

# Your phase 1 mealplan

20g of carbohydrates per day

Switch it up!

Mix the Atkins Shake Mix with water, unsweetened almond milk or whole milk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs scrambled with 1 slice bacon and 1/2 sliced tomato	1 scoop <u>Atkins Chocolate Shake Mix</u> mixed with 100ml unsweetened almond milk	1 poached egg with 1/2 sliced avocado	1 slice ham & 1 slice cheese and 1/2 sliced avocado wrapped up	2 slices smoked salmon on top of 1/2 sliced avocado and 1/2 grilled tomato	1 poached egg with 1 low carb sausage and 1/2 grilled tomato	<b>Feta and Olive Omelette</b>
Snack	30 gram cubed cheese	1 <u>Atkins bar</u>	<u>Atkins Chocolate Shake Mix</u>	1 hard boiled egg	1 <u>Atkins bar</u>	<u>Atkins Chocolate Shake Mix</u>	1 chicken leg
Lunch	1 tin tuna in oil, drained. Serve with 60 gram rocket, 4 cherry tomatoes, 3 slices cucumber and 1/2 avocado	100 gram salmon, 1/2 sliced tomato, 100 gram mixed greens drizzled with 1 tbsp olive oil	2 slices ham, 2 slices cheese, 1/2 sliced avocado, wrapped in 2 romaine wraps	1 tin mackerel, 100 gram spinach, 4 cherry tomatoes and 3 radishes, top with 1 tbsp mayonnaise	50 gram sliced mozzarella, top with 1/2 sliced roma tomato, 2 basil leaves and drizzle with 1 tbsp olive oil	<b>Low carb Vegetable Soup</b>	1 tin salmon, 2 chopped radish, 3 slices cucumber & 50 gram rocket, drizzle with 1 tsp oil
Snack	1 <u>Atkins bar</u>	1 slice turkey wrapped with 1 slice ham and romaine leaf	1 celery stalk topped with 1 tbsp full fat cream cheese	1 <u>Atkins bar</u>	1 <u>Atkins bar</u>	30 gram cubed cheese	1 scoop <u>Atkins Chocolate Shake Mix</u> with water
Dinner	115 gram steak, grilled, serve with 60 gram cauliflower, topped with 30 gram grated cheese & 60 gram broccoli	115 gram chicken breast, wrapped with 2 rashers bacon, serve with mixed green salad, drizzled with 1 tbsp olive oil, 5 green olives and 30 gram cubed feta	100 gram cooked mince, wrap in large romaine 'wraps'. Top with 1 tbsp guacamole, 1 tsp sour cream and 30 gram grated cheese and 1/2 sliced red pepper.	115 gram salmon cooked in 1 tsp butter, serve with 70 gram pak choi, 4 sliced radish, 2 broccoli florets, chopped small and 30 gram water chestnuts, drizzle with 1 tbsp soya sauce	Burger made with 100 gram lamb mince, serve on romaine 'bun' with 30 gram sliced cheese and 1/2 sliced avocado & 1/2 small sliced cooked onion. Serve with large green salad drizzled with 1 tbsp olive oil.	<b>Pork meat balls with Courgetti</b>	Beef stew made with 100 gram cubed beef, 1/2 chopped onion, 4 mushrooms, 1 garlic clove, 50 gram chopped swede. Top with 200ml stock and simmer until tender.

Two snacks a day

Feel free to alternate your snacks.

Atkins bars

With our snack bars you can enjoy a treat without compromising your low carb lifestyle.



*Want to serve more people?*

If you want the recipe to serve more people than just multiply the ingredients with the number of servings.

### **Feta & Olive Omelette**

Serves 1

**2 eggs**  
**5 black olives**  
**30 gram crumbled feta**

Crack the eggs into a bowl and whisk. In a small frying pan add the black olives and the crumbled feta, top with the eggs. Leave to cook for 2 minutes on medium heat then place under grill for 5 minutes until cooked through.

## Recipes

### **Low Carb Vegetable soup**

Voor 1 persoon

**1 tbsp olive oil**  
**1/2 onion**  
**1/2 red pepper**  
**1 garlic clove**  
**6 cauliflower florets**  
**6 green beans**  
**1/2 tin diced tomatoes**  
**100ml vegetables stock**

Heat the olive oil in a pot, add the chopped onion & the red pepper, saute for 5 minutes, add the chopped garlic clove and saute for another minute. Add the cauliflower florets, the green beans and the tin diced tomatoes. Add 100ml vegetable stock and season. Bring soup to a boil then simmer for 15 mins until vegetables are soft.

### **Pork meat balls with Courgetti**

Voor 1 persoon

**100 gram minced pork**  
**1/2 courgette**  
**1 tbsp olive oil**  
**1/2 red pepper**  
**1/2 tin diced tomatoes**

Make the meat balls for rolling the pork into ball shapes. Meanwhile make courgetti by making the courgette into strips, using either a grater or spiruliser. saute in olive oil for 40 seconds. Grill the meat balls for 15-20 minutes until cooked through, then add to a pan and stop with the sliced red pepper and the tin tomatoes. Simmer for 15 minutes, then serve on top of the courgetti.

