Atkins Nutritionals, Inc.
Cash Forecast & Analysis
Weekly Cash Flow Forecast
($000s)

	(F) 1 07/29/05	(F) 2 08/05/05	(F) 3 08/12/05	(F) 4 08/19/05	(F) 5 08/26/05	(F) 6 09/02/05	(F) 7 09/09/05	(F) 8 09/16/05	(F) 9 09/23/05	(F) 10 09/30/05	(F) 11 10/07/05	(F) 12 10/14/05
Cash Receipts												
Sales	$ 2,033	$ 1,823	$ 2,177	$ 1,520	$ 3,281	$ 2,172	$ 2,422	$ 2,719	$ 2,522	$ 2,520	$ 2,637	$ 2,504
Royalty income	-	189	359	390	33	139	-	-	100	33	139	-
Other	-	21	568	334	569	451	-	95	-	22	-	95
Total Cash Receipts	$ 2,033	$ 2,033	$ 3,104	$ 2,245	$ 3,883	$ 2,762	$ 2,422	$ 2,814	$ 2,622	$ 2,576	$ 2,776	$ 2,599
Operating Disbursements												
Product & shipping	$ (4,396)	$ (616)	$ (1,184)	$ (1,869)	$ (1,478)	$ (1,441)	$ (2,352)	$ (2,821)	$ (2,511)	$ (828)	$ (1,445)	$ (887)
Facilities expense	(320)	(255)	(18)	(15)	(17)	(382)	(11)	(25)	(16)	(21)	(409)	(27)
Customer refunds	-	-	-	-	-	-	-	-	-	-	-	-
Marketing/advertising	(66)	(233)	(307)	(205)	(415)	(222)	(402)	(128)	(288)	(536)	(229)	(187)
Supplier settlements	-	-	-	-	-	-	-	-	-	-	-	-
Co-ops and demos	(237)	(55)	(80)	(105)	(105)	(84)	(84)	(84)	(84)	(84)	(105)	(105)
Commissions	(200)	-	-	(100)	-	-	-	-	(250)	-	-	-
Capital expenditures	-	-	-	-	-	(35)	-	-	-	(43)	-	-
Income tax payments	-	-	-	-	-	-	-	-	-	-	-	-
Other operating	(229)	(129)	(427)	(218)	(343)	(329)	(132)	(152)	(148)	(157)	(454)	(242)
Total Operating Disbursements	$ (5,448)	$ (1,288)	$ (2,016)	$ (2,512)	$ (2,358)	$ (2,492)	$ (2,981)	$ (3,210)	$ (3,297)	$ (1,670)	$ (2,643)	$ (1,448)
Payroll Disbursements												
Salary/benefits/bonus/severance/WARN	$ (658)	$ (65)	$ (580)	$ (65)	$ (658)	$ (65)	$ (1,014)	$ (65)	$ (546)	$ (815)	$ (504)	$ (65)
Total Payroll Disbursements	$ (658)	$ (65)	$ (580)	$ (65)	$ (658)	$ (65)	$ (1,014)	$ (65)	$ (546)	$ (815)	$ (504)	$ (65)
Net Operating Cash Subtotal	$ (4,072)	$ 680	$ 507	$ (332)	$ 867	$ 205	$ (1,572)	$ (461)	$ (1,222)	$ 91	$ (370)	$ 1,086
Non-Operating Disbursements												
Interest & financing	$ -	$ (350)	$ -	$ -	$ -	$ (1,356)	$ -	$ -	$ -	$ (1,311)	$ -	$ -
Restructuring fees & costs	(1,465)	(205)	-	-	-	(880)	-	-	-	(1,249)	(450)	-
Management fees	-	-	-	-	-	-	-	-	-	-	-	-
Transfers (to)/from international	-	-	-	-	-	-	-	-	-	-	-	-
Total Non-Operating Disbursements	$ (1,465)	$ (555)	$ -	$ -	$ -	$ (2,236)	$ -	$ -	$ -	$ (2,560)	$ (450)	$ -
Total Cash Disbursements	$ (7,570)	$ (1,908)	$ (2,597)	$ (2,577)	$ (3,016)	$ (4,794)	$ (3,995)	$ (3,275)	$ (3,843)	$ (5,045)	$ (3,597)	$ (1,513)
Net Cash Inflows/(Outflows)	$ (5,537)	$ 125	$ 507	$ (332)	$ 867	$ (2,031)	$ (1,572)	$ (461)	$ (1,222)	$ (2,469)	$ (820)	$ 1,086
Beginning Cash Balance	$ 15,221	$ 9,683	$ 9,808	$ 10,315	$ 9,983	$ 10,850	$ 8,819	$ 7,247	$ 6,786	$ 5,564	$ 3,095	$ 2,275
Net Cash Flows	(5,537)	125	507	(332)	867	(2,031)	(1,572)	(461)	(1,222)	(2,469)	(820)	1,086
Revolver Borrowings/(Paydowns)	-	-	-	-	-	-	-	-	-	-	-	-
Ending Cash Balance	$ 9,683	$ 9,808	$ 10,315	$ 9,983	$ 10,850	$ 8,819	$ 7,247	$ 6,786	$ 5,564	$ 3,095	$ 2,275	$ 3,361

	(F) 13 10/21/05	(F) 14 10/28/05	(F) 15 11/04/05	(F) 16 11/11/05	(F) 17 11/18/05	(F) 18 11/25/05	(F) 19 12/02/05	(F) 20 12/09/05	(F) 21 12/16/05	(F) 22 12/23/05	(F) 23 12/30/05	(F) Total 12/30/05
Cash Receipts												
Sales	$ 2,364	$ 2,189	$ 2,316	$ 2,032	$ 1,960	$ 1,731	$ 1,969	$ 1,702	$ 2,600	$ 2,532	$ 1,269	$ 50,995
Royalty income	100	200	139	-	290	100	139	-	-	100	-	2,450
Other	-	21	-	95	-	21	-	-	95	-	22	2,408
Total Cash Receipts	$ 2,464	$ 2,409	$ 2,455	$ 2,127	$ 2,250	$ 1,851	$ 2,108	$ 1,702	$ 2,695	$ 2,632	$ 1,291	$ 55,854
Operating Disbursements												
Product & shipping	$ (1,015)	$ (992)	$ (1,453)	$ (1,096)	$ (1,489)	$ (926)	$ (2,258)	$ (2,258)	$ (2,051)	$ (2,288)	$ (2,288)	$ (39,940)
Facilities expense	(30)	(27)	(371)	(25)	(28)	(25)	(366)	(20)	(23)	(20)	(20)	(2,469)
Customer refunds	(415)	-	-	-	-	-	-	-	-	-	-	(415)
Marketing/advertising	(187)	(187)	(156)	(124)	(124)	(124)	(86)	(86)	(86)	(86)	(86)	(4,549)
Supplier settlements	-	-	-	-	-	-	-	-	-	-	-	-
Co-ops and demos	(105)	(105)	(105)	(105)	(105)	(105)	(84)	(84)	(84)	(84)	(84)	(2,268)
Commissions	(274)	-	-	-	(250)	-	-	-	-	(250)	-	(1,324)
Capital expenditures	-	(35)	-	-	-	(35)	-	-	-	-	(43)	(190)
Income tax payments	-	-	-	-	-	-	-	-	-	-	-	-
Other operating	(223)	(223)	(405)	(207)	(188)	(188)	(402)	(146)	(165)	(146)	(146)	(5,399)
Total Operating Disbursements	$ (2,249)	$ (1,569)	$ (2,491)	$ (1,557)	$ (2,184)	$ (1,403)	$ (3,196)	$ (2,594)	$ (2,409)	$ (2,874)	$ (2,667)	$ (56,554)
Payroll Disbursements												
Salary/benefits/bonus/severance/WARN	$ (546)	$ (65)	$ (504)	$ (65)	$ (546)	$ (65)	$ (504)	$ (65)	$ (1,296)	$ (65)	$ (504)	$ (9,325)
Total Payroll Disbursements	$ (546)	$ (65)	$ (504)	$ (65)	$ (546)	$ (65)	$ (504)	$ (65)	$ (1,296)	$ (65)	$ (504)	$ (9,325)
Net Operating Cash Subtotal	$ (331)	$ 776	$ (540)	$ 505	$ (481)	$ 383	$ (1,592)	$ (957)	$ (1,011)	$ (306)	$ (1,880)	$ (10,025)
Non-Operating Disbursements												
Interest & financing	$ -	$ (1,356)	$ -	$ -	$ -	$ (1,321)	$ -	$ -	$ -	$ -	$ (1,406)	$ (7,101)
Restructuring fees & costs	-	(1,020)	(350)	-	-	(959)	(350)	-	-	-	(5,448)	(12,376)
Management fees	-	-	-	-	-	-	-	-	-	-	-	-
Transfers (to)/from international	-	-	-	-	-	-	-	-	-	-	-	-
Total Non-Operating Disbursements	$ -	$ (2,376)	$ (350)	$ -	$ -	$ (2,280)	$ (350)	$ -	$ -	$ -	$ (6,854)	$ (19,477)
Total Cash Disbursements	$ (2,795)	$ (4,010)	$ (3,345)	$ (1,622)	$ (2,730)	$ (3,748)	$ (4,050)	$ (2,659)	$ (3,705)	$ (2,939)	$ (10,025)	$ (85,356)
Net Cash Inflows/(Outflows)	$ (331)	$ (1,601)	$ (890)	$ 505	$ (481)	$ (1,897)	$ (1,942)	$ (957)	$ (1,011)	$ (306)	$ (8,734)	$ (29,502)
Beginning Cash Balance	$ 3,361	$ 3,030	$ 2,929	$ 2,039	$ 2,545	$ 2,064	$ 6,668	$ 4,726	$ 3,769	$ 2,759	$ 2,453	$ 15,221
Net Cash Flows	(331)	(1,601)	(890)	505	(481)	(1,897)	(1,942)	(957)	(1,011)	(306)	(8,734)	(29,502)
Revolver Borrowings/(Paydowns)	-	1,500	-	-	-	6,500	-	-	-	-	8,500	16,500
Ending Cash Balance	$ 3,030	$ 2,929	$ 2,039	$ 2,545	$ 2,064	$ 6,668	$ 4,726	$ 3,769	$ 2,759	$ 2,453	$ 2,218	$ 2,218