

ATKINS 100®

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 hardboiled eggs 1 oz Swiss cheese 1/3 cup steel cut oats 1 tsp peanut butter Net Carbs 20g • FV 0g	1 Banana Coconut Muffin* 1/2 cup plain, unsweetened Greek yogurt Net Carbs 13g • FV 0g	1 serving Mini Breakfast Sausage, Bell Pepper, and Scallion Casseroles* 2 slices Ezekiel sprouted bread toast Net Carbs 26g • FV 2g	1 Banana Coconut Muffin* 2 hardboiled eggs Net Carbs 9g • FV 0g	1 serving Turkey Sausage and Cauliflower Sauté* 1/4 cup black beans 1/4 cup salsa Net Carbs 16g • FV 8g	1 serving Almond Protein Pancakes with Blueberries* 1 canned peach Net Carbs 16g • FV 0g	1 serving Mushroom Scramble* 2 slices Ezekiel sprouted bread toast 2 tsp butter Net Carbs 28g • FV 2g
SNACK	Atkins Mocha Latte Shake Net Carbs 3g • FV 0g	1 medium pear 2 tsp almond butter Net Carbs 23g • FV 0g	Atkins Mocha Latte Shake 2 tsp pistachios Net Carbs 6g • FV 0g	1/2 medium carrot 1/4 cup hummus Net Carbs 12g • FV 0g	Atkins Chocolate Mint Protein Wafer Crisp 1/2 cup blueberries Net Carbs 13g • FV 0g	Atkins Mocha Latte Shake & 1 Banana Coconut Muffin* Net Carbs 11g • FV 0g	1 Banana Coconut Muffin* 1/2 cup Greek yogurt (plain, unsweetened) Net Carbs 13g • FV 0g
LUNCH	1 serving Lettuce-Wrapped Cheddar Veggie Burger with Tomato and Hummus* 1 tsp mayonnaise 9 pieces baked sweet potato fries Net Carbs 23g • FV 4g	1 serving Tarragon Shrimp Salad* 1 leaf butterhead lettuce 1 large whole grain pita bread Net Carbs 32g • FV 0g	1 serving Chipotle-Apple Turkey Burger* 2 cups Romaine lettuce 3/4 cup sliced cucumber 10 cherry tomatoes 2 tsp Italian dressing Net Carbs 26g • FV 8g	1 serving Bratwurst with Onions and Sauerkraut* 1/2 cup brown rice Net Carbs 30g • FV 6g	1 serving Tuna Celery Salad* with 1/2 medium cucumber 2 tsp Creamy Italian Dressing* 1/2 cup steamed sweet potato Net Carbs 21g • FV 6g	1 serving Easy Buffalo Chili* 2 (6-inch) corn tortillas Net Carbs 26g • FV 6g	1 serving Warm Asian Beef Salad* Net Carbs 15g • FV 14g
SNACK	Atkins Chocolate Mint Protein Wafer Crisp 1/2 medium apple Net Carbs 14g • FV 0g	1 medium carrot 1/4 cup hummus Net Carbs 14g • FV 0g	1/2 cup Greek yogurt (plain, unsweetened) 1/2 medium apple Net Carbs 15g • FV 0g	Atkins Dark Chocolate Royale Shake 1 small apple Net Carbs 15g • FV 0g	2 cups popcorn (with olive oil) 1 tsp butter Net Carbs 15g • FV 0g	1 medium carrot 1/4 cup hummus Net Carbs 14g • FV 0g	Atkins Chocolate Mint Protein Wafer Crisp 1 small apple Net Carbs 17g • FV 0g
DINNER	1 serving Spiced Bok Choy and Tofu* 1/2 cup cooked brown rice 1 tsp butter Net Carbs 38g • FV 13g	1 serving Beef Bolognese with Parmesan For Two* Net Carbs 15g • FV 15g	5 oz roasted chicken breast 1/2 cup sweet potato 1 tsp butter 1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 tablespoons Creamy Italian Dressing* Net Carbs 23g • FV 3g	1 serving Beef Enchilada Topped with an Egg over Spaghetti Squash* topped with 1/2 avocado & 10 cherry tomatoes 1 (6-inch) corn tortilla Net Carbs 29g • FV 8g	1 serving Roasted Ginger-Tamari Salmon Steaks* 1/2 cup cooked quinoa 2 cups Romaine 1/2 cup sliced cucumber 1 medium carrot 2 tsp Creamy Italian Dressing* Net Carbs 33g • FV 3g	1 serving Spice Dusted Cod with Warm Cauliflower Salad* 1/2 cup brown rice 1 tsp butter Net Carbs 31g • FV 9g	1 serving Pork Tenderloin with Tomatoes and Green Olives* 1 serving Sweet Potato and Spinach Salad* with 1/2 cup added sweet potato Net Carbs 23g • FV 3g
	Total Net Carbs: 98g Foundation Vegetables: 17g	Total Net Carbs: 98g Foundation Vegetables: 15g	Total Net Carbs: 97g Foundation Vegetables: 13g	Total Net Carbs: 95g Foundation Vegetables: 14g	Total Net Carbs: 98g Foundation Vegetables: 17g	Total Net Carbs: 98g Foundation Vegetables: 15g	Total Net Carbs: 97g Foundation Vegetables: 19g

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

Atkins Products

- 1 Atkins Dark Chocolate Royale Shake
- 3 Atkins Mocha Latte Shakes
- 3 Atkins Chocolate Mint Protein Wafer Crisps

Produce

- Apples: small (2), medium (2)
- Avocado (1)
- Bananas (2 medium)
- Bell peppers: yellow (1 small), red (2 medium)
- Blueberries (1 cup)
- Bok choy (6-ounces)
- Carrots (4 medium)
- Cauliflower (6-ounces)
- Celery (3 large stalks)
- Cucumber (1 large)
- Garlic (7 cloves)
- Ginger, fresh (3-inch knob)
- Jalapeno (1 pepper)
- Lettuce: butter (7 leaves), Romaine (1 large head), spring mix (2 cups)
- Mushrooms: shiitake (3-ounces), pieces and stems (1-ounce)
- Onions: scallions/green (2 medium), red (1 small), yellow (1 medium)
- Orange (1)
- Peach, canned (1 whole)
- Pear (1 medium)
- Shallots (1-ounce)
- Spinach, baby (3 cups)
- Squash, spaghetti (5-ounces)
- Sweet potatoes: whole (2 large), frozen fries (9 pieces)
- Swiss chard (3-ounces)
- Tomatoes: medium (1), cherry (27), plum (1), Italian (1)
- Zucchini (1 medium)

Meat/Protein

- Beef: 85% lean ground (11-ounces), top sirloin (6-ounces)
- Bison (buffalo), ground (4-ounces)
- Bratwurst (1 link)
- Chicken breast, roasted (5-ounces)
- Cod, pacific (6-ounces)
- Meatless burger (1 patty < 2 net carbs)
- Pork tenderloin (4-ounces)
- Salmon (7-ounces)
- Shrimp (6-ounces)
- Tofu, firm silken (7-ounces)
- Tuna, canned in water (5-ounces)
- Turkey: breakfast sausage (4-ounces), ground (4-ounces), sausage (3-ounces)

Cheese/Dairy

- Cheddar (3-ounces)
- Cottage cheese, creamed (1-ounce)
- Eggs, large (12)
- Parmesan cheese (2-ounces)
- Swiss cheese (1-ounce)
- Yogurt, Greek, plain, unsweetened (12-ounces)

Herbs/Spices

- Fresh parsley
- Fresh rosemary

Other

- Almond butter
- Anchovy
- Beets, pickled
- Black beans, canned
- Capers
- Chickpeas, canned
- Corn tortillas (6-inch diameter) (3)
- Enchilada sauce (less than 10 NC per cup)
- Green chili peppers, canned
- Hummus (1 cup)
- Italian salad dressing
- Oats, steel cut
- Olives, green
- Peanut butter
- Peanut oil
- Pistachios
- Pita bread, whole grain
- Popcorn (made with olive oil)
- Quinoa
- Salsa
- Sauerkraut
- Sauvignon blanc wine
- Sprouted grain bread (i.e. Ezekiel bread)
- Tomatoes: sauce & whole peeled plum
- Water chestnuts

Pantry

- Almond flour, blanched
- Baking powder
- Balsamic vinegar
- Black pepper
- Brown rice
- Butter, salted
- Canola oil
- Chicken broth
- Chili powder
- Chipotle in adobo sauce
- Cinnamon, ground
- Cloves, ground
- Coconut flour, high fiber
- Coconut oil
- Crushed red pepper flakes
- Cumin, ground
- Curry powder
- Dijon mustard
- Dried tarragon
- Dried thyme
- Fish sauce
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Nutmeg, ground
- Olive oil, extra virgin & light
- Paprika
- Red or cayenne pepper
- Red wine vinegar
- Rice vinegar, unsweetened and unseasoned
- Salt
- Sesame oil, toasted & plain
- Soy flour, whole grain
- Sucralose based sweetener
- Tamari soy sauce
- Thick-it-up
- Vanilla extract
- Whey protein powder, vanilla
- White wine vinegar
- Xylitol

Menu Notes: Make 3 servings of Creamy Italian Dressing for the week. You will use 3 Banana Coconut Muffins this week.

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Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Cheddar Omelet with Sautéed Onions* 1/2 cup cooked steel cut oats Net Carbs 29g • FV 5g	1 serving Canadian Bacon, Cheddar and Tomato Stacks* 1 grapefruit Net Carbs 24g • FV 6g	1 serving Atkins Dark Chocolate Royale Shake blended with: 1 small banana 1/2 cup frozen cauliflower 1 tbsp peanut butter Net Carbs 26g • FV 2g	1 serving Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* 1/3 cup cooked grits 1 tbsp butter Net Carbs 19g • FV 7g	Parfait of: 1/2 cup plain, unsweetened Greek yogurt 1 Atkins Lemon Vanilla Protein Wafer Crisps 1/2 cup sliced strawberries Net Carbs 13g • FV 0g	1 serving Double Chocolate Express Smoothie* 1/4 cup steel cut oats 1 tbsp butter Net Carbs 17g • FV 0g	1 serving Breakfast Mexi Peppers* 2 (6-inch) corn tortillas Net Carbs 25g • FV 4g
SNACK	Atkins Strawberry Shake Net Carbs 1g • FV 0g	1 medium carrot 1/4 cup hummus Net Carbs 14g • FV 0g	1 medium red pepper 1/3 cup black bean dip Net Carbs 15g • FV 5g	Atkins Mocha Latte Shake 1 cup blueberries Net Carbs 21g • FV 0g	1/3 cup black bean dip 1 medium red bell pepper Net Carbs 15g • FV 5g	2 puffed spelt cakes 1/2 avocado Net Carbs 9g • FV 1g	Atkins Lemon Vanilla Protein Wafer Crisps 5 large strawberries Net Carbs 9g • FV 0g
LUNCH	4 oz veggie "meatballs" 1 1/2 cups spaghetti squash 1/2 cup prepared pasta sauce Net Carbs 24g • FV 4g	4 oz roasted chicken 2 tbsp barbecue sauce 2 servings Classic Coleslaw* 1 medium slice red onion 1/2 medium sweet potato 1 tbsp butter Net Carbs 28g • FV 9g	1 serving Pasta Salad with Tuna, Capers and Lemon* 1 oz feta cheese Net Carbs 25g • FV 2g	4 oz roasted chicken 1 serving Cumin-Lemon Butternut Squash Soup* 1 1/2 cups baby spinach Net Carbs 19g • FV 2g	1 serving Chicken Portobello Broilers* 1/2 cup sweet potato 1 tbsp butter 2 1/2 cups baby spinach 10 cherry tomatoes 2 tbsp Feta Ranch Dressing* Net Carbs 23g • FV 8g	1 serving Cauliflower Salad with Salmon* 1/2 cup cooked quinoa Net Carbs 25g • FV 7g	1 serving Chicken with Tomatoes and Capers* 2 cups baby spinach 15 cherry tomatoes 1 medium bell pepper 2 tbsp Feta Ranch Dressing* Net Carbs 14g • FV 13g
SNACK	Atkins Dark Chocolate Royale Shake 2 small plums Net Carbs 15g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisps 1/2 cup plain, unsweetened Greek yogurt Net Carbs 8g • FV 0g	1 oz mozzarella cheese 7 pieces marinated artichoke hearts 20 large black olives Net Carbs 11g • FV 10g	1/4 cup hummus 1/2 medium cucumber Net Carbs 14g • FV 5g	1 small apple 2 tbsp peanut butter Net Carbs 17g • FV 0g	Atkins Dark Chocolate Royale Shake 1/2 medium apple Net Carbs 12g • FV 0g	1/3 cup black bean dip 1/2 medium cucumber 2 oz cheddar cheese Net Carbs 16g • FV 5g
DINNER	1 serving Tofu Pad Thai* 1/2 oz Thai rice noodles 1 cup snow peas Net Carbs 29g • FV 7g	1 serving Half Mushroom Half Beef Burger* 2 cups Romaine 1/2 cup cucumber 1/2 cup steamed beet slices 1/4 cup chickpeas 2 tbsp Feta Ranch Dressing* Net Carbs 26g • FV 6g	1 serving Stir-Fried Thai Chicken with Basil* 1 cup frozen stir-fry vegetable blend 1/4 cup brown rice 1 tbsp butter Net Carbs 19g • FV 7g	1 serving Spicy Tomato-Jalapeno Chicken Breasts* 2 (6-inch) corn tortillas Net Carbs 27g • FV 7g	1 serving Saffron Shrimp and Quinoa Paella* 2/3 cup spaghetti squash 1 tbsp butter Net Carbs 26g • FV 4g	1 serving Indian Tikka Chicken with Sautéed Broccoli* 1/2 cup brown rice 1 tbsp butter Net Carbs 34g • FV 7g	1 serving Spicy Shrimp Diablo* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 31g • FV 7g
	Total Net Carbs: 98g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 22g	Total Net Carbs: 96g Foundation Vegetables: 25g	Total Net Carbs: 100g Foundation Vegetables: 21g	Total Net Carbs: 95g Foundation Vegetables: 17g	Total Net Carbs: 97g Foundation Vegetables: 15g	Total Net Carbs: 95g Foundation Vegetables: 29g

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Atkins Products

- 3 Atkins Dark Chocolate Royale Shakes
- 1 Atkins Mocha Latte Shake
- 1 Atkins Strawberry Shake
- 3 Atkins Vanilla Lemon Protein Wafer Crisps

Cheese/Dairy

- Cheddar cheese (6-ounces)
- Eggs, large (8)
- Feta cheese (3-ounces)
- Half and half cream (2-ounces)
- Heavy cream (3-ounces)
- Mozzarella cheese (3-ounces)
- Sour cream (2-ounces)
- Yogurt, Greek, whole milk, plain, unsweetened (2 cups)

Meat/Protein

- Beef: ground (80% lean) (4-ounces)
- Chicken: roasted breast (8-ounces), raw breast (20-ounces), thighs (2)
- Chorizo (pork and beef) (1-ounce)
- Pork: Canadian bacon (2 slices), nitrate-free bacon (2 medium slices)
- Salmon, canned (4-ounces)
- Shrimp (6-ounces)
- Tofu: shirataki noodles (2 servings), firm silken (4-ounces)
- Tuna, canned in water (3-ounces)
- Veggie “meatballs” (4-ounces with 4 or fewer net carbs)

Herbs/Spices

- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh mint
- Fresh parsley
- Fresh thyme

Produce

- Apples: 1 small, 1 medium
- Avocado (1)
- Banana (1 small)
- Beets (1)
- Bell peppers: red (4 medium), green (1 medium)
- Blueberries (1 cup)
- Broccoli (6-ounces)
- Cabbage (6-ounces)
- Carrots (2 medium)
- Cauliflower: frozen (1 cup), fresh (3-ounces)
- Celery (1 stalk)
- Cucumber (1 large)
- Frozen: stir-fry vegetable blend (1 cup)
- Garlic (4 cloves)
- Ginger (1-inch knob)
- Grapefruit (1 medium)
- Green beans (2-ounces)
- Jalapeño (1)
- Lemons (2)
- Lettuce, romaine (1 small head)
- Limes (2)
- Mung bean sprouts (1 cup)
- Mushrooms: button (1 cup sliced), Crimini (1-ounce), Portobello (1 cap)
- Onions: green/scallion (2 large), red (1 small), yellow (1 small, 1 medium)
- Peas, frozen (1 cup)
- Plums (2 small)
- Shallot (1)
- Snow peas (1 cup)
- Spinach, baby (7 cups)
- Squash: spaghetti (8-ounces), butternut (2 cups cubes)
- Strawberries (7-ounces)
- Sweet potato (1 large)
- Tomatoes: large (3), cherry (25), plum (1)

Other

- Artichoke hearts, marinated
- Barbecue sauce
- Black bean dip (1 cup)
- Brown rice
- Capers
- Chickpeas, canned
- Grits, stoneground
- Hummus (1 cup)
- Oats, steel cut
- Olives, large black & Kalamata
- Pasta sauce, no sugar added
- Peanut butter
- Peanuts, dry roasted unsalted
- Puffed spelt cakes (Suzie's)
- Quinoa
- Thai rice noodles
- Tomatoes: canned with green chilies, canned diced
- Tortillas, corn (6-inch diameter) (4)

Pantry

- Black pepper
- Butter: unsalted & salted
- Canola oil
- Celery seed
- Chicken broth/ stock
- Chili powder
- Cider vinegar
- Cocoa powder
- Coffee, instant powder
- Crushed red pepper flakes
- Cumin
- Dijon mustard
- Dried dill
- Dried thyme
- Fish sauce
- Garlic powder
- Italian seasoning blend
- Mayonnaise
- Olive oil: extra virgin & light
- Onion powder
- Oregano
- Paprika
- Pasta, brown rice
- Peanut oil
- Red or cayenne pepper
- Red wine vinegar
- Saffron
- Salt
- Sucralose based sweetener
- Tamari soy sauce
- Whey protein powder, chocolate
- White wine vinegar
- Worcestershire sauce

Menu Notes: Make 3 servings of the Feta Ranch Dressing for the week.