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	<b>Atkins snack</b>	1 Pepperoni stick	<b>Atkins snack</b>	2 tbsp cream cheese spread into a celery stalk	½ tin tuna mixed with full fat mayonnaise on a romaine leaf 'wrap'	<b>Atkins snack</b>	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	<b>Mushroom Burgers</b> (see recipe)	1 slice baked pork belly served with 100g each broccoli & cauliflower mashed with 1 tbsp butter. Top with 30g grated cheese	<b>Chicken Casserole with Red Peppers</b> (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