

Your Phase 1 Meal Planner

20g of carbohydrates per day

Got a question?

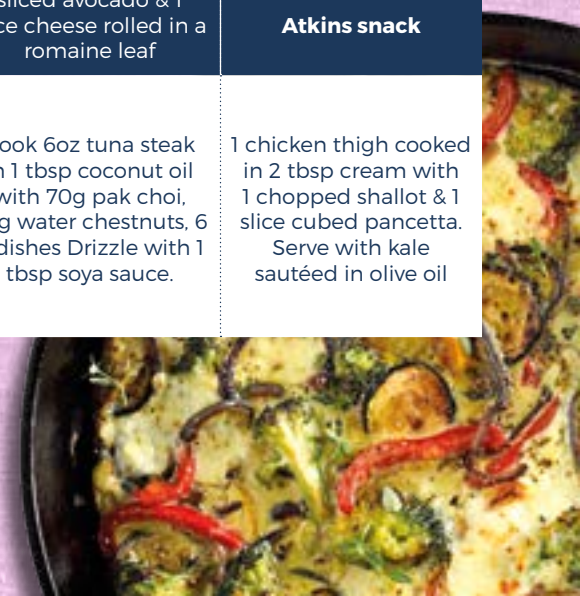
If you have any questions about Phase 1, ask our nutritionist. You can get in touch via the Support section of our website.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	2 egg omelette with 4 slices chorizo & ½ ripe avocado	Avocado, Ham & Egg cups (see recipe)	Tin of tuna in oil served over iceberg lettuce with 30g feta cheese, ¼ sliced cucumber and 5 cherry tomatoes. Drizzle with 1 tbsp lemon juice	2 poached eggs, 80g button mushrooms and 2 rashers bacon cooked in coconut oil sprinkled with parsley & salt and pepper	Sliced tomato, 30g sliced mozzarella and shredded basil, drizzled with 1 tbsp olive oil and grill for 5 mins	Coffee Frappe (see recipe)	1 egg fried in tbsp coconut oil, 1 low carb sausage & 1 sliced mushroom, grilled
<i>Snack</i>	Atkins snack	85g smoked salmon & 1 tbsp cream cheese spread onto 4 cucumber slices	8 olives	Atkins snack	½ sliced avocado	Atkins snack	30g cubed cheese
<i>Lunch</i>	Tinned salmon salad – 100g mixed salad leaves, 5 cherry tomatoes, drizzle with 1 tbsp olive oil	Thai Turkey Lettuce Wraps (see recipe)	1 burger topped with ½ sliced avocado and 1 small sliced tomato. Serve with a large romaine leaf & side of mixed salad leaves, drizzle with extra virgin olive oil	Combine chopped ham, chopped celery stalk, 4 chopped radishes & 1 tbsp mayonnaise. Serve over 55g mixed greens and 50g cucumber	Large tuna salad made with lettuce, ½ sliced avocado, 5 cherry tomatoes and 2 chopped radishes. Drizzle with olive oil	Grill 2 tomato halves, topped with 30g mozzarella cheese and 2 slices turkey, drizzle with 1 tbsp olive oil & 1 tsp balsamic vinegar	Prawn, Avocado & Fennel salad (see recipe)
<i>Snack</i>	Sliced turkey with 1 slice cheese	1 serving sugar free jelly topped with 1 tbsp whipped cream	Atkins snack	½ mashed avocado spread on a celery stalk	Atkins snack	sliced avocado & 1 slice cheese rolled in a romaine leaf	Atkins snack
<i>Dinner</i>	100g minced meat cooked in 100g tinned tomatoes with ½ onion. Serve in romaine 'tacos' with 2 tbsp guacamole	1 grilled pork chop topped with 1 tsp Dijon mustard. Serve with 60g cooked kale & 60g broccoli & 6 grilled asparagus	150g grilled lamb steak with vegetables roasted in oil - ½ red & ½ green red pepper, ½ red onion, 3 mushrooms and 50g chopped leek	Garlic Spinach Salmon (see recipe)	Cook 115g rump steak until done to your liking. Top with 30g garlic cream cheese and serve with 100g spinach sautéed in butter & 80g broccoli	Cook 6oz tuna steak in 1 tbsp coconut oil with 70g pak choi, 30g water chestnuts, 6 radishes Drizzle with 1 tbsp soya sauce.	1 chicken thigh cooked in 2 tbsp cream with 1 chopped shallot & 1 slice cubed pancetta. Serve with kale sautéed in olive oil



Atkins snacks

You can add Atkins low carb snack bars, cookies, drinks and shakes to your menu right from day one.



New foods

Introduce new food groups one by one so you can keep an eye on how your body responds.

Coffee Frappe

Serves 1

1 serving of Atkins Chocolate Shake mix
1 tsp coffee granules
30ml double cream, whipped

Blend together the shake mix, coffee & ice. Add to a glass and top with whipped cream.

Avocado, Ham & Egg Cups

Serves 1

1 tbsp coconut oil
2 slices of ham
2 mushrooms
1 egg
Slice of avocado

Oil a muffin pan with 1 tbsp coconut oil then line with 2 slices ham. Chop 2 mushrooms and whisk together with an egg then drop on top of the ham. Top with a slice of avocado then bake for 15 minutes. You can make several and keep for the next day or 2.

Recipes

Prawn, Avocado & Fennel Salad

Serves 1

1 tbsp oil	½ sliced avocado
1 tbsp lemon juice	1 chopped sprng onion
Salt and pepper	100g rocket leaves
100g cooked prawns	Salad leaves
50g chopped fennel	

Make the dressing by mixing 1 tbsp oil and 1 tbsp lemon juice with salt & pepper. In a bowl, toss together 100g cooked prawns, 50g chopped fennel, ½ sliced avocado, 1 chopped spring onion with half the dressing. Scatter 100g rocket leaves into a bowl and put the salad on top then drizzle with the rest of the dressing.

Thai Turkey Lettuce Wraps

Serves 1

100g of Turkey	1 tsp sweetener
1 tsp ground ginger	2 tbsp lime juice
1 crushed garlic clove	2 tbsp soya sauce
8g pak choi	½ tbsp. sesame oil
1 tsp ground coriander	Romaine lettuce leaves

Brown 100g ground turkey in a wok. Add 1 tsp ground ginger, 1 crushed garlic clove and 80g chopped pak choi and stir-fry for 2 minutes. In a small bowl, combine 1 tsp ground coriander, 1 tsp sweetener, 2 tbsp lime juice, 2 tbsp soya sauce and ½ tbsp sesame oil. Add to the wok and cook for 2 minutes, then roll into large romaine lettuce leaf 'wraps' and enjoy.

Garlic Spinach Salmon

Serves 1

150g salmon fillet	30ml single cream
1 tbsp olive oil	1 garlic clove
Salt and pepper	50g mushrooms
100g spinach	1 tbsp butter
80g broccoli florets	

Rub 150g salmon fillet with 1 tbsp olive oil and salt and pepper. Steam 100g spinach & 80g broccoli florets over medium heat. Add 30ml single cream & 1 crushed garlic clove to a pan and heat for a few minutes. Drain the spinach and broccoli. Cook 50g chopped mushrooms in 1 tbsp butter for 5 minutes. Grill the salmon for 5 minutes each side, then reheat the spinach/broccoli and toss with 1 tbsp butter and top with the cream and mushrooms.

Halloumi Kebabs

Serves 1

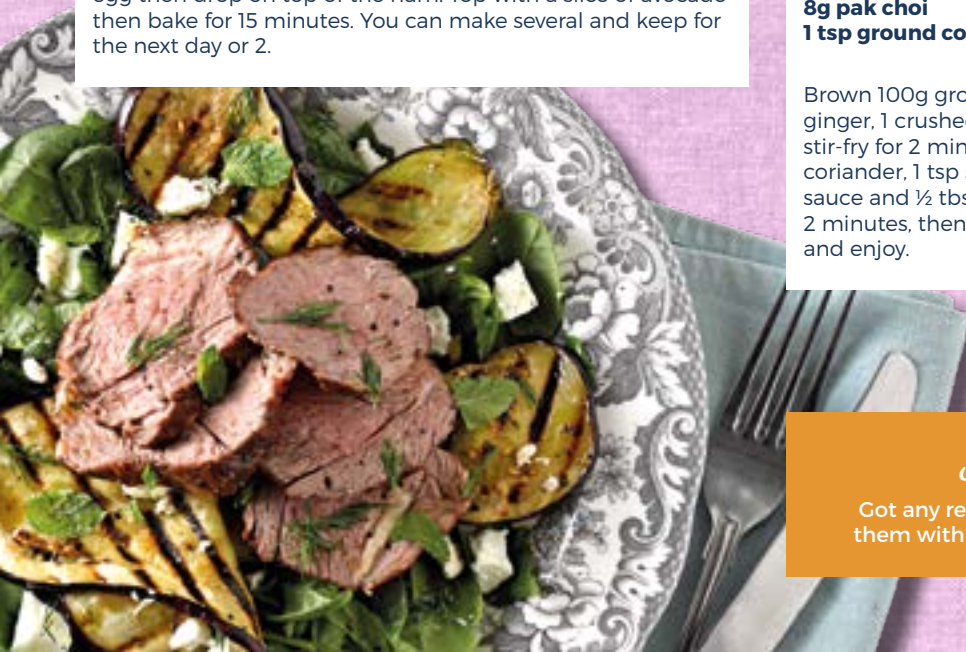
100g halloumi cheese
2 tbsp oil
1 tsp dried oregano
6 cherry tomatoes
5 button mushrooms
5 asparagus spears
1 garlic clove
Sea salt

Chop 100g halloumi cheese into 1 inch cubes. Add 1 tbsp oil to a pan with 1 tsp dried oregano, toss the halloumi cubes with 6 cherry tomatoes and 5 button mushrooms. Thread ingredients onto skewers and grill for 5-6 minutes.

Trim 5 asparagus spears then place on a foil lined baking tray, drizzle with 1 tbsp oil, a crushed garlic clove and sea salt then bake for 15 minutes. Serve with the halloumi kebabs.

Share your favourites

Got any recipe tips? We'd love to hear them. Share them with our members on our community forum.





Ingredients

Shopping List

Asparagus	Avocado
Basil	Broccoli
Broccoli	Burger
Button mushrooms	Celery
Cherry tomatoes	Chicken breast
Chinese cabbage	Chorizo
Cream cheese	Cucumber
Eggs	Fennel
Feta cheese	Garlic cream cheese
Ham	Kale
Lamb steak	Leek
Minced meat	Minced turkey
Mozzarella	Mushroom
Olives	Onion
Pak Choi	Pancetta
Pork chops	Prawn
Radishes	Radishes
Red/green peppers	Rocket leaves
Rump steak	Salad leaves
Salmon	Salmon (tinned)
Sausages	Shallots
Single cream	Smoked salmon
Spinach	Spring onion
Sugar free jelly	Tinned tomatoes
Tomatoes	Tuna (tinned)
Tuna in oil	Water chestnuts
Whipped cream	

Handy to have around the house

Lime Juice
Coconut Oil
Sesame oil
Mixed salad leaves
Atkins snacks (specify)
Butter
Parsley & other herbs
Selection of foundation vegetables
Cheese
Garlic
Chilli Peppers
Ground flaxseeds
Splenda
Cinnamon & other spices
Mustard
Olive oil
Soya sauce
Full fat mayonnaise

Notes