

Top with a dressing

Make a dressing of 2 tbsp olive oil, lemon and pepper. Enjoy!

# Your phase 1 mealplan

20g of carbohydrates per day

Mix and Match

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<b>Atkins Ready to Drink - Caffé Latte</b>	2 <b>Atkins crackers</b> with butter and 2 slices of chicken	2 boiled eggs, 2 slices ham topped with mayonnaise	1 poached egg with 1/2 sliced avocado	30 gram cubed cheese, 2 slices cucumber and 2 radishes	<b>Coffee Frappé</b>	2 <b>Atkins crackers</b> with rocket and cream cheese
Snack	30 gram cubed cheese	1/4 cucumber	1 <b>Atkins bar</b>	1 small sausage	1 <b>Atkins bar</b>	6 olives	1 <b>Atkins bar</b>
Lunch	Salad made with 1 tomato, 1/2 cucumber, 1 small avocado, 3 feta cubes and 2 tbsp of olive oil	Cabbage salad from 100 gram sliced cabbage, 50 gram feta and some dill	1 tin mackerel, 100 gram spinach, 4 cherry tomatoes and 3 radishes. Top with 1 tbsp mayonnaise.	Asparagus (from jar) and 4 slices of ham wrapped up	2 <b>Atkins crackers</b> with egg salad and hummus. Garnish with some raw vegetables.	Vegetable omelette made with 2 eggs with vegetables of choice	<b>Cauliflower soup</b>
Snack	1 <b>Atkins bar</b>	6 olives	4 cubes cheese	<b>Atkins Ready to Drink - Strawberry</b>	2 pickles	1 <b>Atkins bar</b>	Coffee with unsweetened whipped cream and sweetener
Dinner	<b>Courgetti with meat sauce</b>	<b>Chicken Kebab with Cucumber salad</b>	<b>Roquefort Salad</b>	Put 400 gram slices courgette, pepper and mushrooms in an oven dish. Drizzle with olive oil, sliced garlic and Italian herbs. Serve with a cooked chicken breast.	100 gram baked salmon with courgette strips cooked in 1 tbsp oil, serve with mixed side salad	Beef stew made with 100 gram cubed beef, 1/2 chopped onion, 4 mushrooms, 1 garlic clove and 50 gram chopped swede. Top with 200ml stock and simmer until tender.	Burger made with 100 gram lamb mince, serve on romaine 'bun' with 30 gram sliced cheese, 1/2 sliced avocado and 1/2 small sliced cooked onion. Serve with large green salad.

Looking for an alternative?

Take 5 snack tomatoes and 10 olives.

An extra touch

Optional: add some cinnamon or cocoa powder for an extra touch.



# Recipes

## Roquefort Salad

Serves 1

**30 gram Roquefort cheese**  
**100 gram spinach**  
**1/2 small onion**  
**1 tsp butter**

Cube the roquefort cheese and mix in a bowl with the sauteed spinach. Slice a small onion and cover in foil and top with the butter, bake for 20 mins. Leave to cool then add to the leaves/cheese.

## Coffee Frappé

Serves 1

**1 spoon Atkins Chocolate Shake Mix**  
**1 teaspoon instant coffee**  
**100 ml whipped cream**  
**6 ice cubes**

Put 1 spoon Atkins Chocolate Shake Mix, 1 teaspoon instant coffee and 6 ice cubes together in a blender and mix it. Put the mix in a glass. Whip the cream and pour it over the coffee.

## Cauliflower soup

Serves 4

**2 tablespoons butter**  
**150 grams onion**  
**500 ml chicken broth**  
**250 grams cauliflower in florets**  
**1 bag of watercress or celery**  
**150 ml cream**  
**salt, pepper and nutmeg to taste**

Heat the butter in a large pan moderate heat until the foam disappears. Add the onion and fry for about 5 minutes with regular stirring. Add the chicken broth and cauliflower and bring to the boil. turn the heat down and let it simmer for 10 minutes. Then turn the heat off and add the celery (or watercress). Cover the soup and let stand for 5 minutes. stir once in between. Transfer the soup to a food processor and add the cream, salt, pepper and nutmeg. Puree the whole for 1 minute. Serve the soup warm or let it cool in the fridge and serve it ice cold.

## Chicken Kebab with Cucumber salad

Serves 1

**100 gram chicken breast**  
**1 tbsp olive oil**  
**1/4 sliced cucumber**  
**100 gram salad leaves**  
**1 tbsp olive oil (additional)**

Cube the chicken breast and thread onto skewers, drizzle with the olive oil and season. Then bake for 20 minutes until cooked. Meanwhile mix the sliced cucumber with the salad leaves, drizzle with the olive oil and serve with the kebabs.

## Courgetti with meat sauce

Serves 1

**100 gram minced meat**  
**1/2 red onion**  
**1 garlic clove**  
**1/2 tin tomatoes**  
**handful of fresh basil**  
**1 courgette**  
**1 tbsp olive oil**

Make the meat sauce by mixing the minced meat, chopped red onion, garlic clove; crushed. Fry for 5 minutes then add the tomatoes, season well and add handful of fresh basil. Cover and simmer for 15 minutes. Using either a spiruliser or a grater, cut the courgette into strips. Heat the oil in a frying pan and stir-fry the courgetti until cooked about 40 seconds. Top the courgetti with the meat sauce and enjoy!

