

ATKINS 20[®]

Quick Start Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble topped with 1/2 avocado Net Carbs 7g • FV 3g	Atkins Frozen Ham & Cheese Omelet Net Carbs 4g • FV 0g	Atkins Plus Vanilla Shake 1 oz cheddar Net Carbs 1g • FV 0g	Atkins Frozen Bacon Scramble topped with 1/2 avocado Net Carbs 6g • FV 1g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble topped with: 4 chopped cherry tomatoes 1/2 avocado Net Carbs 8g • FV 5g	Atkins Plus Chocolate Shake 1/2 cup sliced cucumbers Net Carbs 4g • FV 2g
SNACK	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g
LUNCH	6 oz chicken breast over: 1 1/2 cups zucchini noodles 1 slice red onion 3 cherry tomatoes 1 tbsp butter Net Carbs 6g • FV 6g	Atkins Frozen Beef Merlot over: 1 cup cauliflower rice 1 tbsp butter Net Carbs 8g • FV 5g	1 serving Tuna Celery Salad in Avocado Halves* 1/2 cup sliced red peppers Net Carbs 7g • FV 7g	Atkins Frozen Chicken and Broccoli Alfredo Net Carbs 5g • FV 3g	1 serving Grilled Burger with Avocado and Tomato* with: 1 oz cheddar 2 cups mixed greens 1 tsp vinegar 1 tbsp olive oil Net Carbs 6g • FV 5g	Atkins Frozen Beef Teriyaki Stir-Fry 1 cup cauliflower rice 1 tbsp olive oil Net Carbs 8g • FV 5g	1 serving French Bistro Salad* 5 cherry tomatoes 1/2 cup sliced red pepper & 1/2 avocado mixed in Net Carbs 7g • FV 6g
SNACK	Atkins Strawberry Shake Net Carbs 1g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving) Net Carbs 4g • FV 3g	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g
DINNER	Atkins Frozen Cheesy Chicken Risotto Net Carbs 6g • FV 4g	6 oz salmon over: 2 cups mixed greens 8 cherry tomatoes 1/2 cup sliced red peppers 2 tbsp no sugar added Italian dressing Net Carbs 8g • FV 8g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl topped with: 2 oz kimchi 1/4 cup mung bean sprouts Net Carbs 9g • FV 6g	1 serving Skirt Steak with Chimichurri Sauce* 3/4 cup steamed green beans 1 tbsp butter Net Carbs 5g • FV 5g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 15 spears steamed asparagus 2 tbsp butter Net Carbs 11g • FV 7g	5-ounces shrimp over: 1 cup roasted broccoli 1 thinly sliced garlic clove 2 tablespoons butter Net Carbs 3g • FV 3g	Atkins Frozen Mexican-Style Chicken and Vegetables 1 cup cauliflower rice 1 tbsp olive oil Net Carbs 8g • FV 5g
	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 23g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 24g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g

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

Atkins Products

- Atkins Frozen Bacon and Cheddar Cauliflower Bites
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Merlot
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken and Broccoli Alfredo
- 2 Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 3 Atkins French Vanilla Shakes
- Atkins Plus Chocolate Shake
- Atkins Plus Vanilla Shake
- 4 Atkins Strawberry Shakes
- 3 Atkins Chocolate Almond Caramel Bars
- Atkins Chocolate Peanut Butter Bar
- 2 Atkins Peanut Butter Granola Bars
- Atkins Peanut Fudge Granola Bar

Meat/Protein

- Bacon (2 medium slices)
- Beef: inside skirt steak (6-ounces), 90% lean ground (5-ounces)
- Chicken: breast with skin (6-ounces)
- Salmon (6-ounces)
- Shrimp (5-ounces)
- Tuna, canned in water (4-ounces)

Cheese/Dairy

- Cheddar cheese (3-ounces)
- 1 Egg, large
- Gruyere cheese (1-ounce)

Produce

- Asparagus (15 spears)
- Avocados (3)
- Broccoli (1/2 pound)
- Cauliflower rice (12-ounces)
- Celery (2 medium stalks)
- Cucumber (1 small)
- Garlic (2 cloves)
- Green beans (6-ounces)
- Lemon juice (1 lemon)
- Lettuce: mixed baby greens (4 cups), spring mix salad (2 cups)
- Mung bean sprouts (1 cup)
- Onion: red (1 small)
- Red bell pepper (1 medium)
- Tomatoes: cherry (20), 1 medium
- Zucchini: noodles (2 cups, or about 12-ounces)

Other

- Italian salad dressing (no sugar added)
- Kimchi

Herbs/Spices

- Fresh parsley
- Fresh oregano

Pantry

- Black pepper
- Butter
- Crushed red pepper flakes
- Dijon mustard
- Mayonnaise
- Olive oil, extra virgin
- Red wine vinegar
- Salt

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Plus Chocolate Shake blended with: 1/2 cup frozen spinach 1 avocado 1/2 cup ice Net Carbs 6g • FV 4g	Atkins Frozen Ham & Cheese Omelet topped with 1/2 avocado Net Carbs 5g • FV 1g	Atkins Frozen Farmhouse-Style Sausage Scramble topped with 1/2 avocado Net Carbs 6g • FV 3g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g	Atkins Plus Chocolate Shake Net Carbs 2g • FV 0g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g
SNACK	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving) Net Carbs 4g • FV 3g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g
LUNCH	Atkins Frozen Mexican Style Chicken and Vegetables 3/4 cup steamed cauliflower 1 1/2 tbsp butter Net Carbs 9g • FV 6g	1 serving Smoky Tuna Tomato* 2/3 cup broccoli and 2/3 cup cauliflower steamed and tossed in 2 tbsp butter Net Carbs 7g • FV 6g	Atkins Frozen Beef Teriyaki Stir Fry Net Carbs 6g • FV 3g	4 oz lean burger 1 serving Roasted Red Pepper Salad with Olives and Fresh Basil* 1 cup Romaine 1 tbsp olive oil Net Carbs 4g • FV 4g	Atkins Frozen Chicken and Broccoli Alfredo Net Carbs 5g • FV 3g	1 serving Chicken Salad Wraps* 5 halved cherry tomatoes 1/2 cup sliced cucumber 2 tsp red wine vinegar and 2 tbsp olive oil Net Carbs 4g • FV 4g	Atkins Frozen Crustless Chicken Pot Pie 1/2 cup sliced red pepper Net Carbs 8g • FV 5g
SNACK	Atkins Strawberry Shake Net Carbs 1g • FV 0g	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g	3 Atkins Frozen Bacon and Cheddar Cauliflower Bites 1 oz cheddar cheese Net Carbs 2g • FV 2g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g
DINNER	1 serving Spicy Chicken Legs* & 1 serving Easy Pepper and Zucchini Sauté* Net Carbs 6g • FV 5g	Atkins Frozen Asian-Style Chicken Stir Fry Net Carbs 7g • FV 5g	1 serving Crispy Nacho Chicken Thighs* & 1 serving Simple Southwest Slaw* Net Carbs 6g • FV 6g	Atkins Frozen Cheesy Chicken Risotto 1/2 cup Brussels sprouts 2 tbsp butter Net Carbs 9g • FV 7g	1 serving Warm Chicken and Radish Salad with Wilted Romaine* topped with 8 cherry tomatoes Net Carbs 9g • FV 9g	Atkins Frozen Chicken Margherita 1 1/2 cups zucchini noodles 1 tbsp olive oil Net Carbs 10g • FV 6g	1 serving Cheddar Burgers with Sautéed Mushrooms and Onions* 1 cup Romaine 1/2 tomato 1/2 cup cucumber 2 tsp vinegar 2 tbsp olive oil Net Carbs 8g • FV 8g
	Total Net Carbs: 23g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 13g	

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

Atkins Products

- Atkins Frozen Asian-Style Chicken Stir Fry
- Atkins Frozen Bacon Cheddar Cauliflower Bites (1 1/2 servings)
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chicken Margherita
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Mexican-Style Chicken and Vegetables
- 2 Atkins French Vanilla Shakes
- 2 Atkins Plus Chocolate Shakes
- Atkins Plus Vanilla Shake
- 3 Atkins Strawberry Shakes
- 2 Atkins Chocolate Almond Caramel Bars
- Atkins Peanut Butter Granola Bar
- 2 Atkins Chocolate Peanut Butter Bars
- 3 Atkins Peanut Fudge Granola Bars

Meat/Protein

- Bacon bits
- Beef: 85% lean ground (4-ounces), 80% lean ground (6-ounces)
- Chicken: legs (1 quarter); thigh with bone (8-ounces); breast (12-ounces)
- Tuna, canned in water (3-ounces)

Cheese/Dairy

- Cheddar cheese (2-ounces)
- 1 Egg, large
- Sour cream (1-ounce)

Produce

- Avocados (2)
- Bell peppers: red (1 medium), green (1 small)
- Broccoli (1/2 pound)
- Brussels sprouts (3 sprouts)
- Cabbage, red (1 small)
- Cauliflower (1 pound)
- Celery (1 stalk)
- Cucumber (1 small)
- Garlic (2 cloves)
- Lemon juice (1 small lemon)
- Lettuce: Romaine hearts (3 cup chopped), butter (2 leaves)
- Lime: juice (1 small lime), zest (pinch)
- Mushrooms (4)
- Onion: yellow (1 small), red (1 small), scallions/ green (2 large)
- Radishes (8)
- Spinach, frozen (1 cup)
- Tomatoes: cherry (13), medium (1)
- Zucchini (15-ounces)

Herbs/Spices

- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh parsley

Other

- Black olives
- Capers
- Chipotle en adobo
- Parmesan crisps
- Pickled jalapenos
- Roasted red bell peppers

Pantry

- Black pepper
- Butter
- Canola oil
- Chili powder
- Cumin
- Dijon mustard
- Dried thyme
- Garlic powder
- Mayonnaise
- Nutmeg
- Olive oil, extra virgin
- Paprika
- Red wine vinegar
- Salt
- Sucralose