## Your Phase 2 Meal Planner

25g of carbohydrates per day

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

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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 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. 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.

**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.

**Lamb Stew**  
Serves 2  
1 tbsp oil  
400g cubed lamb  
1 onion  
1 turnip  
½ head cauliflower florets  
200ml vegetable broth  
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.

**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 ¼ 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.

**Spicy Lamb Koftas**  
Serves 1  
100g minced lamb  
Chilli powder  
Ginger  
100g mixed salad  
5 cherry tomatoes  
1 spring onion  
Extra virgin olive oil  
½ cucumber  
3 tbsp full fat Greek yoghurt  
1 tbsp mint  
3 romaine leaves  
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 ½ 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.

**Pad Thai Salad**  
Serves 1  
½ 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 ½ 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.
# Shopping List

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Greek yoghurt</td>
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<td>Eggs</td>
<td>Smoked salmon</td>
<td>Eggs</td>
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<tr>
<td>Blueberries</td>
<td>Bacon</td>
<td>Single cream</td>
<td>Almonds</td>
<td>Tomato</td>
<td>Cucumber</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Burger</td>
<td>Mushrooms</td>
<td>Ground almonds</td>
<td>Avocado</td>
<td>Cheese</td>
<td>Mackerel</td>
<td>Cheese</td>
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<tr>
<td>Avocado</td>
<td>Cucumber</td>
<td>Cucumber</td>
<td>Mackerel</td>
<td>Strawberries</td>
<td>Spinach</td>
<td>Tuna</td>
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<tr>
<td>Tomato</td>
<td>Pepperoni</td>
<td>Spinach</td>
<td>Spinach</td>
<td>Spinach</td>
<td>Feta</td>
<td>Romana</td>
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<tr>
<td>Olives</td>
<td>Chicken breast</td>
<td>Feta</td>
<td>Almonds</td>
<td>Almonds</td>
<td>Cheese</td>
<td>Radish</td>
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<tr>
<td>Cod</td>
<td>Walnuts</td>
<td>Poppy seeds</td>
<td>Feta cheese</td>
<td>Mozzarella</td>
<td>Spring onion</td>
<td>Cheese</td>
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<tr>
<td>Cauliflower</td>
<td>Philadelphia cheese</td>
<td>Feta</td>
<td>Tuna</td>
<td>Roma tomoato</td>
<td>Tuna</td>
<td>Tuna</td>
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<tr>
<td>Brussels sprouts</td>
<td>Celery</td>
<td>Tuna</td>
<td>Lamb</td>
<td>Chicken breast</td>
<td>Turnip</td>
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<thead>
<tr>
<th>Handy to have around the house</th>
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<tbody>
<tr>
<td>Mixed salad leaves</td>
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<tr>
<td>Full fat Greek yoghurt</td>
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<tr>
<td>Cheese</td>
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<tr>
<td>Chilli Peppers</td>
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<tr>
<td>Splenda</td>
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<td>Olive oil</td>
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