



Your Phase 2 Meal Planner

25g of carbohydrates per day

Got a question?

If you have any questions about Phase 2, 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	Almond Pancakes (see recipe)	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	Atkins snack	25g hazelnuts	Atkins snack	½ sliced avocado, 1 chopped spring onion & 2 cherry tomatoes mashed into guacamole. Dip 1 carrot cut into strips	Atkins snack	½ tin tuna/mayonnaise on a romaine leaf 'wrap'	Atkins snack
Lunch	120g burger served on 2 romaine leaves topped with ½ sliced avocado/sliced tomato. With a mixed green salad drizzled with tbsp of 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	Pad Thai Salad (see recipe)	1 tin tuna in oil served over 100g spinach leaves, 30g crumbled feta & ½ chopped red pepper, 4 chopped radishes, drizzle with extra virgin olive oil	Strawberry & Spinach Salad with Feta (see recipe)	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	Atkins snack	5 strawberries with 2 tbsp single cream	30g full fat cream cheese spread into a celery stalk	30g almonds	Atkins snack	1 tbsp cream cheese rolled in 80g smoked salmon
Dinner	120g white fish baked in foil topped with 1 tbsp butter & 1 tsp parsley. Serve with 100g 'riced' cauliflower and buttered 80g Brussels sprouts	Chicken in Tarragon Cream Sauce (see recipe)	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 tbsp butter	Lamb Stew (see recipe)	Spicy Lamb Koftas (see recipe)



Get organised

Make an extra portion and use for tomorrow's lunch.



Recipes

Almond Pancakes

Serves 2

2 eggs
30ml single cream
1 tsp sweetener
1/2 tsp salt

10g ground almonds
1/2 tsp baking powder
1 tbsp butter

Mix 2 egg yolks, 30ml single cream, 1 tsp sweetener and 1/2 tsp salt until smooth. In a separate bowl whisk together 10g ground almonds & 1/2 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 1/2 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

1/2 tbsp white wine vinegar
1/2 tsp poppy seeds
30g crumbled feta cheese

Mix together 100g spinach, 60g sliced strawberries, 25g toasted almonds. In a separate small bowl, mix 1 tbsp olive oil, 1/2 tbsp white wine vinegar and 1/2 tsp poppy seeds. Drizzle over the salad leaves and then top with 30g crumbled feta cheese.

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. Melt 1 tbsp butter in a pan 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.

Pad Thai Salad

Serves 1

1/3 cucumber
1/2 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 1/3 cucumber and 1/2 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.

Spicy Lamb Koftas

Serves 1

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

Hummus:
1/2 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 and ginger (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 1/3 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 1/2 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
1/2 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 1/2 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.

Hit a plateau?

Don't worry, it happens. Drop your carb intake by 10g to get things moving again.

Stay hydrated

It's important to stay hydrated on a low-carb diet. Aim for 1.5-2 litres of fluids per day.



Ingredients

Shopping List

Almonds	Avocado
Baby spinach	Bacon
Beansprouts	Beef
Blueberries	Broccoli
Brussels sprouts	Burger
Carrot	Cauliflower
Celeriac	Celery
Cheese	Cherry tomatoes
Chicken breast	Cucumber
Dijon mustard	Double cream
Eggs	Feta cheese
Greek yoghurt	Ground almonds
Ham	Kale
Mushrooms	Olives
Parma ham	Pepperoni
Philadelphia cheese	Poppy seeds
Pork chop	Red pepper
Ricotta cheese	Romaine
Rump steak	Salmon
Sausages	Single cream
Spinach	Spring greens
Spring onion	Strawberries
Tin of salmon	Tomatoes
Tuna	Walnuts
Waterchestnuts	White fish

Handy to have around the house

Mixed salad leaves
Atkins snacks (specify)
Butter
full fat Greek yoghurt
Parsley & other herbs
Selection of foundation vegetables
Cheese
Selection of nuts
Garlic
Chilli Peppers
Olives
Blueberries, strawberries etc.
Splenda
Cinnamon & other spices
Mustard
Olive oil
Soya sauce
Full fat mayonnaise

Notes