

ATKINS 20 Quick-Start Meal Plan Week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p><i>Atkins Meal Peanut Fudge Granola Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5g • FV .4g</p>	<p><i>Atkins Frozen Canadian Bacon with Egg and Cheese Sandwich</i></p> <p>Net Carbs 5g • FV 0g</p>	<p><i>Atkins Frozen Tex-Mex Scramble</i></p> <p>Net Carbs 5g • FV 1.2g</p>	<p><i>Atkins Meal Blueberry Greek Yogurt Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Steak Scramble</i></p> <p>Net Carbs 5g • FV .9g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Day Break Creamy Chocolate Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
LUNCH	<p>6 oz fillet of salmon 6 stalks asparagus</p> <p>Net Carbs 2.4g • FV 2.4g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 9g • FV 6.9g</p>	<p>5 oz hamburger 1 oz Cheddar 1 large tomato ½ Hass avocado</p> <p>Net Carbs 6.6g • FV 6.3g</p>	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>1 cup green beans 1½ Tbsp Herb Butter Blend</p> <p>Net Carbs 9.5g • FV 6.3g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>½ cup steamed Brussels sprouts 1 Tbsp butter</p> <p>Net Carbs 9.5g • FV 7.5g</p>	<p>6 oz chicken ¾ cup stir-fry vegetables 2 Tbsp olive oil 1 Tbsp tamari sauce</p> <p>Net Carbs 3.9g • FV 3g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 10.7g • FV 8.1g</p>
SNACK	<p><i>Atkins Snack Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
DINNER	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>2 cups baby spinach ½ Hass avocado ½ cup sliced cucumbers 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 11g • FV 7.7g</p>	<p>6 oz steak 1 Tbsp Herb Butter Blend 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</p> <p>Net Carbs 4.9g • FV 4.9g</p>	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>½ cup chopped zucchini</p> <p>Net Carbs 7.8g • FV 5.1g</p>	<p>6 oz fillet of whitefish 2 cups mixed greens 7 cherry tomatoes 2 Tbsp Ranch Dressing</p> <p>Net Carbs 6.8g • FV 5.9g</p>	<p>6 oz steak ¾ cup sliced mushrooms 1 Tbsp butter 2 cups baby spinach 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 4.2g • FV 3.9g</p>	<p><i>Atkins Frozen Shrimp Scampi</i></p> <p>2 cups Romaine hearts ½ cup chopped red bell pepper ½ Hass avocado 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 14.1g • FV 8.7g</p>	<p>7 oz bone-in pork chop 2 cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 2.9g • FV 2.7g</p>
	<p>Total Net Carbs: 21.4g Foundation Vegetables: 12.2g</p>	<p>Total Net Carbs: 19.9g Foundation Vegetables: 11.8g</p>	<p>Total Net Carbs: 22.4g Foundation Vegetables: 11.8g</p>	<p>Total Net Carbs: 23.3g Foundation Vegetables: 12.2g</p>	<p>Total Net Carbs: 20.7g Foundation Vegetables: 12.6g</p>	<p>Total Net Carbs: 23.0g Foundation Vegetables: 11.7g</p>	<p>Total Net Carbs: 21.6g Foundation Vegetables: 11.7g</p>

ATKINS 20 Quick-Start Meal Plan Week 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Meal Peanut Butter Granola Bar</i></p> <p>Net Carbs 2.9g • FV 0g</p>	<p><i>Atkins Meal Blueberry Greek Yogurt Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Tex-Mex Scramble</i></p> <p>Net Carbs 5g • FV 1.2g</p>	<p><i>Atkins Meal Peanut Fudge Granola Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Bacon with Egg and Cheese Sandwich</i></p> <p>Net Carbs 5g • FV 0g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p><i>Atkins Frozen Sausage with Egg Sandwich</i></p> <p>Net Carbs 5g • FV 0g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Day Break Strawberry Banana Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
LUNCH	<p>6 oz chicken 2 cups mixed greens ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 4.2g • FV 4g</p>	<p>5 oz hamburger 1 oz pepper jack cheese 4 Tbsp Salsa Cruda ½ Hass avocado</p> <p>Net Carbs 4g • FV 3g</p>	<p><i>Atkins Frozen Shrimp Scampi</i></p> <p>6 stalks asparagus 1 Tbsp Butter</p> <p>Net Carbs 9.4g • FV 4.6g</p>	<p><i>Atkins Frozen Mexican-Style Chicken and Vegetables</i></p> <p>1 cup cauliflower, steamed 1½ Tbsp Herb Butter Blend</p> <p>Net Carbs 10.3g • FV 5.8g</p>	<p>5 oz ham 2 cups baby spinach 1 small tomato ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.2g • FV 6.6g</p>	<p>4 oz tuna 1½ stalks celery 2 Tbsp mayonnaise ½ Hass avocado</p> <p>Net Carbs 2.8g • FV 2.8g</p>	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>¼ cup snow peas 1½ Tbsp olive oil</p> <p>Net Carbs 7g • FV 4.3g</p>
SNACK	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
DINNER	<p><i>Atkins Frozen Beef Merlot</i></p> <p>½ med. red bell pepper, sliced 2 cups baby spinach 1 Tbsp chopped onion 2 Tbsp Ranch Dressing</p> <p>Net Carbs 13g • FV 8g</p>	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>1¼ cups steamed broccoli 1 Tbsp butter 2 Tbsp Parmesan cheese</p> <p>Net Carbs 13g • FV 9.6g</p>	<p>6 oz grilled chicken 2 cups baby spinach ½ Hass avocado ½ cup sliced red bell pepper 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.2g • FV 6g</p>	<p>7 oz bone-in pork chop 1 cup snap peas 1 Tbsp olive oil</p> <p>Net Carbs 6g • FV 6g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>1 cup chopped zucchini, cooked with 1 Tbsp butter</p> <p>Net Carbs 6.8g • FV 4.9g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>2 cups mixed greens 3 cherry tomatoes 2 Tbsp Lemon Vinaigrette</p> <p>Net Carbs 11.3g • FV 7.1g</p>	<p>5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 2 cups mixed greens ½ Hass avocado 5 cherry tomatoes 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.9g • FV 7.7g</p>
	Total Net Carbs: 22.1g Foundation Vegetables: 12.0g	Total Net Carbs: 22.0g Foundation Vegetables: 12.6g	Total Net Carbs: 23.6g Foundation Vegetables: 11.8g	Total Net Carbs: 22.3g Foundation Vegetables: 11.8g	Total Net Carbs: 21.0g Foundation Vegetables: 11.5g	Total Net Carbs: 23.1g Foundation Vegetables: 12.0g	Total Net Carbs: 21.9g Foundation Vegetables: 12.0g



WEEK 1

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bone-in Pork Chop
- Chicken
- Ground Beef
- Salmon
- Steak
- Whitefish

Vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Cucumbers
- Cucumber
- Green Beans
- Green or Red Bell Peppers
- Hass Avocados
- Radishes
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Stir-Fry Vegetables
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Cheddar Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Ranch Dressing
- Herb-Butter Blend
- Tamari Sauce

WEEK 2

Atkins Products

- Atkins Frozen Meals
- Atkins Bars
- Atkins Shakes
- Atkins Treats

Proteins

- Bone-In Pork Chop
- Chicken
- Ground Beef
- Ham*
- Tuna*

Vegetables

- Asparagus
- Broccoli
- Cauliflower
- Celery*
- Hass Avocados
- Mixed Greens
- Onion*
- Red Bell Pepper
- Sliced Mushrooms
- Snap Peas*
- Snow Peas*
- Spinach
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Parmesan Cheese*
- Pepper Jack Cheese*
- Creamy Italian Dressing
- Ranch Dressing
- Lemon Vinaigrette*
- Herb-Butter Blend
- Mayonnaise*
- Salsa Cruda*

11 new items for the Week 2 shopping list appear in italics.
Select sauces and condiments without added sugar.