# Your Phase 1 Meal Planner

## 20g of carbohydrates per day

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 egg omelette with 30g grated cheese &amp; 50g sliced red pepper</td>
<td>100g smoked salmon with ½ sliced ripe avocado &amp; 2 tbsp cream cheese, sprinkle with black pepper</td>
<td>Hot Flax Cereal (see recipe)</td>
<td>1 low carb sausage, 1 poached egg &amp; half grilled tomato</td>
<td>Mushroom Bake (see recipe)</td>
<td>2 scrambled egg with 4 cooked, chopped asparagus spear &amp; 1 slice bacon</td>
<td>1 bacon, 1 low carb sausage, 1 fried egg &amp; ½ grilled tomato</td>
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<tr>
<td><strong>Snack</strong></td>
<td>1 cooked chicken leg</td>
<td>Atkins snack</td>
<td>1 boiled egg</td>
<td>½ sliced avocado</td>
<td>Atkins snack</td>
<td>30g cubed cheese</td>
<td>Atkins snack</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>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</td>
<td>1 baked chicken thigh served over mixed salad leaves, ¼ chopped red pepper, 4 cucumber slices. Top with 30g grated cheese</td>
<td>Bacon, Spinach &amp; Blue Cheese Salad (see recipe)</td>
<td>1 tin mackerel in brine, drained, served over 100g spinach leaves, 30g crumbled feta &amp; ½ chopped red pepper</td>
<td>Chicken Burger with Tomato Salsa (see recipe)</td>
<td>Greek salad including 5 olives, 100g baby spinach, ¼ avocado, ½ chopped red onion, 50g cubed cucumber and 30g feta cheese. Drizzle with 1 tbsp olive oil</td>
<td>1 small tin salmon served over 100g baby spinach leaves, 5 cherry tomatoes, ¼ sliced cucumber. Drizzle with 1 tbsp extra virgin olive oil</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Atkins snack</td>
<td>1 Pepperoni stick</td>
<td>Atkins snack</td>
<td>2 tbsp cream cheese spread into a celery stalk</td>
<td>Atkins snack</td>
<td>1 slice ham wrapped up with a cheese slice</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>115g salmon baked in foil topped with 1 tbsp butter &amp; 1 tsp parsley. Serve with 100g 'riced' cauliflower and 80g sautéed kale cooked in 1 tbsp olive oil</td>
<td>1 slice baked pork belly served with 100g each broccoli &amp; cauliflower mashed with 1 tbsp butter. Top with 30g grated cheese</td>
<td>Mushroom Burgers (see recipe)</td>
<td>Chicken Casserole with Red Peppers (see recipe)</td>
<td>Chicken breast wrapped in 2 slices Parma ham. Serve with 100g celeriac, mashed with 1 tbsp butter</td>
<td>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</td>
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## 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.

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**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.
**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.

**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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Red pepper</td>
<td>Smoked salmon</td>
<td>Single cream</td>
<td>Sausages</td>
<td>Mushrooms</td>
<td>Asparagus</td>
<td>Sausages</td>
</tr>
<tr>
<td>Chicken leg</td>
<td>Chicken thigh</td>
<td>Ground flaxseed</td>
<td>Tomatoes</td>
<td>Spring onion</td>
<td>Tomatoes</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Goats cheese</td>
<td>Red pepper</td>
<td>Gorgonzola cheese</td>
<td>Mackerel (tinned)</td>
<td>Red chilli</td>
<td>Olives</td>
<td>Ti of salmon</td>
</tr>
<tr>
<td>Cherry tomatoes</td>
<td>Cucumber</td>
<td>Cherry tomatoes</td>
<td>Feta cheese</td>
<td>Minced chicken</td>
<td>Baby spinach</td>
<td>Baby spinach</td>
</tr>
<tr>
<td>Salmon</td>
<td>Green pepper</td>
<td>Eggs</td>
<td>Red pepper</td>
<td>Chicken tomatoes</td>
<td>Red onion</td>
<td>Cherry tomatoes</td>
</tr>
<tr>
<td>Eggs</td>
<td>Pepperoni snacks</td>
<td>Bacon</td>
<td>Chorizo</td>
<td>Tuna (tinned)</td>
<td>Feta</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Olives</td>
<td>Eggs</td>
<td>Pork Belly</td>
<td>Eggs</td>
<td>Chicken thighs</td>
<td>Baby spinach</td>
<td>Beef</td>
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<tr>
<td>Cauliflower</td>
<td>Mushroom</td>
<td>Broccoli</td>
<td>Avocado</td>
<td>Red pepper</td>
<td>Feta</td>
<td>Beansprouts</td>
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<tr>
<td>Kale</td>
<td>Onion</td>
<td>Cream cheese</td>
<td>Spinach</td>
<td>Onion</td>
<td>Ham</td>
<td>Red pepper</td>
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<td></td>
<td>Cream cheese</td>
<td>Minced meat</td>
<td>Celery</td>
<td>Bacon</td>
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<td>Red pepper</td>
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<td></td>
<td>Minced meat</td>
<td>Chilli</td>
<td>Cauliflower</td>
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<td></td>
<td>Chilli peppers</td>
<td>Cheese</td>
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## Handy to have around the house

<table>
<thead>
<tr>
<th>Mixed salad leaves</th>
<th>Atkins snacks</th>
<th>Butter</th>
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</thead>
<tbody>
<tr>
<td>Parsley &amp; other herbs</td>
<td>Selection of foundation vegetables</td>
<td>Cheese</td>
</tr>
<tr>
<td>Garlic</td>
<td>Chilli peppers</td>
<td>Ground flaxseeds</td>
</tr>
<tr>
<td>Splenda</td>
<td>Cinnamon &amp; other spices</td>
<td>Mustard</td>
</tr>
<tr>
<td>Olive oil</td>
<td>Soya sauce</td>
<td>Full fat mayonnaise</td>
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<tr>
<td>Eggs</td>
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