

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	2 rashers bacon, topped 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 large romaine leaves	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)
Snack	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
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)	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 & snow peas
Snack	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
Dinner	Carbonara Zucchini Spaghetti (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 Zucchini Spaghetti (see recipe)	2 low carb sausages served with cauliflower-mash, made with full fat cream cheese, or 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

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.

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. Remove from muffin tin and allow to cool, 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 with 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

Add 1 tbsp oil to a pan, gently cook 1 chopped onion, 1 chopped celery, 1 crushed garlic clove, 1 tsp mustard, 1 tsp each cumin, paprika, oregano & thyme 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
⅓ 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, ⅓ 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 Zucchini Spaghetti

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 50g spiralized zucchini and cook until softened, about 5 minutes. 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 zucchini spaghetti 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

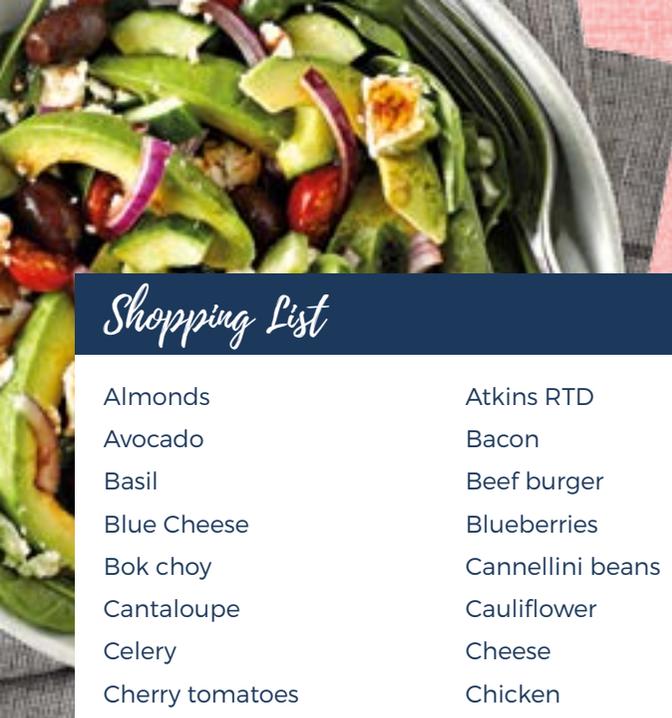
25g Atkins penne
1 tbsp full fat fromage frais
1 lime
1 tbsp oil
1 crushed garlic clove
½ red chilli

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

Cook 50g spiralized zucchini. 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 & ½ a chopped red chilli. 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 zucchini spaghetti 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.

A rough guide

If you don't have scales at home, 115g is about a palm-sized fillet of fish, poultry or tofu.



Ingredients

Shopping List

Almonds	Atkins RTD
Avocado	Bacon
Basil	Beef burger
Blue Cheese	Blueberries
Bok choy	Cannellini beans
Cantaloupe	Cauliflower
Celery	Cheese
Cherry tomatoes	Chicken
Chickpeas	Chopped tomatoes
Chorizo	Cottage cheese
Courgette	Cream cheese
Egg	Feta
Fromage frais	Greek yoghurt
Green beans	Ham
Hummus	Lamb
Mixed nuts	Olives
Onion	Pine nuts
Portobello mushroom	Prawns
Raspberries	Ricotta
Romaine leaves	Salmon
Sausages	Single cream
Smoked salmon	Spinach
Spring greens	Strawberries
Tomato	Tuna
Unsweetened cocoa powder	Walnuts
Waterchestnuts	Zucchini

Handy to have around the house

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

Notes