



# Your Phase 2 Meal Planner

25g 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	100g Full fat Greek yoghurt with 30g blueberries	2 eggs poached and topped with 2 rashers bacon & 2 sliced mushrooms sautéed in 1 tbsp coconut oil with ½ grilled tomato	<b>Almond Pancakes (see recipe)</b>	100g Full fat Greek yoghurt topped with a handful of sliced almonds & 30g blueberries	2 scrambled eggs with ½ grilled tomato/ ½ avocado & 30g grated cheese	Place 80g smoked salmon on top of 4 cucumber slices, top with a poached egg and 2 tbsp hollandaise sauce	2 egg omelette filled with 2 sliced mushrooms sautéed in oil, 30g cheese & 1 chopped spring onion
Snack	<b>Atkins snack</b>	25g hazelnuts	<b>Atkins snack</b>	½ sliced avocado, 1 chopped spring onion & 2 cherry tomatoes mashed into guacamole. Dip 1 carrot cut into strips	<b>Atkins snack</b>	½ tin tuna/mayonnaise on a romaine leaf 'wrap'	<b>Atkins snack</b>
Lunch	120g burger served on 2 romaine leaves topped with ½ sliced avocado/sliced tomato. With mixed green salad drizzled with 1 tsp extra virgin olive oil	1 tin salmon served over 100g mixed salad leaves, ½ chopped red pepper, 4 cucumber slices 4 radishes. Mix in 1 tbsp full fat mayonnaise. Top with 30g grated cheese	<b>Pad Thai Salad (see recipe)</b>	1 tin mackerel in brine served over 100g spinach leaves, 30g crumbled feta & ½ chopped red pepper, 4 chopped radishes, drizzle with extra virgin olive oil	<b>Strawberry &amp; Spinach Salad with Feta (see recipe)</b>	Slice 30g mozzarella and place on top of 1 sliced roma tomato, top with shredded basil leaves and drizzle with 1 tbsp olive oil	1 tin tuna mixed with 1 tbsp full fat mayonnaise. Serve with 100g mixed salad leaves, 5 cherry tomatoes, 5 olives, 1/3 red pepper and 3 chopped radishes
Snack	10 Green olives	<b>Atkins snack</b>	5 strawberries with 2 tbsp single cream	30g full fat cream cheese spread into a celery stalk	30g almonds	<b>Atkins snack</b>	80g smoked salmon with 1 tbsp cream cheese, rolled up
Dinner	4oz cod baked in foil topped with 1 tsp butter & 1 tsp parsley. Serve with 100g 'riced' cauliflower and buttered 80g Brussels sprouts	<b>Chicken in Tarragon Cream Sauce (see recipe)</b>	1 large pork chop, topped with 1 tsp mustard and then grilled. Serve with 100g kale, cooked in 1 tbsp butter, and 50g steamed Brussels sprouts	4oz rump steak, grilled, and served with cauliflower cheese & steamed broccoli	Chicken breast flattened and filled with 100g wilted spinach & 30g ricotta cheese, wrapped in 2 slices Parma ham. Serve with 100g celeriac, mashed with 1 tsp butter	<b>Lamb Stew (see recipe)</b>	<b>Spicy Lamb Koftas (see recipe)</b>



*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

### Almond Pancakes

Serves 2

**2 eggs**  
**30ml single cream**  
**1 tsp sweetener**  
**½ tsp salt**

**10g ground almonds**  
**½ tsp baking powder**  
**1 tbsp butter**

In a bowl mix 2 egg yolks, 30ml single cream, 1 tsp sweetener and ½ tsp salt until smooth. In another bowl whisk together 10g ground almonds & ½ tsp baking powder then whisk into the yolk mixture. Place the egg whites in a bowl and beat with an electric mixer until soft peaks form. Stir ½ the whites into the yolk mixture then gently fold in the remaining whites. Heat a frying pan over medium heat, add 1 tbsp butter and form pancakes using 2 tbsp batter for each one. Cook for 2 minutes on each side.

### Strawberry & Spinach Salad with Feta

Serves 1

**100g spinach**  
**60g strawberries**  
**25g toasted almonds**  
**1 tbsp olive oil**

**½ tbsp white wine vinegar**  
**½ tsp poppy seeds**  
**30g crumbled feta cheese**

In a bowl mix together 100g spinach, 60g sliced strawberries, 25g toasted almonds. In a small bowl, add 1 tbsp olive oil, ½ tbsp white wine vinegar and ½ tsp poppy seeds. Drizzle over the salad leaves and then top with 30g crumbled feta cheese.

### Pad Thai Salad

Serves 1

**⅓ cucumber**  
**½ carrot**  
**1 spring onion**  
**Handful fresh coriander and mint**  
**1 cooked chicken breast**  
**Handful crushed walnuts**  
**1 tbsp lime juice**  
**1 tbsp soya sauce**  
**1 tbsp fish sauce**

Using a grater, make ⅓ cucumber and ½ carrot into ribbons. Cut 1 spring onion into pieces and add to the carrot/cucumber in a bowl. Chop a handful of fresh coriander & mint and add to bowl. Top with 1 cooked chicken breast and a handful of crushed walnuts. In a small bowl, mix 1 tbsp lime juice, 1 tbsp soya sauce and 1 tbsp fish sauce and drizzle over salad before serving.

### Chicken in Tarragon Cream Sauce

Serves 1

**2 small chicken thighs**  
**Salt and pepper**  
**1 tbsp butter**  
**30ml double cream**  
**1 tsp Dijon mustard**  
**1 tsp fresh tarragon**  
**80g steamed broccoli**  
**80g spring greens**

Sprinkle 2 small chicken thighs with salt & pepper. In a pan, melt 1 tbsp butter and brown the chicken on both sides. Reduce the heat and cook for 15 minutes then transfer into foil to keep warm. Add 30ml double cream to the pan and scrape up brown bits, stir in 1 tsp Dijon mustard and 1 tsp fresh tarragon and cook for 5 minutes, stirring constantly, until the sauce thickens. Pour the sauce over the chicken then serve with 80g steamed broccoli and 80g spring greens.

### Spicy Lamb Koftas

Serves 1

**100g minced lamb**  
**Chilli powder**  
**Ginger**  
**100g mixed salad**  
**5 cherry tomatoes**  
**1 chopped spring onion**  
**Extra virgin olive oil**  
**⅓ cucumber**  
**3 tbsp full fat Greek yoghurt**  
**1 tbsp mint**  
**3 romaine leaves**

**Hummus:**  
**½ tin chickpeas**  
**A squeeze of lemon**  
**1 tsp cumin**  
**1 garlic clove**  
**1 tbsp olive oil**  
**1 tbsp tahini**

Season 100g minced lamb with spices such as chilli powder, ginger etc. (to your taste). Form into a kebab and bake for 30 mins. Serve with 100g mixed salad, 5 cherry tomatoes, 1 chopped spring onion; drizzle with extra virgin olive oil. Peel and mandolin ⅓ cucumber and mix with 3 tbsp full fat Greek yoghurt & 1 tbsp mint to make tzatziki. Take 3 romaine leaves and use as 'wraps' for the kebab. Serve with homemade hummus:

Hummus

Blend together ½ tin chickpeas, a squeeze of lemon, 1 tsp cumin, 1 garlic clove 1 tbsp olive oil and 1 tbsp tahini

### Lamb Stew

Serves 2

**1 tbsp oil**  
**400g cubed lamb**  
**1 onion**  
**1 turnip**  
**½ head cauliflower florets**  
**200ml vegetable broth**  
**Bay leaf**  
**1 crushed garlic clove**

Put 1 tbsp oil in a large pan and brown 400g cubed lamb. Add 1 chopped onion, 1 chopped turnip and ½ head cauliflower florets. Put 200ml vegetable broth in the pan and season well, add a bay leaf and 1 crushed garlic clove and stir. Cover, turn the heat to low and simmer for at least 1 hr. Remove bay leaf before serving.

### 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

Greek yoghurt  
Blueberries  
Burger  
Avocado  
Tomato  
Olives  
Cod  
Cauliflower  
Brussels sprouts

## Tuesday

Eggs  
Bacon  
Mushrooms  
Salmon  
Red pepper  
Cucumber  
Pepperoni  
Chicken breasts  
Double cream  
Dijon mustard  
Broccoli  
Spring greens

## Wednesday

Eggs  
Single cream  
Ground almonds  
Cucumber  
Carrot  
Spring onion  
Chicken breast  
Walnuts  
Pork chop  
Kale  
Brussels sprouts

## Thursday

Greek yoghurt  
Almonds  
Avocado  
Mackerel  
Spinach  
Feta  
Red pepper  
Philadelphia cheese  
Celery  
Rump steak  
Cauliflower  
Broccoli

## Friday

Eggs  
Tomato  
Cheese  
Strawberries  
Spinach  
Almonds  
Poppy seeds  
Feta cheese  
Tuna  
Romaine  
Spinach  
Ricotta cheese  
Parma ham  
Celeriac

## Saturday

Smoked salmon  
Cucumber  
Hollandaise sauce  
Eggs  
Mozzarella  
Roma tomato  
Chicken breast  
Almonds  
Lamb  
Turnip  
Cauliflower  
Bay Leaf

## Sunday

Eggs  
Mushrooms  
Cheese  
Spring onion  
Smoked salmon  
Cream cheese  
Tuna  
Radishes  
Cherry tomatoes  
Almonds  
Minced beef  
Tin chickpeas  
Lemon  
Tahini

## Handy to have around the house

Mixed salad leaves  
Full fat Greek yoghurt  
Cheese  
Chilli Peppers  
Splenda  
Olive oil

Atkins snacks  
Parsley & other herbs  
Selection of nuts  
Olives  
Cinnamon & other spices  
Soya sauce

Butter  
Selection of foundation vegetables  
Garlic  
Blueberries, strawberries etc.  
Mustard  
Full fat mayonnaise

## Notes