

# ATKINS 20<sup>®</sup>

## Foodie Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Spinach and Swiss Cheese Omelet*</b>  Net Carbs 3g • FV 1g	1 serving <b>Breakfast Sausage Sautéed with Red and Green Bell Peppers*</b> topped with 1/2 avocado  Net Carbs 4g • FV 4g	1 serving <b>Herbed Scrambled Eggs*</b> topped with 1/2 avocado  Net Carbs 3g • FV 1g	1 serving <b>Tomato, Avocado, Spinach and Monterey Jack Stacks*</b>  Net Carbs 5g • FV 5g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>  Net Carbs 5g • FV 2g	1 serving <b>Chocolate Avocado Smoothie*</b>  Net Carbs 4g • FV 1g	1 serving nitrate-free <b>Sausage and Egg Muffin Cups*</b>  Net Carbs 2g • FV 1g
SNACK	1/2 cup sliced cucumber 5 radishes 2 tbsp Creamy Italian Dressing*  Net Carbs 3g • FV 3g	1 serving <b>Snickerdoodle Smoothie*</b>  Net Carbs 4g • FV 0g	5 black olives 5 green olives  Net Carbs 1g • FV 1g	6 spears steamed asparagus wrapped in 2 oz roasted turkey dipped in 1 tbsp Creamy Italian Dressing*  Net Carbs 2g • FV 2g	20 green olives  Net Carbs 0g • FV 0g	1/2 cup sliced cucumber 1 oz Swiss cheese  Net Carbs 3g • FV 2g	<b>Atkins Lemon Vanilla Protein Wafer Crisps</b>  Net Carbs 3g • FV 0g
LUNCH	<b>Atkins Frozen Cheesy Chicken Risotto</b>  Net Carbs 6g • FV 4g	1 serving <b>Smoky Tuna Tomato*</b>  Net Carbs 2g • FV 2g	1 serving of leftover <b>Spicy Meat Rolls*</b>  1 cup steamed broccoli 1 tbsp butter  Net Carbs 5g • FV 5g	1 serving <b>French Bistro Salad*</b>  Net Carbs 2g • FV 2g	1 serving of leftover <b>Zucchini Chicken Alfredo*</b>  Net Carbs 7g • FV 4g	6 oz cooked chicken thigh 1/2 cup steamed broccoli 5 steamed cherry tomatoes 2 tbsp butter  Net Carbs 4g • FV 4g	1 serving <b>Roast Beef, Red Bell Pepper and Provolone Lettuce Wraps*</b>  Net Carbs 3g • FV 1g
SNACK	1 serving <b>Muffin in a Minute*</b>  Net Carbs 2g • FV 0g	5 cherry tomatoes 1 oz Swiss cheese  Net Carbs 4g • FV 2g	1 serving (6) <b>Atkins Frozen Garlic Cauliflower Bites</b>  Net Carbs 4g • FV 3g	1 serving <b>Coconut Muffin in a Cup*</b> spread with 2 tbsp cream cheese  Net Carbs 5g • FV 0g	10 radishes 1 oz Monterey jack cheese  Net Carbs 2g • FV 2g	4 pieces marinated artichoke hearts 1 oz Monterey jack cheese  Net Carbs 4g • FV 4g	1/2 cup sliced cucumber 5 sliced cherry tomatoes 3/4 avocado 10 sliced radishes 2 tbsp Creamy Italian Dressing*  Net Carbs 8g • FV 7g
DINNER	1 serving <b>Spicy Meat Rolls*</b> 2/3 cup steamed green beans 1 tbsp butter  Net Carbs 5g • FV 5g	1 serving <b>Turkey Burger with Chipotle Aioli, Tomato and Pickle Onions over Greens*</b>  Net Carbs 6g • FV 6g	1 serving <b>Zucchini Chicken Alfredo*</b>  Net Carbs 7g • FV 4g	1 serving <b>Lemon-Thyme Halibut with Sautéed Green Beans*</b>  Net Carbs 5g • FV 4g	1 serving <b>Shrimp, Bacon and Avocado Salad*</b>  Net Carbs 8g • FV 6g	1 serving <b>Steak with Asparagus and Mixed Green Salad*</b> dressed with 2 tbsp of Creamy Italian Dressing* instead of the blue cheese dressing in the recipe  Net Carbs 5g • FV 4g	1 serving <b>Lemony Lamb Steaks*</b> & 1 serving <b>Cauliflower with Red Pepper and Black Olives*</b>  Net Carbs 6g • FV 5g
	<b>Total Net Carbs: 19g</b> <b>Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 21g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 19g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 20g</b> <b>Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 21g</b> <b>Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 20g</b> <b>Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 21g</b> <b>Foundation Vegetables: 15g</b>

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

## **Atkins Products**

- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Garlic Cauliflower Bites
- Atkins Lemon Vanilla Protein Wafer Crisps
- Atkins Milk Chocolate Protein Powder
- Atkins Vanilla Protein Powder

## **Meat/Protein**

- Australian lamb (6-ounces)
- Beef: 80%lean ground (4-ounces), ground veal (4-ounces), top sirloin (6-ounces), cooked roast beef (4-ounces)
- Chicken: breast (12-ounces), thigh with skin (6-ounces)
- Halibut (5-ounces)
- Pork: ground (4-ounces), bacon (5 medium slices), Italian sausage (4-ounces)
- Shrimp (12 medium)
- Tuna, canned in water (3-ounces)
- Turkey: breakfast sausage (4 links), 93% lean ground (10-ounces), roasted (2-ounces)

## **Cheese/Dairy**

- Cream cheese (1-ounce)
- 13 Eggs, large
- Gruyere cheese (1-ounce)
- Heavy cream (8-ounces)
- Monterey jack cheese (3-ounces)
- Parmesan cheese (2-ounces)
- Provolone cheese (2-ounces)
- Swiss cheese (3-ounces)

## **Produce**

- Asparagus (12 spears)
- Avocados (2)
- Bell peppers: red (1 medium), green (1 medium)
- Broccoli (5 spears)
- Cauliflower (10 florets)
- Cucumber (1)
- Garlic (2 cloves)
- Green beans (7-ounces)
- Jicama (1 small)
- Lemon (1) for juice and zest
- Lettuce: mixed baby greens (3 cups), spring mix (7 cups), Romaine (2 inner leaves)
- Onions: yellow (1 small), red (1 small)
- Radishes (25)
- Spinach, baby (4 cups)
- Tomatoes: cherry (17), 2 small
- Zucchini (2 medium)

## **Other**

- Bacon bits
- Chipotle en adobo
- Club soda
- Horseradish
- Marinated artichoke hearts
- Olives: green, black & Kalamata
- Roasted red bell peppers

## **Herbs/Spices**

- Fresh chives
- Fresh parsley
- Fresh tarragon

## **Pantry**

- Baking powder
- Butter: unsalted & salted
- Canola oil
- Cayenne pepper
- Coconut extract
- Coconut flour
- Coconut milk, plain and unsweetened
- Crushed red pepper flakes
- Dijon mustard
- Dried parsley
- Dried thyme
- Flaxseed meal
- Ground cinnamon
- Italian blend seasoning
- Mayonnaise
- Nutmeg
- Olive oil, extra virgin
- Paprika
- Pepper
- Red wine vinegar
- Salt
- Sherry vinegar
- Shredded coconut
- Sucralose
- White wine vinegar
- Xylitol

**Menu Notes:** Make 4 servings of the creamy Italian Dressing to use throughout the week. Make 2 servings of the Spicy Meat Rolls (Monday) and save one for lunch on Wednesday. Make the full recipe for Zucchini Chicken Alfredo (Wednesday), reserving 1 serving for lunch on Friday. Make 2 servings of the Sausage egg muffin cups (Sunday) and save one serving for next week.

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## Foodie Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 slice toasted <b>Low Carb Coconut Bread*</b> 1/4 avocado 1/2 Roma tomato (sliced) 1 sliced radish 1 poached egg Net Carbs 3g • FV 2g	1 serving <b>Red Bell Pepper Filled with Creamy Eggs and Spinach*</b> Net Carbs 5g • FV 3g	1 serving leftover <b>Sausage and Egg Muffin Cups*</b> Net Carbs 2g • FV 1g	<b>Atkins Frozen Bacon Scramble</b> topped with 1/2 avocado Net Carbs 6g • FV 1g	1 serving <b>Turkey-Cauliflower Hash*</b> Net Carbs 4g • FV 4g	1 slice toasted <b>Low Carb Coconut Bread*</b> spread with 1/4 avocado 2 slices nitrate-free Canadian bacon Net Carbs 4g • FV 1g	1 serving <b>Wild Mushroom and Gruyere Omelet*</b> & 1 serving <b>Muffin in a Minute*</b> Net Carbs 5g • FV 2g
SNACK	<b>Atkins Chocolate Mint Protein Wafer Crisps</b> Net Carbs 4g • FV 0g	10 large black olives 20 green olives 1 stick string cheese Net Carbs 1g • FV 1g	7 spears steamed asparagus wrapped in 2-ounces prosciutto Net Carbs 2g • FV 2g	2 stalks celery 1 tbsp Maple-Dijon Vinaigrette* Net Carbs 2g • FV 2g	1/2 cup sliced cucumber 2 oz soft goat cheese Net Carbs 2g • FV 2g	1/2 cup sliced green pepper 5 radishes 1 tbsp Maple-Dijon Vinaigrette* Net Carbs 3g • FV 3g	10 large black olives 10 green olives Net Carbs 2g • FV 2g
LUNCH	4 oz chicken breast 1/2 cup steamed broccoli 1/2 Roma tomato (chopped) 2 tbsp chopped yellow onion 2 tbsp butter Net Carbs 4g • FV 4g	4 oz sliced turkey breast 1 slice onion 4 slices dill pickle 2 Romaine leaves 2 slices tomato 1 tbsp mayonnaise 1 slice toasted <b>Low Carb Coconut Bread*</b> Net Carbs 5g • FV 4g	1 serving <b>Tuna-Celery Salad with Mixed Greens*</b> dressed with 2 tablespoons <b>Maple-Dijon Vinaigrette*</b> instead of the vinaigrette called for in the recipe. Net Carbs 3g • FV 3g	1 serving leftover <b>Sautéed Chicken Thighs*</b> & 1 serving <b>Tomato-Mozzarella Melt*</b> Net Carbs 6g • FV 4g	1 serving <b>Curried Shrimp Salad*</b> served over: 1 cup shredded Romaine 5 halved cherry tomatoes 1 tbsp olive oil Net Carbs 8g • FV 6g	1 serving <b>Swiss Cheese, Turkey, and Asparagus Roll-ups with Aioli*</b> Net Carbs 4g • FV 1g	1 serving <b>Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese*</b> 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g
SNACK	1/2 cup sliced green pepper 7 spears steamed asparagus 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g	10 radishes dipped in 2 tablespoons whipped butter with sea salt Net Carbs 2g • FV 2g	1 slice <b>Low Carb Coconut Bread*</b> spread with 1 oz soft goat cheese 1/2 cup sliced cucumber Net Carbs 3g • FV 2g	20 green olives Net Carbs 0g • FV 0g	1 serving <b>Muffin in a Minute*</b> spread with 2 tbsp butter Net Carbs 2g • FV 0g	<b>Atkins Dark Chocolate Royale Shake</b> Net Carbs 2g • FV 0g	3/4 cup sliced cucumber 1 stick string cheese Net Carbs 2g • FV 2g
DINNER	1 serving <b>Grilled Pork and Mushroom Salad*</b> Net Carbs 5g • FV 2g	<b>Atkins Frozen Cheesy Chicken Risotto</b> 5 torn leaves Romaine 1/4 cup mushroom 2 tbsp Maple Dijon Vinaigrette* Net Carbs 8g • FV 6g	1 serving <b>Sautéed Chicken Thighs*</b> & 1 serving <b>Roasted Green Beans*</b> Net Carbs 8g • FV 7g	1 serving <b>Spinach and Feta Turkey Burgers*</b> 1 cup steamed broccoli 10 steamed cauliflower florets 2 tbsp butter Net Carbs 7g • FV 6g	1 serving <b>Poached Salmon with Matchstick Vegetables*</b> Net Carbs 5g • FV 4g	1 serving <b>Spicy Tomato-Jalapeño Chicken Breasts with Sautéed GreenBeans*</b> 1 cup arugula 1 cup baby spinach 5 radishes 2 tbsp Maple Dijon Vinaigrette* Net Carbs 9g • FV 9g	1 serving <b>Lemon-Thyme Tenderloin with Roasted Vegetables*</b> 1 cup baby spinach 5 halved cherry tomatoes 1 tsp vinegar 1 tbsp olive oil Net Carbs 7g • FV 7g
	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 16g	Total Net Carbs: 19g Foundation Vegetables: 15g	Total Net Carbs: 21g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 21g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 16g

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

## Atkins Products

- Atkins Frozen Bacon Scramble
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Dark Chocolate Royale Shake
- Atkins Chocolate Mint Protein Wafer Crisps Bar

## Meat/Protein

- Beef tenderloin (8-ounces)
- Chicken: breast with skin (4-ounces), breast (12-ounces), boneless thigh (16-ounces)
- Pork: chops, bone-in (6-ounces), prosciutto (2-ounces), nitrate-free Canadian bacon (2 slices), bacon (1 medium slice)
- Salmon, boneless (5-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: roasted sliced breast (7-ounces), ground (5-ounces), cooked meat (4-ounces)

## Cheese/Dairy

- 14 Eggs, large
- Feta cheese (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (3 tablespoons)
- Monterey jack cheese (2-ounces)
- Mozzarella cheese, whole milk (1-ounce)
- Soft goat cheese (3-ounces)
- String cheese (2 sticks)
- Swiss cheese (1-ounce)
- Whipped butter (2 tablespoons)

## Produce

- Arugula (1 cup)
- Asparagus (17 spears)
- Avocados (3)
- Bell peppers: red (1 small), green (1 medium), yellow (1 small)
- Broccoli (2 cups)
- Cauliflower (1 small head)
- Celery (4 medium stalks)
- Cucumber (1 small)
- Endive (1 head)
- Garlic (4 cloves)
- Green beans (10-ounces)
- Jalapeno (1)
- Jicama (1 small)
- Lemon (1)
- Lettuce: spring mix (6 cups), Romaine (1 head)
- Mushrooms: Portobello caps (5-ounces), pieces or slices (2-ounces)
- Onion: yellow (1 medium), red (1 small), green/scallions (1 large)
- Radishes (21)
- Spinach: baby (4 cups), frozen (1-ounce)
- Summer squash (1 medium)
- Tomatoes: Roma (1), medium (2), plum (1), cherry (5)

## Herbs/Spices

- Fresh basil
- Fresh parsley

## Other

- Canned tomatoes with green chilies
- Capers
- Dill pickle slices
- Maple syrup, sugar free
- Olives: black & green

## Pantry

- Baking powder
- Balsamic vinegar
- Bay leaf
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chicken broth/ bouillon
- Cinnamon
- Coconut flour, high fiber
- Curry powder
- Dijon mustard
- Dried marjoram
- Dried oregano
- Dried thyme
- Flaxseed meal, ground
- Mayonnaise
- Olive oil, extra virgin
- Red wine vinegar
- Salt
- Sucralose
- Xylitol

**Menu Notes:** Make the full coconut bread recipe (Monday), slice and store in the freezer until needed. You will use 4 of the 16 slices this week. Make 7 servings of the Maple-Dijon Vinaigrette to use throughout the week. Make 2 servings of the Sautéed Chicken Thighs (Wednesday) and save one serving for lunch on Thursday.