## Your Phase 2 Meal Planner

25g of carbohydrates per day

### Monday

**Breakfast**
- 2 rashers bacon, top with sliced tomato & 30g grated cheese, serve with mushrooms sautéed in oil

**Snack**
- Atkins snack
  - 40g strawberries

**Lunch**
- Salmon fillet served with 100g baby spinach, 1 tbsp crushed walnuts, 30g feta & 5 green olives, drizzle with oil
  - Bacon, Spinach & Blue Cheese Salad (see recipe)

**Snack**
- 1 julienned carrot dipped into 2 tbsp full fat cream cheese
  - 2 tbsp hummus with chopped red pepper strips

**Dinner**
- Carbonara Penne (see recipe)
  - Follow with a slice of cantaloupe melon

### Tuesday

**Breakfast**
- 2 egg omelette filled with 30g grated cheese & ½ sliced avocado, with 1/2 grilled tomato

**Snack**
- Atkins snack
  - 100g cottage cheese topped with 1 tbsp crushed walnuts

**Lunch**
- 1 tin tuna, mixed with 1 tbsp mayonnaise.
  - Mix with chopped celery & olives and cherry tomatoes. Follow with 100g full fat Greek yoghurt & 30g raspberries

**Snack**
- Atkins snack
  - 2 tbsp hummus with 1 chopped carrot

**Dinner**
- Chicken breast stuffed with 100g ricotta cheese, wrapped in ham.
  - Serve with 100g spinach & 25g pine nuts, sautéed in olive oil

### Wednesday

**Breakfast**
- Chocolate and Avocado Smoothie (see recipe)

**Snack**
- Atkins snack
  - 100g Full fat Greek yoghurt 2 tbsp sliced almonds & 2 tbsp raspberries

**Lunch**
- 100g smoked salmon with ½ sliced avocado & 1 tbsp cream cheese.
  - Serve with mixed leaf salad drizzled with extra virgin olive oil & chopped celery

**Snack**
- Atkins snack
  - 40g strawberries with 30ml single cream

### Thursday

**Breakfast**
- 2 slices cheese & ½ avocado served on 2 Atkins crispbread

**Snack**
- Atkins snack
  - 2 tbsp hummus with 1 chopped carrot

**Lunch**
- Drizzle 1 portobello mushroom with oil and grill for 5 minutes. Top with 1 poached egg, 1 rasher bacon & ½ avocado. Sprinkle with 30g cheese and grill again for a few minutes until browned

**Snack**
- Atkins snack
  - 50g cottage cheese mixed with 40g blueberries

### Friday

**Breakfast**
- Baked Eggs in Ham Cups (see recipe)

**Snack**
- Atkins snack
  - Handful of mixed nuts

**Lunch**
- 100g smoked salmon with ½ sliced avocado & 1 tbsp cream cheese.
  - Serve with mixed leaf salad drizzled with EVOO.

**Snack**
- Atkins snack
  - 2 tbsp full fat cream cheese

### Saturday

**Breakfast**
- 2 slices cheese & ½ avocado served on 2 Atkins crispbread

**Snack**
- Atkins snack
  - 2 tbsp full fat cream cheese

**Lunch**
- Kebab made with 100g cubed chicken, ½ cubed green pepper, 3 mushrooms & 1/3 cubed red onion. Served with side salad drizzled with EVOO.
  - Follow with 2 slices cantaloupe with 100g cottage cheese

**Snack**
- Atkins snack
  - 50g cottage cheese mixed with 40g blueberries

### Sunday

**Breakfast**
- Baked Eggs in Ham Cups (see recipe)

**Snack**
- Atkins snack
  - 2 low carb sausages with cauliflower mash, made with full fat cream cheese/topped with grated cheddar and green beans

**Lunch**
- Grill 100g beef burger, top with ½ avocado, 30g feta and serve on romaine leaves with a large mixed salad and celeriac chips

### 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.
Baked Eggs in Ham Cups
Serves 1
2 slices of ham
2 eggs
Salt & pepper
Paprika
1 avocado
1 tomato

Preheat oven. Line 2 muffin tins with a slice of ham. Crack an egg into each one, season with salt, pepper and paprika and bake for 20 minutes. All to cool and remove from muffin tin and serve with sliced avocado & grilled tomato.

Chocolate & Avocado Smoothie
Serves 1
½ avocado
1 tbsp unsweetened cocoa powder
2 scoops Atkins shake mix
100ml unsweetened almond milk

Blitz ½ avocado in a blender, or using a hand blender. Add 1 tbsp unsweetened cocoa powder, 2 scoops Atkins shake mix, 100ml unsweetened almond milk and blitz. Add some chilled water, if needed, and blitz until the smoothie is the right texture for you.

Recipes

Chickpea Soup
Serves 2
1 tbsp oil
1 chopped onion
1 chopped celery
1 crushed garlic clove
1 tsp cumin
1 tsp paprika
1 tsp oregano

In a pan add 1 tbsp oil. Gently cook together 1 chopped onion, 1 chopped celery, 1 crushed garlic clove, 1 tsp mustard, 1 tsp each cumin, paprika, oregano & thyme. Cook for 5 mins then add 50g chickpeas, 1 chopped courgette, 200ml veg stock, 100ml water and bay leaf. Simmer for 25 minutes, remove the bay leaf and add 1 squeeze lemon juice. Puree and season to taste.

Carbonara Penne
Serves 1
25g Atkins penne
2 rashers bacon
1 crushed garlic clove
1 egg
30g grated cheese
1 tsp parsley

Bring a pot of water to the boil and add 25g Atkins penne pasta, cook until al dente. Meanwhile cut 2 bacon rashers into pieces and fry until golden. Add 1 crushed garlic clove and 1 tsp parsley, then remove from heat and set aside. Drain the pasta and tip into the frying pan with 1 egg, 15g grated cheese and 30ml single cream. Season and toss before serving and topping with another 15g grated cheese.

Spicy Prawn Pasta
Serves 1
25g Atkins penne
1 tbsp full fat fromage frais
1/2 red chilli
150g prawns
7 cherry tomatoes
Handful fresh basil leaves
Peppery rocket salad
1/2 red pepper

Cook 25g Atkins penne. Meanwhile mix together 1 tbsp full fat fromage frais and the juice of a lime and set aside. Heat 1 tbsp oil in a wok and toss 1 crushed garlic clove & 1/2 red chilli, chopped. Tip in 150g prawns and cook for 3 minutes until they turn pink. Add 7 cherry tomatoes and cook until they start to soften. Drain the pasta then toss into the prawn mixture, tear and add a handful of fresh basil leaves. Season and serve with a peppery rocket salad and strips of 1/2 red pepper, drizzled with extra virgin olive oil.

Bacon, Spinach & Blue Cheese Salad
Serves 1
2 rashers bacon
1 tbsp pine nuts
100g spinach
30g blue cheese
1/3 chopped red pepper
4 cherry tomatoes
1 tbsp extra virgin olive oil
1 tsp mustard
1 tsp balsamic vinegar
1/2 crushed red pepper

Fry 2 rashers bacon until crisp. Add 1 tbsp pine nuts and cook for 2 minutes until the nuts begin to brown. Toss together 100g spinach, 30g blue cheese, 1/3 chopped red pepper and 4 cherry tomatoes, then stir into the bacon and pine nuts. Place the salad in a serving bowl. Mix together 1 tbsp extra virgin olive oil, 1 tsp mustard and 1 tsp balsamic vinegar and drizzle onto mixed salad.

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.

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

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
- Bacon
- Tomato
- Salmon
- Spinach
- Walnuts
- Feta
- Olives
- Eggs
- Atkins penne
- Single cream

#### Tuesday
- Eggs
- Cheese
- Avocado
- Strawberries
- Bacon
- Spinach
- Blue Cheese
- Pine nuts
- Cherry tomatoes
- Ham
- Tuna
- Bok choy
- Waterchestnuts

#### Wednesday
- Atkins RTD
- Avocado
- Unsweetened cocoa powder
- Tuna
- Celery
- Chicken
- Ricotta
- Spinach
- Pine nuts

#### Thursday
- Greek yoghurt
- Almonds
- Raspberries
- Ham
- Smoked salmon
- Cream cheese
- Hummus
- Celery
- Lamb
- Spring greens

#### Friday
- Atkins crispbread
- Avocado
- Cantaloupe
- Cottage cheese
- Tuna
- Romaine
- Atkins penne
- Fromage frais
- Prawns
- Cherry tomatoes
- Basil

#### Saturday
- Egg
- Portobello mushroom
- Mixed nuts
- Onion
- Celery
- Courgette
- Chickpeas
- Sausages
- Cauliflower
- Green beans

#### Sunday
- Eggs
- Ham
- Chicken
- Cannellini beans
- Chorizo
- Chopped tomatoes
- Cottage cheese
- Blueberries
- Beef burger
- Avocado
- Feta

### Handy to have around the house
- Mixed salad leaves
- Parsley, basil & other herbs
- Garlic
- Splenda
- Olive oil
- Atkins snacks
- Selection of foundation vegetables
- Chilli Peppers
- Cinnamon & other spices
- Soya sauce
- Butter
- Cheese
- Olives
- Mustard
- Full fat mayonnaise

### Notes