

# ATKINS 20<sup>®</sup>

## Standard Menu Plan

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Yellow Squash and Gruyere Frittata*</b> topped with 1/2 avocado  Net Carbs 2g • FV 2g	<b>Atkins Plus Chocolate Shake</b> 1 stick string cheese  Net Carbs 2g • FV 0g	1 serving <b>Smoked Salmon, Tomato and Cream Cheese*</b>  Net Carbs 4g • FV 3g	1 serving <b>Cheddar Omelet with Sautéed Tomato and Zucchini*</b>  Net Carbs 5g • FV 3g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>  Net Carbs 5g • FV 2g	1 serving <b>Sausage Sautéed with Red and Green Bell Pepper and Cheddar*</b>  Net Carbs 6g • FV 5g	1 serving <b>Fluffy Flax Waffles*</b> 2 eggs over easy  Net Carbs 3g • FV 0g
SNACK	1 serving <b>Tomato, Avocado, Spinach and Monterey Jack Stacks*</b>  Net Carbs 5g • FV 5g	1 hardboiled egg 3 radishes 1 tbsp Ranch Dressing*  Net Carbs 1g • FV 1g	<b>Atkins Strawberry Shake</b>  Net Carbs 1g • FV 0g	1 stick string cheese  Net Carbs 0g • FV 0g	6 radishes dipped in 2 tbsp cream cheese  Net Carbs 2g • FV 1g	<b>Atkins Plus Chocolate Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b>  Net Carbs 3g • FV 0g
LUNCH	1 serving <b>Classic Egg Salad*</b> on top of: 1 cup baby spinach 1 tbsp grated parmesan cheese  Net Carbs 4g • FV 1g	2 oz cheddar cheese over: 2 cups mixed greens 1/2 avocado 1/2 cup sliced red pepper 2 tbsp Ranch Dressing*  Net Carbs 7g • FV 6g	1 serving <b>Lemon Zest Tuna Salad*</b>  Net Carbs 5g • FV 3g	<b>Atkins Frozen Beef Teriyaki Stir-Fry</b> 1/2 cup steamed broccoli 1 tbsp butter  Net Carbs 8g • FV 5g	1 serving <b>Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese*</b> dressed with 2 tbsp Ranch Dressing*  Net Carbs 5g • FV 4g	1 serving <b>Ham, Muenster, and Asparagus Roll-ups*</b>  Net Carbs 1g • FV 1g	1 serving <b>Lettuce Wrapped Chicken Burger with Avocado and Tomato*</b> topped with 1 oz Monterey jack cheese  Net Carbs 5g • FV 4g
SNACK	1 oz turkey "pepperoni" 1/2 cup sliced red peppers 1 tbsp no sugar added Italian salad dressing  Net Carbs 4g • FV 2g	<b>Atkins Peanut Fudge Granola Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b> 1/2 cup sliced red pepper 2 tbsp Ranch Dressing*  Net Carbs 6g • FV 2g	<b>Atkins Plus Chocolate Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Peanut Fudge Granola Bar</b>  Net Carbs 2g • FV 0g	4 pieces marinated artichoke hearts 6 green or black olives  Net Carbs 5g • FV 5g	10 green or black olives 5 cherry tomatoes 1 tbsp Ranch Dressing*  Net Carbs 4g • FV 4g
DINNER	<b>Atkins Frozen Cheesy Chicken Risotto</b> 1 cup mixed greens 1 tbsp Ranch Dressing*  Net Carbs 8g • FV 5g	1 serving <b>Chicken Shiitake, and Bok Choy Soup*</b> 4 halved cherry tomatoes 1/2 cup cucumber 1 tbsp olive oil  Net Carbs 10g • FV 8g	1 serving <b>Turkey Burger with Chipotle Aioli, Tomato and Pickled Onions over Greens*</b>  Net Carbs 6g • FV 6g	1 serving <b>Mackerel Fillets with Mustard-Rosemary Mayonnaise*</b> 2 cups mixed greens 1/2 cup sliced red pepper 1/2 avocado 2 tbsp Ranch Dressing*  Net Carbs 7g • FV 6g	1 serving <b>Chicken Cacciatore*</b> over 1 cup zucchini noodles  Net Carbs 7g • FV 7g	<b>Atkins Frozen Chicken &amp; Broccoli Alfredo</b> with 1 cup baby spinach 1/2 cup cucumber 2 tbsp Ranch Dressing*  Net Carbs 8g • FV 5g	1 serving <b>Asian Steak Salad*</b>  Net Carbs 7g • FV 6g
	Total Net Carbs: 23g Foundation Vegetables: 15g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 21g Foundation Vegetables: 14g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 16g	Total Net Carbs: 21g Foundation Vegetables: 14g

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

## **Atkins Products**

- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken & Broccoli Alfredo
- Atkins Frozen Farmhouse-Style Sausage Scramble
- 3 Atkins Plus Chocolate Shakes
- Atkins Strawberry Shake
- 2 Atkins Lemon Bars
- 2 Atkins Peanut Fudge Granola Bars

## **Meat/Protein**

- Beef top sirloin (4-ounces)
- Chicken: cooked, diced breast (3 -ounces), raw breast (6-ounces), breast with skin (5-ounces), ground (7-ounces)
- Mackerel, Atlantic (8-ounces)
- Pork: bacon (1 medium slice), breakfast sausage (3-ounces), ham (2-ounces)
- Salmon, smoked chinook (3-ounces)
- Tuna, canned in water (6-ounces)
- Turkey: "pepperoni" (1-ounce), 93% lean ground (6-ounces)

## **Cheese/Dairy**

- Cheddar cheese (5-ounces)
- Cream cheese (2-ounces)
- 18 Eggs, large
- Gruyere cheese (3-ounces)
- Monterey jack cheese (3-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1 tablespoon)
- String cheese (2 sticks)

## **Produce**

- Asparagus (2 medium spears)
- Avocado (3)
- Bell peppers: red (3 medium), green (1 small- 3.2 ounce)
- Bok choy (1/4 pound)
- Broccoli (1 crown)
- Celery (1 small stalk)
- Cucumber (1)
- Garlic (3 cloves)
- Ginger, fresh (1 1/2-inch knob)
- Lemon juice (2 lemons)
- Lettuce: butterhead (4 leaves), mixed greens (8 cups), arugula (2 cups), spring mix salad (1 cup)
- Mushrooms (3-ounces)
- Onion: red (1 small), scallion/green (1 large, 1 medium), yellow (1 small)
- Radishes (9)
- Spinach, baby (7-ounces)
- Tomatoes: 1 small, 9 cherry, 2 medium, 1 large, 2 plum
- Zucchini (1 large)

## **Other**

- Black olives (or green)
- Chicken broth (11-ounces= 1 1/3 cups)
- Chipotle en adobo
- Fish sauce
- Italian dressing, no-sugar added
- Marinated artichoke hearts
- Sauvignon Blanc wine

## **Herbs/Spices**

- Fresh basil
- Fresh chives
- Fresh dill
- Fresh parsley

## **Pantry**

- Baking powder
- Black pepper
- Butter: unsalted & salted
- Canola oil
- Coconut milk
- Curry powder
- Dijon mustard
- Dried rosemary
- Flaxseed meal, whole ground golden
- Mayonnaise
- Nutmeg
- Olive oil, extra virgin
- Red pepper flakes, crushed
- Red wine vinegar
- Rice vinegar
- Salt
- Sesame oil
- Soy sauce/ tamari
- Sucralose based sweetener
- Vanilla extract
- Whey protein powder, vanilla
- Xylitol

**Menu Notes:** Make the full recipe of ranch dressing to use throughout the week.

# ATKINS 20®

## Standard Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Red Bell Pepper Filled with Creamy Eggs and Spinach*</b> Net Carbs 5g • FV 3g	1 serving <b>Tomato, Bacon and Mozzarella Cheese*</b> 2 hard boiled eggs Net Carbs 5g • FV 3g	<b>Atkins Frozen Ham &amp; Cheese Omelet</b> 1/2 cup sliced red peppers Net Carbs 6g • FV 2g	<b>Atkins Plus Chocolate Shake</b> Net Carbs 2g • FV 0g	1 serving <b>Eggs Scrambled with Zucchini, Cheddar and Sour Cream*</b> Net Carbs 4g • FV 1g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> 2 pieces marinated artichoke heart 1/2 avocado Net Carbs 8g • FV 5g	1 serving <b>Cheesy Bacon Cloud Muffin*</b> 1/2 avocado Net Carbs 4g • FV 1g
SNACK	3/4 cup sliced cucumber 1 tbsp Italian Dressing* Net Carbs 3g • FV 3g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	3/4 cup sliced cucumber 1 oz cheddar cheese Net Carbs 3g • FV 2g	4 pieces marinated artichoke hearts 6 green or black olives 2 oz mozzarella cheese Net Carbs 6g • FV 5g	1/2 cup sliced red peppers 2 stalks celery 2 tbsp Italian Dressing* Net Carbs 5g • FV 4g	<b>Atkins Peanut Fudge Granola Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Plus Vanilla Shake</b> Net Carbs 1g • FV 0g
LUNCH	<b>Atkins Frozen Chicken Margherita</b> over 1 cup cauliflower rice Net Carbs 8g • FV 4g	1 serving <b>Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese*</b> dressed with 2 tbsp Italian Dressing* Net Carbs 5g • FV 4g	1 serving <b>Canned Tuna and Celery Salad on Baby Spinach*</b> topped with 1/2 avocado Net Carbs 2g • FV 2g	4 oz precooked grilled chicken strips 1/2 cup steamed broccoli 1/2 cup warmed sauerkraut 2 tbsp butter Net Carbs 3g • FV 3g	1 serving <b>French Bistro Salad*</b> topped with 1/2 avocado Net Carbs 4g • FV 2g	1 serving <b>Swiss Cheese, Turkey, and Asparagus Roll-ups with Aioli*</b> Net Carbs 4g • FV 1g	<b>Atkins Frozen Beef Merlot</b> 1 cup cauliflower rice 1 tbsp butter Net Carbs 8g • FV 5g
SNACK	<b>Atkins Plus Vanilla Shake</b> Net Carbs 1g • FV 0g	1/2 cup chopped zucchini 3 sliced green or black olives 1 oz crumbled soft goat cheese Net Carbs 2g • FV 2g	<b>Atkins Peanut Fudge Granola Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Plus Vanilla Shake</b> Net Carbs 1g • FV 0g	1/2 cup sliced cucumber 6 sliced radishes 1 tbsp Italian Dressing* Net Carbs 3g • FV 3g	3 stalks celery 2 oz cheddar cheese Net Carbs 4g • FV 3g
DINNER	1 serving <b>Salmon Fillets with Dill Mousseline*</b> 1/2 cup steamed broccoli 1/2 cup steamed cauliflower 1 tbsp butter Net Carbs 6g • FV 4g	<b>Atkins Frozen Mexican-Style Chicken and Vegetables</b> topped with 1/2 avocado Net Carbs 7g • FV 4g	1 serving <b>Baked Meatballs and Green Beans*</b> 1/2 cup steamed cauliflower 1 tbsp butter Net Carbs 9g • FV 6g	1 serving <b>Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*</b> 2 cups spring mix 2 tbsp Italian Dressing* Net Carbs 6g • FV 6g	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b> 2 cups spring mix 1/2 cup sliced cucumber 2 tbsp Italian Dressing* Net Carbs 9g • FV 5g	1 serving <b>Beef Tenderloin and Dijon Greens*</b> 1/2 medium tomato & 1/4 cup diced celery added Net Carbs 3g • FV 3g	1 serving <b>Sautéed Chicken Thighs*</b> 12 stalks steamed asparagus 1 tbsp butter Net Carbs 6g • FV 5g
	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 14g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 14g

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

## **Atkins Products**

- Atkins Frozen Beef Merlot
- Atkins Frozen Chicken Margherita
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- Atkins Plus Chocolate Shake
- 3 Atkins Plus Vanilla Shakes
- Atkins Strawberry Shake
- Atkins Lemon Bar
- 2 Atkins Peanut Fudge Granola Bars

## **Meat/Protein**

- Beef: 85% lean ground (4-ounces), tenderloin (8-ounces)
- Chicken: breast (6-ounces), pre-grilled strips (4-ounces), leg quarter (1), thigh (8-ounces)
- Pork: bacon (5 medium slices), ground (4-ounces)
- Salmon (6-ounces)
- Tuna, canned in water (5-ounces)
- Turkey breast, cooked (3-ounces)

## **Cheese/Dairy**

- Cheddar cheese (5-ounces)
- Cream cheese (1-ounce)
- 11 Eggs, large
- Goat cheese, soft (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (2 fluid ounces)
- Monterey jack cheese (2-ounces)
- Mozzarella, whole milk (3-ounces)
- Parmesan cheese (2 tablespoons grated)
- Sour cream (1-ounce)
- Swiss cheese (1-ounce)

## **Produce**

- Asparagus (15 medium spears)
- Avocados (4)
- Bell pepper, red (1 large)
- Broccoli (1 head)
- Cauliflower: riced (2 cups), florets (1 cup)
- Celery (7 stalks)
- Cucumber (1)
- Garlic (5 cloves)
- Green beans (3-ounces)
- Lemons (2)
- Lettuce: spring mix (9-ounces)
- Onions: yellow (1 small), green/ scallions (1 large), red (1 small)
- Radishes (6)
- Serrano pepper (1)
- Spinach, baby (4-ounces)
- Tomatillo (1 medium)
- Tomatoes (2 medium)
- Zucchini (1 medium)

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley

## **Other**

- Green or black olives
- Marinated artichoke hearts
- Sauerkraut

## **Pantry**

- Baking powder
- Balsamic vinegar
- Black pepper
- Butter: unsalted & salted
- Canola vegetable oil
- Chicken broth
- Dijon mustard
- Dried basil
- Dried oregano
- Mayonnaise
- Olive oil, extra virgin
- Red pepper flakes, crushed
- Red wine vinegar
- Salt
- Sucralose based sweetener
- Whey protein powder, vanilla

**Menu Notes:** Make 6 servings of the Italian Dressing to use throughout the week.