

# ATKINS 20 Standard 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>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper ¼ cup chopped onion ½ cup shredded cheddar</p> <p>Net Carbs 6g • FV 6g</p>	<p>1 tsp olive oil ¼ cup chopped onion 2 large eggs ¼ cup shredded Cheddar</p> <p>Net Carbs 5.4g • FV 3.1g</p>	<p><i>Atkins Meal Strawberry Almond Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ medium red bell pepper 1 Tbsp olive oil 2 cups baby spinach 2 large eggs 2 Tbsp heavy cream ¼ cup shredded Monterey Jack Cheese</p> <p>Net Carbs 7g • FV 5.3g</p>	<p>2 cups chopped spinach 1 tsp olive oil 1 small tomato ½ Hass avocado 1 oz Monterey Jack Cheese</p> <p>Net Carbs 4.8g • FV 4.6g</p>	<p><i>Atkins Frozen Tex-Mex Scramble</i></p> <p>Net Carbs 5g • FV 1.2g</p>
SNACK	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.6g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>5 cherry tomatoes 2 oz fresh mozzarella cheese 1 Tbsp olive oil 1 Tbsp fresh basil</p> <p>Net Carbs 2.3g • FV 2.3g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
LUNCH	<p><i>Atkins Frozen Crustless Chicken Pot-Pie</i></p> <p>1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.6g • FV 3.6g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>Net Carbs 6g • FV 3g</p>	<p>1 slice bacon 6 oz chicken breast 1 cup mixed greens ½ medium tomato ½ Hass avocado ¼ cup diced Monterey Jack Cheese 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 5.7g • FV 4.6g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Sesame Chicken Stir-Fry</i></p> <p>Net Carbs 7g • FV 2.2g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise ½ cup chopped snap peas ¼ cup chopped red bell pepper 1 medium tomato</p> <p>Net Carbs 7.2g • FV 7.2g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs 3.6g • FV 2.7g</p>	<p><i>Atkins Snack Coconut Almond Delight Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>2 celery stalks 2 oz Cheddar</p> <p>Net Carbs 2.7g • FV 2g</p>	<p>¾ cup sliced cucumber 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.3g • FV 3g</p>	<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>
DINNER	<p>6 oz chicken breast 1 cup broccoli florets 2 Tbsp Hollandaise Sauce 2 cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 4.7g • FV 4.3g</p>	<p><i>Atkins Frozen Chicken &amp; Broccoli Alfredo</i></p> <p>1½ cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.4g • FV 4g</p>	<p>6 oz fillet of whitefish 2 cups broccoli florets 1 Tbsp Herb-Butter Blend ½ Hass avocado 2 Tbsp Italian Dressing</p> <p>Net Carbs 7.9g • FV 7.1g</p>	<p><i>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</i></p> <p>Net Carbs 7g • FV 2.7g</p>	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>1 cup broccoli florets 1 Tbsp olive oil</p> <p>Net Carbs 6.6g • FV 3.9g</p>	<p>7 oz bone-in pork chop ½ cup cauliflower florets 1 cup mixed greens ½ Hass avocado 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 4.6g • FV 4.2g</p>	<p>6 oz ground beef 1 Tbsp crumbled blue cheese 1 medium zucchini 1 Tbsp olive oil ½ Hass avocado ½ inch slice tomato</p> <p>Net Carbs 6.5g • FV 6.3g</p>
	<p>Total Net Carbs: 20.5g Foundation Vegetables: 12.6g</p>	<p>Total Net Carbs: 21.8g Foundation Vegetables: 12.7g</p>	<p>Total Net Carbs: 22.3g Foundation Vegetables: 13.2g</p>	<p>Total Net Carbs: 22.2g Foundation Vegetables: 12.3g</p>	<p>Total Net Carbs: 21.9g Foundation Vegetables: 12.2g</p>	<p>Total Net Carbs: 20.7g Foundation Vegetables: 13.3g</p>	<p>Total Net Carbs: 21.7g Foundation Vegetables: 14.7g</p>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Meal Peanut Butter Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>1 Tbsp olive oil 2 cups baby spinach 2 large eggs 1 oz shredded Monterey Jack Cheese ½ Hass avocado ¼ cup Salsa Cruda</p> <p>Net Carbs 8g • FV 5.8g</p>	<p><i>Atkins Meal Chocolate Chip Granola 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>1 large tomato 2 slices bacon ¼ cup shredded cheddar 1 Tbsp olive oil 1 large egg</p> <p>Net Carbs 5.8g • FV 4.9g</p>	<p><i>Atkins Meal Peanut Butter Granola Bar</i></p> <p>Net Carbs 5g • FV 2.1g</p>
SNACK	<p>½ Hass avocado 2 Tbsp Ranch Dressing</p> <p>Net Carbs 2.2g • FV 1.3g</p>	<p><i>Atkins Mocha Latte Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 stalk celery 1 oz Monterey Jack Cheese</p> <p>Net Carbs 1.4g • FV 1g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>5 cherry tomatoes 1 oz Gouda Cheese</p> <p>Net Carbs 2.9g • FV 2.3g</p>
LUNCH	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>Net Carbs 6g • FV 3g</p>	<p>6 oz chicken breast ½ medium yellow squash 1 cup mixed greens 3 Tbsp Italian Dressing</p> <p>Net Carbs 3.9g • FV 3.5g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Chicken &amp; Broccoli Alfredo</i></p> <p>2 cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.9g • FV 4.7g</p>	<p><i>Atkins Meal Peanut Fudge Granola Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise 1 celery stalk 2 Tbsp chopped cucumber 1 oz Cheddar ½ Hass avocado</p> <p>Net Carbs 3g • FV 4.5g</p>	<p><i>Atkins Frozen Beef Merlot</i></p> <p>Net Carbs 6g • FV 2g</p>
SNACK	<p>10 cherry tomatoes 2 Tbsp Aioli</p> <p>Net Carbs 5.1g • FV 5g</p>	<p><i>Atkins Snack Caramel Chocolate Peanut Nougat Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.2g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 large tomato 2 Tbsp Ranch Dressing</p> <p>Net Carbs 5.8g • FV 5g</p>	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>
DINNER	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>Net Carbs 5g • FV 2.3g</p>	<p>4 oz diced ham 3 cups shredded Romaine lettuce 1 large tomato ½ Hass avocado 2 Tbsp Sweet Mustard Dressing</p> <p>Net Carbs 8.4g • FV 7.8g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>1½ cup mixed greens 2 Tbsp Ranch Dressing</p> <p>Net Carbs 7g • FV 4.1g</p>	<p>6 oz bone-in pork chop 1½ cup cauliflower florets 1 Tbsp olive oil 2 cups hearts of Romaine lettuce ¼ cup shredded Cheddar 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.8g • FV 6.2g</p>	<p>6 oz top sirloin steak 7 asparagus spears 1½ Tbsp olive oil 2 cups mixed greens ¼ cup chopped red bell pepper 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.2g • FV 7g</p>	<p><i>Atkins Frozen Sesame Chicken Stir-Fry</i></p> <p>Net Carbs 7g • FV 2.2g</p>	<p>6 oz chicken breast 1 Tbsp olive oil 2 cups chopped arugula 8 cherry tomatoes ½ Hass avocado 1 oz crumbled Feta cheese 2 Tbsp Sweet Mustard Dressing</p> <p>Net Carbs 6.3g • FV 5.7g</p>
	<p>Total Net Carbs: 21.3g Foundation Vegetables: 11.6g</p>	<p>Total Net Carbs: 22.3g Foundation Vegetables: 13.4g</p>	<p>Total Net Carbs: 21.2g Foundation Vegetables: 12.1g</p>	<p>Total Net Carbs: 22.1g Foundation Vegetables: 11.9g</p>	<p>Total Net Carbs: 22.0g Foundation Vegetables: 13.2g</p>	<p>Total Net Carbs: 19.7g Foundation Vegetables: 11.6g</p>	<p>Total Net Carbs: 22.2g Foundation Vegetables: 12.1g</p>



## WEEK 1

### Atkins Products

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

### Proteins

- Bacon
- Bone-in Pork Chop
- Tuna
- Chicken Breasts
- Eggs
- Ground Beef
- Whitefish

### Vegetables

- Basil
- Broccoli
- Cauliflower
- Celery
- Cucumbers
- Green or Red Bell Peppers
- Hass Avocados
- Mixed Greens
- Onions
- Snap Peas
- Spinach
- Tomatoes
- Zucchini

### Fats

- Olive Oil

### Other

- Blue Cheese
- Cheddar Cheese
- Fresh Mozzarella Cheese
- Monterey Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Greek Vinaigrette
- Italian Dressing
- Ranch Dressing
- Sherry Vinaigrette
- Heavy Cream
- Herb-Butter Blend
- Hollandaise Sauce
- Mayonnaise

## WEEK 2

### Atkins Products

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

### Proteins

- Bacon
- Bone-In Pork Chop
- Tuna
- Chicken Breasts
- Ham*
- Eggs
- Top Sirloin Steak*

### Vegetables

- Arugula*
- Asparagus*
- Cauliflower
- Celery
- Cucumber
- Hass Avocados
- Red Bell Pepper
- Romaine Lettuce/Mixed Greens
- Spinach
- Tomatoes
- Yellow Squash*
- Zucchini

### Fats

- Olive Oil

### Other

- Cheddar Cheese
- Feta Cheese*
- Gouda Cheese*
- Mayonnaise
- Monterey Jack Cheese
- Creamy Italian Dressing
- Italian Dressing
- Ranch Dressing
- Sweet Mustard Dressing*
- Aioli*
- Salsa Cruda*

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