

# ATKINS 20®

## Budget\*\* Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 eggs 1/2 tbsp chopped yellow onion 1/2 cup sliced zucchini 1 tsp canola oil Net Carbs 3g • FV 2g	<b>Atkins Creamy Vanilla Shake</b> blended with: 1 1/4 cup spinach 1 tsp cinnamon 3 tbsp heavy cream Net Carbs 5g • FV 1g	3 oz pork breakfast sausage 1/2 tbsp chopped yellow onion 1 cup sliced yellow summer squash Net Carbs 3g • FV 3g	2 eggs 1 tbsp canola oil 1 Roma tomato 1 oz cheddar Net Carbs 3g • FV 2g	<b>Atkins Mocha Latte Shake</b> blended with: 1 fl oz decaf espresso 2 tbsp heavy cream Net Carbs 5g • FV 0g	3 oz pork breakfast sausage 2 cups spinach 1 Roma tomato Net Carbs 3g • FV 3g	1 serving <b>Eggs with Cheddar, Asparagus, Salsa, and Sour Cream*</b> Net Carbs 4g • FV 2g
SNACK	<b>Atkins Mocha Latte Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Mocha Latte Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Mocha Latte Shake</b> Net Carbs 4g • FV 0g
LUNCH	1 serving <b>Keto Turkey Taco Bowl*</b> Net Carbs 7g • FV 6g	1 serving <b>Smoky Tuna Tomato*</b> Net Carbs 2g • FV 2g	Lettuce wrap of: 3 large iceberg lettuce leaves 6 oz cooked turkey thigh 3 pickle spears 1 tbsp mayonnaise Net Carbs 2g • FV 2g	3 oz ground turkey patty 1 oz cheddar cheese 1 1/2 cups iceberg lettuce 1 cup spinach 4 radishes 1/4 cup jicama 2 tbsp Creamy Italian Dressing* Net Carbs 5g • FV 4g	1 serving <b>Instant Pot® Barbecue Pulled Pork*</b> (using picnic roast) 1 serving <b>Simple Marinated Kale*</b> 2 tbsp chopped yellow onion Net Carbs 4g • FV 3g	1 serving <b>Tuna-Celery Salad*</b> 1 1/2 tbsp mayonnaise 1 serving <b>Simple Marinated Kale*</b> Net Carbs 3g • FV 2g	3 oz cooked turkey thigh 1 oz cheddar cheese 1 tbsp mayonnaise 1/3 cup green beans Net Carbs 2g • FV 2g
SNACK	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	1/2 large zucchini 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 3g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	4 Kalamata olives Net Carbs 2g • FV 2g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g
DINNER	1 serving <b>Lemon-Herb Grilled Chicken Thighs*</b> 15 spears asparagus, grilled 1 tbsp butter 1/2 tbsp lemon juice Net Carbs 6g • FV 5g	1 serving <b>Instant Pot® Barbecue Pulled Pork*</b> (using picnic roast) 1 1/4 cup green beans 2 tbsp butter Net Carbs 9g • FV 7g	3.5 oz Kielbasa 2 cups cabbage, roasted 1/2 cup turnip, roasted 2 tbsp butter 1/4 tsp salt 1 tsp Cajun seasoning Net Carbs 9g • FV 7g	1 serving <b>Tilapia with Olive Butter and Broccoli*</b> 1 cup broccoli Net Carbs 8g • FV 6g	4 oz chicken breast 1 cup spaghetti squash 2 tbsp butter 1 clove garlic 1 tbsp chopped parsley 2 tbsp grated parmesan cheese Net Carbs 9g • FV 9g	1 serving <b>Zucchini Chicken Alfredo*</b> 9 spears steamed asparagus Net Carbs 10g • FV 7g	1 serving <b>Easy Low Carb Turkey Cabbage Chili*</b> Net Carbs 9g • FV 9g
	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g

\*Visit [Atkins.com/recipes](https://www.atkins.com/recipes) for recipes!

\*\*Average cost under \$10 per day based on choosing lowest cost options over a six week period at Walmart.com

## **Atkins Products**

- 3 from the Vanilla Value Pack (8) Atkins Creamy Vanilla Shake
- 4 from the Bonus Pack (6) Atkins Mocha Latte Shake
- 4 from the Value Pack (8) Atkins Chocolate Chip Granola Bar
- 3 from the Value Pack (8) Atkins Lemon Bar

## **Meat/Protein**

- Chicken: thighs (6-ounces), breast (10-ounces)
- Kielbasa (4-ounces)
- Pork: bacon bits (2 tablespoons), picnic roast (12-ounces), breakfast sausage (6-ounces)
- Tilapia (6-ounces)
- Tuna, canned in water (8-ounces)
- Turkey: ground (7-ounces), roasted thigh (9-ounces)

## **Cheese/Dairy**

- Cheddar cheese (3-ounces)
- Eggs (6)
- Heavy cream (5-ounces)
- Parmesan cheese, grated (5 tablespoons)
- Sour cream (3 tablespoons)

## **Herbs/Spices**

- Chives (2 grams)
- Fresh parsley (6 grams)

## **Produce**

- Asparagus (1 pound)
- Broccoli (6-ounces)
- Cabbage (11-ounces)
- Celery (5-ounces)
- Garlic (3 cloves)
- Green beans (7-ounces)
- Jicama (3-ounces)
- Kale (4-ounces)
- Lemon (1)
- Lettuce: iceberg (4-ounces), bibb/butterhead (1-ounce)
- Onion, yellow (2-ounces)
- Radishes (4)
- Spinach (4-ounces)
- Squash: yellow summer (4-ounces), zucchini (15-ounces), spaghetti (1 cup)
- Tomatoes: Roma (3), medium (1)
- Turnip (3-ounces)

## **Other**

- Chipotle en adobo (1)
- Decaf espresso (1 fluid ounce)
- Olives, Kalamata (9)
- Pickles, dill spears (3)
- Salsa (3 tablespoons)
- Tomatoes, canned: paste (2 teaspoons), diced (4 fluid ounces)

## **Pantry**

(if there is no measurement listed, amount needed is less than 1 teaspoon)

- Allspice, ground
- Beef broth (1 cup)
- Black pepper
- Butter (9 tablespoons)
- Cajun seasoning (1 teaspoon)
- Canola oil (5 tablespoons)
- Chili powder (2 tablespoons)
- Cinnamon (1 teaspoon)
- Cumin
- Dried parsley
- Dried tarragon
- Erythritol (instead of xylitol) (2 teaspoons)
- Garlic powder
- Ground mustard
- Italian seasoning blend
- Mayonnaise (9 tablespoons)
- Nutmeg
- Olive oil (6 tablespoons)
- Onion powder
- Red pepper flakes, crushed
- Salt
- Swerve brown sweetener
- Vinegar: cider (3 tablespoons), white wine (2 tablespoons)

**Menu Notes:** Make 2 servings of Creamy Italian Dressing to use through the week, and a total of 3 servings of Instant Pot® Barbecue Pulled Pork (two servings for this week and place one serving in the freezer to for next week).

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	3 oz pork breakfast sausage 1/2 cup mushrooms 1/2 tbsp chopped yellow onion 1 1/4 cup spinach Net Carbs 2g • FV 2g	2 eggs 1/2 tbsp chopped yellow onion 1 cup sliced yellow squash 1 tbsp canola oil Net Carbs 4g • FV 3g	<b>Atkins Mocha Latte Shake</b> Net Carbs 4g • FV 0g	2 eggs 1 tbsp canola oil 1 Roma tomato 1 oz cheddar Net Carbs 3g • FV 2g	2 hardboiled eggs Net Carbs 1g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> blended with: 1 1/4 cup spinach 1 tsp cinnamon Net Carbs 3g • FV 1g
SNACK	10 Kalamata olives 1 oz cheddar Net Carbs 3g • FV 3g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	2/3 cup zucchini 1 oz cheddar Net Carbs 2g • FV 2g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	1 stalk celery 2 tbsp cream cheese Net Carbs 2g • FV 1g
LUNCH	1 serving <b>Basic Egg Salad*</b> 2 cups chopped butterhead lettuce 4 radishes 1 Roma tomato 2 tbsp Ranch Dressing* Net Carbs 6g • FV 4g	3.5 oz kielbasa 1/2 cup sauerkraut 1/4 cup chopped zucchini 1 tbsp butter 1 Roma tomato Net Carbs 6g • FV 4g	4 oz ground turkey 2 tbsp olive oil 1/2 cup sliced mushrooms 1 clove garlic 2 tbsp canned crushed tomatoes 1/2 cup spaghetti squash Net Carbs 7g • FV 7g	6 oz tuna 1 stalk celery 1 Roma tomato 1 1/2 cup spinach 1 1/2 cup butterhead lettuce 2 tbsp Ranch Dressing* Net Carbs 5g • FV 4g	6 oz roasted turkey thigh 3 pickle spears 1/2 cup chopped jicama 4 radishes 2 tbsp mayonnaise Net Carbs 5g • FV 5g	4 oz canned salmon 1 tbsp mayonnaise 3/4 cup green beans 1 Roma tomato 2 tbsp Ranch Dressing* Net Carbs 6g • FV 5g	6 oz roasted turkey thigh 1 oz cheddar 2 cups chopped butterhead lettuce 2 radishes 2 tbsp chopped yellow onion 2 tbsp Ranch Dressing* Net Carbs 4g • FV 3g
SNACK	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Mocha Latte Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Chocolate Chip Granola Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g
DINNER	1 serving <b>Instant Pot® Barbecue Pulled Pork*</b> 1 1/4 cup Brussels sprouts 2 tsp butter Net Carbs 7g • FV 6g	1 serving <b>Spicy Grilled Chicken Thighs*</b> 2 cups broccoli, steamed 1 tsp butter Net Carbs 8g • FV 7g	1 serving <b>Salmon and Asparagus Sheet Pan*</b> Net Carbs 4g • FV 3g	1 serving <b>Greek Style Chicken with Zucchini and Mushrooms*</b> Net Carbs 8g • FV 6g	4 oz ham 1 cup broccoli, steamed 1 1/2 cups shredded cabbage, steamed 2 tsp butter 1 oz cheddar Net Carbs 9g • FV 7g	1 serving <b>Indian Spiced Chicken and Vegetables*</b> Net Carbs 9g • FV 7g	1 serving <b>Grilled Chicken with Asparagus and Tomato Salad*</b> 9 spears asparagus 1 tsp olive oil Net Carbs 10g • FV 8g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g

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## **Atkins Products**

- 5 from Vanilla Value Pack (8) Atkins Creamy Vanilla Shake
- 2 from Bonus Pack (6) Atkins Mocha Latte Shake
- 3 from Value Pack (8) Atkins Chocolate Chip Granola Bar
- 4 from Value Pack (8) Atkins Lemon Bar

## **Meat/Protein**

- Chicken: thigh (19-ounces), breast (6-ounces)
- Kielbasa (4-ounces)
- Pork: breakfast sausage (3-ounces), ham (4-ounces)
- Salmon: frozen (4-ounces), canned (4-ounces)
- Tuna, canned in oil (6-ounces)
- Turkey: ground (4-ounces), roasted thigh (12-ounces)

## **Cheese/Dairy**

- Cheddar (5-ounces)
- Cream cheese (1-ounce)
- Eggs (8)
- Heavy cream (2 fluid ounces)
- Parmesan cheese (2 teaspoons)

## **Herbs/Spices**

- Chives (1 tablespoon)
- Fresh basil (5 leaves)
- Fresh dill (1 teaspoon)
- Fresh parsley (1 tablespoon)
- Fresh peppermint (4 grams)

## **Produce**

- Asparagus (29-ounces)
- Broccoli (10-ounces)
- Brussels sprouts (4-ounces)
- Cabbage (4-ounces)
- Celery (4-ounces)
- Garlic (5 cloves)
- Green beans (3- ounces)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: butterhead/bibb (11-ounces)
- Mushrooms (5-ounces)
- Onion, yellow (3-ounces)
- Radishes (10)
- Spinach (5-ounces)
- Squash: zucchini (11-ounces), yellow summer (4-ounces), spaghetti (3-ounces)
- Tomatoes: Roma (5), cherry (5)

## **Other**

- Olives, Kalamata (12)
- Pickles, dill spears (3)
- Sauerkraut (4 fluid ounces)
- Tomatoes, canned crushed (1 fluid ounce)

## **Pantry**

(if there is no measurement listed, amount needed is less than 1 teaspoon)

- Black pepper
- Butter (6 tablespoons)
- Canola oil (2 tablespoons)
- Cayenne pepper
- Chicken broth (2 tablespoons)
- Chili powder
- Chipotle pepper, ground
- Cinnamon (2 teaspoons)
- Coriander seed
- Cumin
- Dijon mustard (3 teaspoons)
- Dried oregano
- Mayonnaise (13 tablespoons)
- Olive oil (7 tablespoons)
- Paprika
- Salt
- Sucralose based sweetener, packets (1)
- Vegetable oil (1 tablespoon)
- Vinegar: apple cider (1 teaspoon), balsamic (1 teaspoon)

**Menu Notes:** Make 4 servings of Ranch Dressing throughout the week.