



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 4 slices chorizo & ½ ripe avocado	Avocado, Ham & Egg cups (see recipe)	Tin of sardines in oil over iceberg lettuce with 30g feta cheese, ¼ sliced cucumber and 5 cherry tomatoes. Drizzle with 1 tbsp lemon juice	2 poached eggs, 80g button mushrooms and 2 rashers bacon cooked in coconut oil sprinkle with parsley & salt and pepper	Sliced tomato, 30g sliced mozzarella and shredded basil, drizzled with 1 tbsp olive oil and grill for 5 mins	Coffee Frappe (see recipe)	1 egg fried in 1 tbsp coconut oil, 1 low carb sausage & 1 sliced mushroom, grilled
Snack	Atkins snack	85g smoked salmon & 1 tbsp cream cheese spread onto 4 cucumber slices	8 olives	Atkins snack	½ sliced avocado	Atkins snack	30g cubed cheese
Lunch	Tinned mackerel salad - 100g mixed salad leaves, 5 cherry tomatoes, drizzle with 1 tbsp olive oil	Thai Turkey Lettuce Wraps (see recipe)	1 burger topped with 1/2 sliced avocado, 1 small sliced tomato. Serve with a large romaine leaf & side of mixed salad leaves, drizzle with extra virgin olive oil	Combine chopped ham, chopped celery stalk, 4 chopped radishes & 1 tbsp mayonnaise. Serve over 55g mixed greens and 50g cucumber	Large tuna salad made with lettuce, ½ sliced avocado, 5 cherry tomatoes and 2 chopped radishes. Drizzle with olive oil	Grill 2 tomato halves, topped with 30g mozzarella cheese and 2 slices turkey, drizzle with 1 tbsp olive oil & 1 tsp balsamic vinegar	Prawn, Avocado & Fennel salad (see recipe)
Snack	Sliced turkey with 1 slice cheese	1 serving sugar free jelly topped with 1 tbsp whipped cream	Atkins snack	½ mashed avocado spread into celery stalk	Atkins snack	sliced avocado & 1 slice cheese rolled up in romaine leaf	Atkins snack
Dinner	100g minced meat cooked in 100g tinned tomatoes with ½ onion. Serve in romaine 'tacos' with 2 tbsp guacamole	1 grilled pork chop topped with 1 tsp Dijon mustard. Serve with 60g cooked kale & 60g broccoli & 6 grilled asparagus	150g grilled lamb steak vegetables roasted in oil - 1/2 red & 1/2 green red pepper, 1/2 red onion, 3 mushrooms and 50g chopped leek	Garlic Spinach Salmon (see recipe)	Cook 115g rump steak until done to your liking. Top with 30g Garlic Boursin cheese and serve with 100g spinach sautéed in butter & 80g broccoli	Cook 6oz tuna steak in 1 tbsp coconut oil with 70g pak choi, 30g water chestnuts, 6 radishes. Drizzle with 1 tbsp soya sauce.	1 chicken thigh cooked in 2 tbsp cream with 1 chopped shallot & 1 slice cubed pancetta. Serve with kale sautéed in olive oil



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.

Atkins snacks

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

How much protein?

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



Healthy swaps

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

Coffee Frappe

Serves 1

1 serving of Atkins Chocolate Shake mix
1 tsp coffee granules
30ml double cream
Coffee
Ice

Blend together the shake mix, coffee & ice. Add to a glass and top with whipped cream.

Avocado, Ham & Egg Cups

Serves 1

1 tbsp coconut oil
2 slices of ham
2 mushrooms
1 egg
Slice of avocado

Oil a muffin pan with 1 tbsp coconut oil then line with 2 slices ham. Chop 2 mushrooms and whisk together with an egg then drop on top of the ham. Top with a slice of avocado then bake for 15 minutes. You can make several and keep for the next day or 2.

Recipes

Prawn, Avocado & Fennel Salad

Serves 1

1 tbsp oil
1 tbsp lemon juice
Salt and pepper
100g cooked prawns
50g chopped fennel

½ sliced avocado
1 chopped spring onion
100g rocket leaves
Salad leaves

Make the dressing by mixing 1 tbsp oil and 1 tbsp lemon juice with salt & pepper. In a bowl, toss together 100g cooked prawns, 50g chopped fennel, ½ sliced avocado, 1 chopped spring onion with half the dressing. Scatter 100g rocket leaves into a bowl and put the salad on top then drizzle with the rest of the dressing.

Thai Turkey Lettuce Wraps

Serves 1

100g of Turkey
1 tsp ground ginger
1 crushed garlic clove
8g pak choi
1 tsp ground coriander

1 tsp sweetener
2 tbsp lime juice
2 tbsp soya sauce
½ tbsp. sesame oil
Romaine lettuce leaves

Brown 100g ground turkey in a wok. Add 1 tsp ground ginger, 1 crushed garlic clove and 80g pak choi, chopped and stir-fry for 2 minutes. In a small bowl, combine 1 tsp ground coriander, 1 tsp sweetener, 2 tbsp lime juice, 2 tbsp soya sauce and ½ tbsp sesame oil. Add to the wok and cook for 2 minutes then roll into large romaine lettuce leaf 'wraps' and enjoy.

Garlic Spinach Salmon

Serves 1

150g salmon fillet
1 tbsp olive oil
Salt and pepper
100g spinach
80g broccoli florets

30ml single cream
1 garlic clove
50g mushrooms
1 tbsp butter

Rub 150g salmon fillet with 1 tbsp olive oil and salt and pepper. Steam 100g spinach & 80g broccoli florets over medium heat. Add 30ml single cream & 1 crushed garlic clove to a pan and heat for a few minutes. Drain the spinach and broccoli. Cook 50g chopped mushrooms in 1 tbsp butter for 5 minutes. Grill the salmon for 5 minutes each side, then reheat the spinach/broccoli and toss with 1 tbsp butter then top with the cream and mushrooms.

Halloumi Kebabs

Serves 1

100g halloumi cheese
2 tbsp oil
1 tsp dried oregano
6 cherry tomatoes
5 button mushrooms
5 asparagus spears
1 garlic clove
Sea salt

Chop 100g halloumi cheese into 1 inch cubes. Add 1 tbsp oil to a pan with 1 tsp dried oregano, toss the halloumi cubes with 6 cherry tomatoes and 5 button mushrooms. Thread ingredients onto skewers and grill for 5-6 minutes.

Trim 5 asparagus spears then place on a foil lined baking tray, drizzle with 1 tbsp oil, crushed garlic clove and sea salt then bake for 15 minutes. Serve with the halloumi kebabs.

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

Eggs
Chorizo
Avocado
Mackerel
Salad leaves
Cherry tomatoes
Minced turkey
Minced meat
Tinned tomatoes
Onion

Tuesday

Ham
Mushroom
Eggs
Avocado
Smoked salmon
Cream cheese
Minced turkey
Chinese cabbage
Sugar free jelly
Pork chops
Kale
Broccoli
Asparagus

Wednesday

Sardines
Feta cheese
Cucumber
Cherry tomatoes
Olives
Burger
Avocado
Tomatoes
Lamb steak
Red/green peppers
Mushrooms
Leek

Thursday

Button mushrooms
Eggs
Ham
Celery
Avocado
Salmon
Spinach
Single cream
Mushrooms

Friday

Tomatoes
Mozzarella
Basil
Avocado
Tuna (tinned)
Cherry tomatoes
Radishes
Rump steak
Boursin cheese
Spinach
Broccoli

Saturday

Whipped cream
Tomatoes
Mozzarella cheese
Minced Turkey
Avocado
Pak Choi
Water chestnuts
Radishes
Tomatoes

Sunday

Eggs
Sausages
Mushrooms
Prawn
Fennel
Avocado
Spring onion
Rocket leaves
Chicken breast
Single cream
Shallots
Pancetta
Kale

Handy to have around the house

Lime Juice
Mixed salad leaves
Parsley & other herbs
Garlic
Splenda
Olive oil

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

Sesame oil
Butter
Cheese
Ground flaxseeds
Mustard
Full fat mayonnaise

Notes