

Newportian

Diet & Nutrient

Phase 3 Week 4 @ 45grams Carbohydrates

* indicates recipe is available

	Day 1	Day 2
Morning	Atkins Banana Nut Muffin, Ready to Drink Shake and cheese 1 Atkins Banana Nut Muffin (from mix) 1 Atkins Ready to Drink Shake (1 can/serving) 1/2 oz. cheddar cheese * 1/2 fresh kiwi	Atkins Morning Start Breakfast Bar with roast beef & cheese 2 oz. sliced, deli roast beef 1 oz. Swiss cheese 2 tomato slices 1 Atkins Morning Start Breakfast Bar * 1/2 small grapefruit
Afternoon	Broiled Pork and Sautéed Spinach * * 1/2 cup peeled and chopped avocado * 1 small plum	Chicken and broccoli salad with Atkins Dressing 6 oz. canned chicken 2 tbsp. mayonnaise 1 cup fresh broccoli 1 tbsp. Atkins Sweet Dressing * 6 baby carrots * 1/2 small grapefruit
Evening	Open-faced chicken and Brie sandwich 3 oz. cooked chicken strips 2 oz. Brie cheese 2 tomato slices 1 tbsp. mayonnaise 1 slice Atkins Multigrain Bread * 1/2 cup peeled and chopped avocado * 3 tbsp. walnuts	Mediterranean Tuna Salad * * 4 tomato slices * 3 tbsp. walnuts
Snack	Shrimp Salad With Tomato *	Chicken Salad with cucumbers * 1/2 cup chopped or sliced cucumber

	Day 3	Day 4
Morning	Creamy Scrambled Eggs with ham and toast * 2 1/2 oz. deli ham 1/2 slice Atkins Bread * 1/2 cup sliced fresh strawberries	Ham, hard boiled egg, cheese and tomato 4 oz. deli ham 2 hard boiled eggs 1 oz. cheddar cheese 1 medium size fresh tomato * 1/2 cup sliced fresh strawberries
Afternoon	Open-faced bacon burger 1 frozen char-broiled beef patty, fully cooked 1 slice Atkins Bread 1 tbsp. mayonnaise	Open-faced roast beef sandwich with pickles 5 oz. sliced, deli roast beef 1 tbsp. mayonnaise 2 slices Atkins Bread

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	<p>1 slice bacon <i>* 1/2 cup chopped bell pepper</i> <i>* 1/2 small orange</i></p>	<p>2 dill pickle spears <i>* 4 tomato slices</i> <i>* 1/2 small grapefruit</i></p>
Evening	<p>Mediterranean-Stewed Chicken with Zucchini Sauté * <i>* 1 medium carrot</i> <i>* 10 macadamia nuts</i></p>	<p>Olive chicken salad 6 oz. canned chicken 2 cups lettuce, romaine or lettuce of choice 7 cherry tomatoes 6 spanish stuffed olives 2 tbsp. Atkins Sweet Dressing <i>* 1/2 cup chopped bell pepper</i> <i>* 3 tbsp. sliced almonds</i></p>
Snack	<p>Deviled Eggs *</p>	<p>Egg Salad over tomato with cheese * 1/2 oz. Gouda cheese 1/3 medium size fresh tomato</p>

	Day 5	Day 6
Morning	<p>Hard boiled eggs and Atkins shake 3 hard boiled eggs 1 Atkins Ready to Drink Shake (1 can/serving) <i>* 1/4 cup red or green grapes</i></p>	<p>Tuna Fish Salad on Toast and Atkins Advantage Bar * 1/2 Atkins Advantage Bar <i>* 1/2 fresh kiwi</i></p>
Afternoon	<p>Roast beef with cheese and cucumber salad 5 oz. sliced, deli roast beef 1 oz. Gouda cheese 2 cups cucumber, chopped or sliced 1 1/2 tbsp. Atkins Sweet Dressing <i>* 6 baby carrots</i> <i>* 1/3 cup honeydew melon</i></p>	<p>Turkey Stir Fry with Bok Choy * <i>* 1 cup sliced mushrooms</i> <i>* 1/2 cup fresh blueberries</i></p>
Evening	<p>Salsa Fish with salad * 1 cup mixed salad greens 1 tbsp. Atkins Sweet Dressing <i>* 2/3 cup cooked asparagus</i> <i>* 3 tbsp. sliced almonds</i></p>	<p>Teriyaki Pork Chop, Roasted Asparagus & tomato salad * 1/2 oz. Mozzarella cheese 1/2 medium size fresh tomato 1/4 tsp. dried basil 1 tbsp. Atkins Sweet Dressing <i>* 1 cup fresh mushrooms</i> <i>* 3 tbsp. pecan halves</i></p>
Snack	<p>Roasted turkey with pickle 2 oz. roasted boneless turkey with skin 1 tbsp. Atkins Sweet Dressing 1 dill pickle spear</p>	<p>Tuna and cherry tomatoes 2 1/2 oz. tuna, packed in oil 4 cherry tomatoes</p>

	Day 7	
Morning	<p>Turkey bacon, hard boiled eggs and tomato 3 oz. turkey bacon 2 hard boiled eggs 1/3 medium size fresh tomato <i>* 1 small plum</i></p>	

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Afternoon	Garlic-Balsamic Chicken with Roasted Zucchini & Peppers * <i>* 1 1/2 cups cucumber, chopped or sliced</i> <i>* 1/2 small orange</i>	
Evening	Turkey Burger with Avocado and salad greens * 2 cups mixed salad greens 2 tbsp. Atkins Sweet Dressing <i>* 4 tomato slices</i> <i>* 3 tbsp. sliced almonds</i>	
Snack	Tuna Salad Snack with tomato and cheese * 1/2 oz. Gouda cheese 1/2 medium size fresh tomato	



Recipes

Shrimp Salad With Tomato*

3 oz. small, fresh or frozen shrimp
 2/3 tbsp. mayonnaise
 1/4 tsp. garlic powder
 1/4 tsp. black pepper
 1/4 medium size fresh tomato
 1 green onion

In a saucepan, bring water to a boil. Add shrimp and boil until shrimp turn pink. In a small bowl, mix mayonnaise, garlic powder, and pepper; Chop tomato and onion and place in a salad bowl. Add shrimp to salad and toss with mayonnaise mixture until well coated.

Broiled Pork*

5 oz. lean pork
 1/4 tsp. garlic powder
 1/4 tsp. black pepper

Preheat broiler or grill. Rinse and pat dry pork. Rub well with garlic and black pepper. Grill pork approximately 6-8 inches from heat source for 5-7 minutes per side or until inside is no longer pink. Serve.

Sautéed Spinach*

6 cups fresh spinach
 1/2 red bell pepper
 1/3 medium size onion
 1 1/2 tbsp. olive oil

Rinse and pat dry spinach leaves; chop and set aside. Rinse and cut the pepper into thin strips; chop onion. In a non-stick skillet, heat oil on medium-high, add pepper strips and onion, and sauté until onion is translucent; add spinach, toss well and cover. Allow to cook until spinach is wilted.

Mediterranean Tuna Salad*

4 cherry tomatoes
 3 tbsp. Atkins Sweet Dressing
 1/2 tsp. oregano
 5 oz. tuna, packed in oil
 1 cup chopped or sliced cucumber

Rinse and chop tomatoes. In a bowl, mix tomatoes and chopped cucumbers with drained and flaked tuna. Pour dressing over mixture, sprinkle with oregano and lightly toss all ingredients until well blended.

Chicken Salad*

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<p>2 1/2 oz. boneless chicken breast 2/3 tbsp. mayonnaise 1/2 large celery stalk</p>	<p>Boil chicken until thoroughly cooked. Chop chicken and celery and mix with mayonnaise until well blended.</p>
Mediterranean-Stewed Chicken*	
<p>4 oz. boneless chicken breast 1/2 medium size fresh tomato 2 small olives 1 tbsp. olive oil 2 oz. red wine 1 tbsp. fresh basil</p>	<p>Rinse, pat dry and cut chicken into strips. Chop tomato and slice olives; set aside. Heat oil in a non-stick skillet on medium-high. Sauté chicken and cook until slightly golden, about 4-5 minutes. Add wine, tomatoes, olives and basil; cook for about 5 minutes or until wine evaporates and chicken pieces are no longer pink inside (sauce will reduce itself). Serve.</p>
Zucchini Sauté*	
<p>1 1/2 fresh medium zucchini 1/2 clove garlic 1 tbsp. olive oil</p>	<p>Rinse zucchini well to rid of dirt; slice thinly. Mince garlic. Heat oil in non-stick skillet on medium-high and add garlic; sauté until slightly golden, then add zucchini. Continue to cook, stirring frequently, until tender but not soft, then serve.</p>
Creamy Scrambled Eggs*	
<p>2 large eggs 2 tbsp. heavy cream</p>	<p>Lightly whip eggs together with cream. Over medium heat, spray non-stick skillet lightly with cooking spray and add scramble egg mixture until set.</p>
Deviled Eggs*	
<p>1 hard boiled egg 2/3 tbsp. mayonnaise 1/2 tsp. Dijon mustard 1/4 tsp. paprika</p>	<p>Peel and cut hard boiled egg(s) in half. Remove yolk and mix with mayonnaise and mustard until smooth. Place yolk filling back into the hard-boiled egg whites halves and top with paprika.</p>
Egg Salad*	
<p>1 hard boiled egg 2/3 tbsp. mayonnaise 1/4 tsp. dried dill 1/4 tsp. black pepper</p>	<p>Chop egg(s) and mix with mayonnaise and spices until well blended. Serve.</p>
Salsa Fish*	
<p>1/4 cup green salsa 1 oz. shredded Monterey Jack cheese 2 tbsp. pumpkin seeds 4 oz. fillet of fish of choice 1/3 tbsp. olive oil</p>	<p>Preheat oven to 350 degrees F. Rinse and pat dry fish. Brush cooking dish with a little of the oil; place fish in center; drizzle with remaining oil and cover with salsa. Bake fish for 15-20 minutes or until fish flakes easily. Top fish with cheese and return to oven until cheese melts. Remove, sprinkle with pumpkin seeds and serve.</p>
Turkey Stir Fry with with Bok Choy*	
<p>6 oz. boneless & skinless turkey breast 1/2 red bell pepper 1/2 cup fresh mushrooms 1 cup chopped bok choy</p>	<p>Rinse and cut turkey into thin strips. On a separate cutting board, rinse and chop pepper and mushrooms into bite-sized pieces; rinse, dry and chop bok choy; set aside. Heat canola oil to medium high in a nonstick skillet; stir-fry turkey for 4-5 minutes;</p>

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<p>2 tsp. canola oil 1 tsp. sesame oil 1/2 tbsp. Atkins Hoisin Sauce 1 tbsp. Atkins Teriyaki Sauce and Marinade 2 tbsp. white wine</p>	<p>remove turkey from skillet and keep warm. Add sesame oil to the skillet and stir-fry bell pepper and mushrooms for about 2-3 minutes. Add turkey, bok choy, hoisin sauce, teriyaki sauce and wine and stir-fry for 2-4 more minutes until mixture is well mixed and heated through out. Serve.</p>
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Teriyaki Pork Chop*

<p>6 oz. lean, boneless pork chop 1 1/2 tbsp. Atkins Teriyaki Sauce and Marinade 1/4 tsp. garlic powder 1 green onion</p>	<p>Heat broiler. Spray broiler pan with cooking spray. Rinse pork chop and pat dry. Rinse and slice green onion thinly. Combine the teriyaki sauce, garlic powder and green onion in a shallow dish. Add pork chop and coat with mixture. Cover and marinate in the refrigerator for at least 30 minutes. Remove pork chop from marinade and place chop in broiler pan; broil 4-5 minutes per side until browned. Discard marinade. Serve.</p>
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Roasted Asparagus*

<p>2/3 cup cooked asparagus 1/3 tbsp. olive oil</p>	<p>Preheat oven to 425 degrees F. Place asparagus in a single layer in roasting pan. Drizzle with the olive oil and roast about 5-6 minutes, turning once. Note: You can use fresh asparagus instead and increase cooking time about 5-8 minutes.</p>
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Tuna Fish Salad on Toast*

<p>2 oz. tuna, packed in oil 1 tbsp. mayonnaise 1 slice Atkins Bread</p>	<p>Drain tuna and mix with mayonnaise. Serve on top toasted bread.</p>
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Garlic-Balsamic Chicken*

<p>5 oz. boneless chicken breast 1/2 clove garlic 1 tbsp. olive oil 1 tsp. fresh rosemary 1 oz. red wine 3 tsp. balsamic vinegar</p>	<p>Rinse chicken and pat dry. Mince garlic. In a non-stick skillet, heat oil on medium and saut é garlic until slightly golden. Add chicken and rosemary and cook for about 3-4 minutes on both sides, or until lightly browned. Add wine and vinegar, lower heat to medium-low, cover and cook for about 10 minutes (checking frequently). If chicken begins to stick to the pan, add a few tablespoons of water. Before removing from pan, make sure juices run clear by inserting a fork into chicken, or check that it is no longer pink inside.</p>
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Roasted Zucchini & Peppers*

<p>1/2 bell pepper 1 cup zucchini or yellow squash 1 tbsp. olive oil</p>	<p>Preheat oven to 450 degrees F. Rinse pepper and cut into wedges. Place pepper and zucchini in an oven safe baking dish. Drizzle vegetables with oil; add about 2 tablespoons of water, and toss to coat. Bake in oven for about 20-25 minutes, or until tender and serve.</p>
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Tuna Salad Snack*

<p>1 oz. tuna, packed in oil 2/3 tbsp. mayonnaise 1/4 tsp. garlic powder</p>	<p>Drain tuna and mix with mayonnaise and garlic powder. Serve</p>
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Turkey Burger with Avocado*

<p>5 oz. ground skinless turkey breast</p>	<p>Mix ground turkey lightly with Worcestershire sauce and spices to</p>
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1 tsp. Worcestershire sauce
1/4 tsp. garlic powder
1/4 tsp. paprika
1/4 tsp. black pepper
1/4 cup peeled and chopped avocado
1 slice Atkins Bread

form patty. Grill or broil about 5-7 minutes on each side. Top with avocado and serve open face on top of bread.