

ATKINS 40 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>½ cup cooked oatmeal 2 pieces bacon</p> <p>Net Carbs 12.4g • FV 0g</p>	<p>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</p> <p>Net Carbs 5.8g • FV 4.1g</p>	<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar 7-inch low-carb tortilla</p> <p>Net Carbs 7.1g • FV 3.7g</p>	<p><i>Atkins Frozen Canadian Bacon with Egg and Cheese Sandwich</i></p> <p>Net Carbs 5g • FV 0g</p>	<p>4 oz turkey sausage 1 medium tomato 1 slice whole grain toast</p> <p>Net Carbs 15.3g • FV 3.3g</p>	<p><i>Atkins Frozen Tex-Mex Scramble</i></p> <p>Net Carbs 5g • FV 1.2g</p>
SNACK	<p>½ cup fresh pineapple chunks ½ cup cottage cheese</p> <p>Net Carbs 10.6g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Decadence Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i></p> <p>Net Carbs 12.2g • FV 0g</p>	<p><i>Atkins Day Break Creamy Chocolate Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ cubed cantaloupe 2 oz prosciutto</p> <p>Net Carbs 5.9g • 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 Mocha Latte Shake</i></p> <p>3 large strawberries</p> <p>Net Carbs 6g • FV 0g</p>
LUNCH	<p>6 oz fillet of salmon ¼ cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 13.4g • FV 5g</p>	<p><i>Atkins Frozen Orange Chicken</i></p> <p>2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 12g • FV 8.7g</p>	<p>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</p> <p>Net Carbs 11g • FV 4.6g</p>	<p><i>Atkins Frozen Chili Con Carne</i></p> <p>½ cup steamed Brussels sprouts 1 Tbsp butter</p> <p>Net Carbs 6.3g • FV 4.4g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette</p> <p>Net Carbs 14.1g • FV 10.6g</p>	<p>4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves</p> <p>Net Carbs 3.7g • FV 3.7g</p>	<p><i>Atkins Frozen Italian-Style Pasta Bake</i></p> <p>2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 12.9g • FV 7.4g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup raspberries ½ cup Greek yogurt</p> <p>Net Carbs 7.9g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 medium carrot ¼ cup hummus</p> <p>Net Carbs 9.1g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Advantage Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 stalk celery 1 slice Cheddar</p> <p>Net Carbs 1.4g • FV 1g</p>
DINNER	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 9.4g • FV 6.1g</p>	<p>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</p> <p>Net Carbs 4.8g • FV 4.8g</p>	<p><i>Atkins Frozen Crustless Chicken Pot Pie</i></p> <p>1 cup chopped zucchini</p> <p>Net Carbs 5.7g • FV 5.5g</p>	<p>6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter</p> <p>Net Carbs 12.9g • FV 4.3g</p>	<p>7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 14.7g • FV 1.3g</p>	<p><i>Atkins Frozen Beef Merlot</i></p> <p>½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter</p> <p>Net Carbs 15g • FV 5g</p>	<p>6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice</p> <p>Net Carbs 14.5g • FV 3g</p>
	<p>Total Net Carbs: 39.4g Foundation Vegetables: 13.2g</p>	<p>Total Net Carbs: 40.1g Foundation Vegetables: 13.5g</p>	<p>Total Net Carbs: 39.7g Foundation Vegetables: 14.2g</p>	<p>Total Net Carbs: 38.4g Foundation Vegetables: 12.4g</p>	<p>Total Net Carbs: 40.7g Foundation Vegetables: 11.9g</p>	<p>Total Net Carbs: 40.0g Foundation Vegetables: 12.0g</p>	<p>Total Net Carbs: 39.8g Foundation Vegetables: 12.6g</p>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Atkins Frozen Steak Scramble</p> <p>½ cantaloupe melon wedge</p> <p>Net Carbs 12.5g • FV .9g</p>	<p>½ cup cooked oatmeal 2 oz turkey sausage</p> <p>Net Carbs 12.1g • FV 0g</p>	<p>Atkins Frozen Sausage with Egg Sandwich</p> <p>Net Carbs 5g • FV 0g</p>	<p>Atkins Meal Strawberry Almond Bar</p> <p>½ cup blueberries ½ cup Greek yogurt</p> <p>Net Carbs 13.5g • FV 0g</p>	<p>2 eggs ½ Hass avocado 1 oz pepper jack cheese 1 slice whole grain toast</p> <p>Net Carbs 15g • FV 1.3g</p>	<p>2 small tomatoes 2 oz Canadian Bacon ½ whole wheat English Muffin 2 Tbsp Hollandaise Sauce</p> <p>Net Carbs 17.1g • FV 4.9g</p>	<p>Atkins Frozen Tex-Mex Scramble</p> <p>Net Carbs 5g • FV 1.2g</p>
SNACK	<p>Atkins Snack Cashew Trail Mix Bar</p> <p>Net Carbs 6g • FV 0g</p>	<p>Atkins Advantage Strawberry Shake</p> <p>Net Carbs 1g • FV 0g</p>	<p>½ small apple 1½ stalks celery 2 Tbsp almond butter</p> <p>Net Carbs 15.6g • FV 1.5g</p>	<p>Atkins Milk Chocolate Delight Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Snack Triple Chocolate Bar</p> <p>Net Carbs 3.3g • FV 0g</p>	<p>Atkins Vanilla Shake</p> <p>Net Carbs 1g • FV 0g</p>	<p>¼ cup blueberries ½ cup Greek yogurt</p> <p>Net Carbs 9g • FV 0g</p>
LUNCH	<p>6 oz chicken ½ Hass avocado 7-inch low-carb tortilla 2 cups mixed greens 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 7.4g • FV 4g</p>	<p>5 oz hamburger 1 oz pepper jack cheese 2 Tbsp Salsa Cruda ½ Hass avocado ½ 4-inch whole wheat pita pocket</p> <p>Net Carbs 9.8g • FV 2.2g</p>	<p>Atkins Frozen Shrimp Scampi</p> <p>2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 11.4g • FV 6.3g</p>	<p>Atkins Frozen Mexican-Style Chicken and Vegetables</p> <p>2 cups Romaine hearts ½ cup chopped bell pepper 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 12.4g • FV 7.6g</p>	<p>5 oz ham 2 cups mixed greens 1 medium tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 7.1g • FV 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>Atkins Frozen Sesame Chicken Stir-Fry</p> <p>2 cups arugula 5 cherry tomatoes 2 Tbsp Fresh Raspberry Vinaigrette</p> <p>Net Carbs 10.7g • FV 5.2g</p>
SNACK	<p>Atkins Vanilla Shake</p> <p>¼ cup blueberries</p> <p>Net Carbs 5.5g • FV 0g</p>	<p>Atkins Snack Coconut Almond Delight Bar</p> <p>Net Carbs 3g • FV 0g</p>	<p>Atkins Dark Chocolate Royale Shake & Atkins Treat Chocolate Covered Almonds</p> <p>Net Carbs 3.5g • FV 0g</p>	<p>1 oz pepper jack cheese 2 whole wheat crackers</p> <p>Net Carbs 6.4g • FV 0g</p>	<p>Atkins Dark Chocolate Royale Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Snack Caramel Chocolate Peanut Nougat Bar</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Advantage Café Caramel Shake</p> <p>Net Carbs 3g • FV 0g</p>
DINNER	<p>5 oz Italian sausages ¼ medium onion, sliced ½ medium red bell pepper, sliced 2 cups mixed greens 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 8.8g • FV 7.2g</p>	<p>Atkins Frozen Chicken & Broccoli Alfredo</p> <p>½ cup steamed broccoli 2 cups mixed greens 5 cherry tomatoes 2 Tbsp Ranch Dressing</p> <p>Net Carbs 13.9g • FV 10g</p>	<p>6 oz grilled chicken 6 stalks Asparagus ½ cup sliced red bell pepper 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 4.7g • FV 4.3g</p>	<p>7 oz bone-in pork chop ½ cup cauliflower florets, steamed 1 Tbsp butter 2 cups mixed greens 2 Tbsp Ranch Dressing</p> <p>Net Carbs 5.2g • FV 4.3g</p>	<p>Atkins Frozen Italian-Style Pasta Bake</p> <p>2 cups baby spinach ¼ cup chopped green bell pepper 2 Tbsp Sweet Mustard Dressing</p> <p>Net Carbs 12.1g • FV 6.1g</p>	<p>Atkins Frozen Swedish Meatballs</p> <p>½ cup sliced zucchini 1 Tbsp olive oil ¼ acorn squash 1 Tbsp butter 2 Tbsp sugar-free pancake syrup</p> <p>Net Carbs 17.4g • FV 4.3g</p>	<p>5 oz hamburger ½ cup sliced mushrooms 1 Tbsp olive oil 1 Flatout Original Light Wrap 2 cups mixed greens ¼ Cup sliced cucumber 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 12.2g • FV 5.7g</p>
	<p>Total Net Carbs: 40.2g Foundation Vegetables: 12.1g</p>	<p>Total Net Carbs: 39.7g Foundation Vegetables: 12.2g</p>	<p>Total Net Carbs: 40.2g Foundation Vegetables: 12.1g</p>	<p>Total Net Carbs: 39.5g Foundation Vegetables: 11.9g</p>	<p>Total Net Carbs: 39.5g Foundation Vegetables: 13.4g</p>	<p>Total Net Carbs: 40.3g Foundation Vegetables: 12.0g</p>	<p>Total Net Carbs: 39.9g Foundation Vegetables: 12.1g</p>



WEEK 1

Atkins Products

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

Proteins

- Bacon
- Bone-In Pork Chop
- Chicken
- Eggs
- Ground Beef
- Prosciutto
- Salmon
- Steak
- Tuna
- Turkey Sausage
- Whitefish

Vegetables

- Arugula
- Black Olives
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Corn On The Cob
- Cucumbers
- Green Beans
- Hass Avocados
- Onions
- Potato
- Radishes
- Red or Green Bell Peppers
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Stir-Fry Vegetables
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Greek Yogurt
- Banana
- Cantaloupe
- Pineapple
- Raspberries
- Strawberries
- Cheddar Cheese
- Pepper Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Fresh Raspberry Vinaigrette
- Sherry Vinaigrette
- Tamari Sauce
- Brown Rice
- Cottage Cheese
- Hummus
- Mayonnaise
- Salsa Cruda
- Flatout Original Light Wrap
- Low-Carb Tortilla
- Oatmeal

WEEK 2

Atkins Products

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

Proteins

- Bone-In Pork Chop
- Canadian Bacon*
- Chicken
- Eggs
- Ground Beef
- Ham*
- Italian Sausages*
- Tuna
- Turkey Sausage

Vegetables

- Acorn Squash*
- Arugula
- Asparagus*
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Hass Avocados
- Onions
- Red or Green Bell Peppers
- Romaine Lettuce/Mixed Greens
- Sliced Mushrooms
- Spinach
- Tomatoes
- Zucchini

Fats

- Olive Oil
- Butter

Other

- Greek Yogurt
- Apple*
- Blueberries*
- Cantaloupe
- Pepper Jack Cheese
- Blue Cheese Dressing
- Creamy Italian Dressing
- Fresh Raspberry Vinaigrette
- Ranch Dressing*
- Sherry Vinaigrette
- Sweet Mustard Dressing*
- Almond Butter*
- Hollandaise Sauce*
- Mayonnaise
- Salsa Cruda
- Sugar-Free Pancake Syrup*
- Flatout Original Light Wrap
- Low-Carb Tortilla
- Oatmeal
- Whole Grain Toast*
- Whole Wheat Crackers*
- Whole Wheat English Muffin*
- Whole Wheat Pita Pocket*

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