



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
<i>Breakfast</i>	2 rashers bacon, top with sliced tomato & 30g grated cheese, serve with mushrooms sautéed in oil	2 egg omelette filled with 30g grated cheese & ½ sliced avocado, with 1/2 grilled tomato	Chocolate and Avocado Smoothie (see recipe)	100g Full fat Greek yoghurt 2 tbsp sliced almonds & 2 tbsp raspberries	2 slices cheese & ½ avocado served on 2 Atkins crispbread	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	Baked Eggs in Ham Cups (see recipe)
<i>Snack</i>	Atkins snack	40g strawberries	100g cottage cheese topped with 1 tbsp crushed walnuts	Cottage cheese rolled up in 2 slices ham	Atkins snack	Handful of mixed nuts	Atkins snack
<i>Lunch</i>	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)	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	100g smoked salmon with ½ sliced avocado & 1 tbsp cream cheese. Serve with mixed leaf salad drizzled with extra virgin olive oil & chopped celery	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	Chickpea Soup (see recipe)	Chicken mixed with 40g cannellini beans, chorizo & chopped tomatoes, simmer for 40 minutes and serve with curly kale & mange-tout
<i>Snack</i>	1 julienned carrot dipped into 2 tbsp full fat cream cheese	2 tbsp hummus with chopped red pepper strips	Atkins snack	2 tbsp hummus with 1 chopped carrot	40g strawberries with 30ml single cream	Atkins snack	50g cottage cheese mixed with 40g blueberries
<i>Dinner</i>	Carbonara Penne (see recipe) Follow with a slice of cantaloupe melon	100g grilled tuna with stir-fried pak choi, 100g beansprouts, 75g waterchestnuts & 1 tbsp soya sauce, Sprinkle with sesame seeds. Follow with 30g raspberries & 100g full fat Greek yoghurt	Chicken breast stuffed with 100g ricotta cheese, wrapped in ham. Serve with 100g spinach & 25g pine nuts, sautéed in olive oil	100g lamb steak served with 100g cauliflower in cheese sauce & spring greens sautéed in oil Follow with 2 slices cantaloupe	Spicy Prawn Pasta (see recipe)	2 low carb sausages with cauliflower-mash, made with full fat cream cheese/topped with grated cheddar and green beans	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.



Healthy swaps

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

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

1 tsp thyme
50g chickpeas
1 chopped courgette
200ml veg stock
100ml water
Bay leaf
Lemon

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.

Bacon, Spinach & Blue Cheese Salad

Serves 1

2 rashers bacon
1 tbsp pine nuts
100g spinach
30g blue cheese
½ chopped red pepper

4 cherry tomatoes
1 tbsp extra virgin olive oil
1 tsp mustard
1 tsp balsamic vinegar

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.

Carbonara Penne

Serves 1

25g Atkins penne
2 rashers bacon
1 crushed garlic clove
1 tsp parsley

1 egg
30g grated cheese
30ml single cream

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 lime
1 tbsp oil
1 crushed garlic clove
½ red chilli

150g prawns
7 cherry tomatoes
Handful fresh basil leaves
Peppery rocket salad
½ red pepper

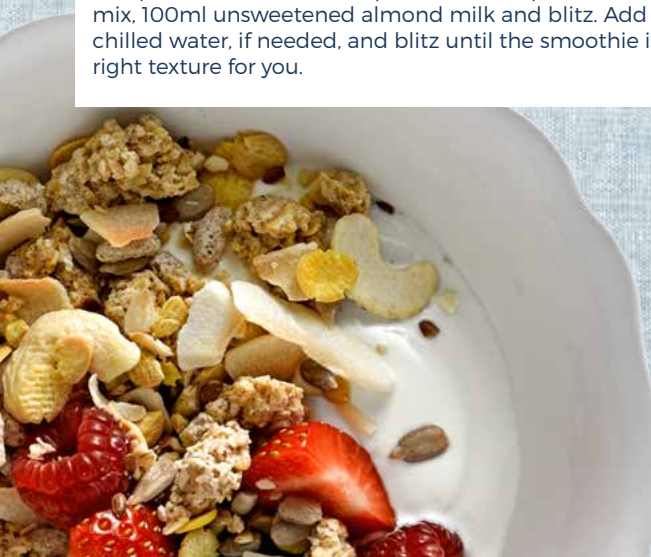
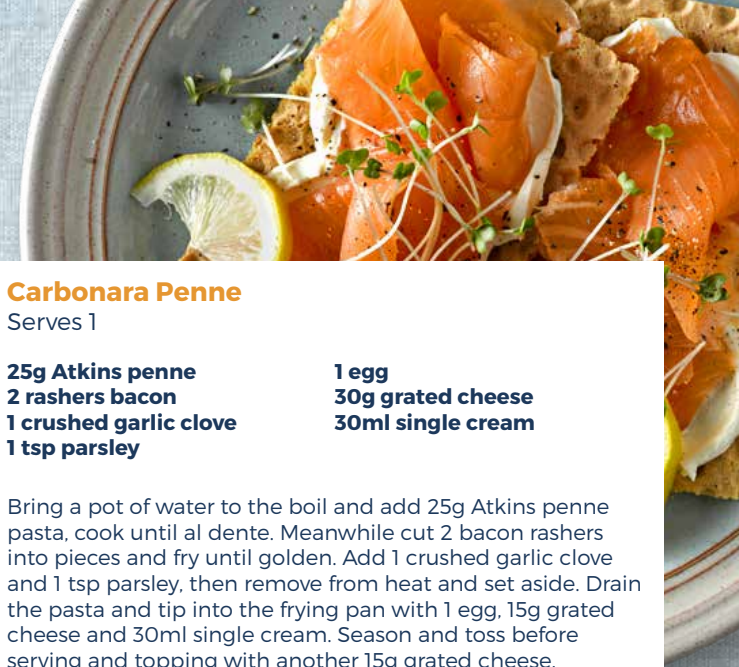
Cook 25g Atkins penne. Meanwhile mix together 1 tbsp full fat fromage frais and the juice of a lime and set aside. Heat 1 tbsp oil in a wok and toss 1 crushed garlic clove & 1/2 red chilli, chopped. Tip in 150g prawns and cook for 3 minutes until they turn pink. Add 7 cherry tomatoes and cook until they 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 ½ red pepper, drizzled with extra virgin olive oil.

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

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