

ATKINS 40®

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	1 serving Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	Atkins Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	2 Almond-Pumpkin Pancakes* Net Carbs 8g • FV 2g	1 serving Eggs Scrambled with Avocado, Onions and Tomato* Net Carbs 7g • FV 6g	1 serving Antioxidant Berry Smoothie* Net Carbs 8g • FV 0g	1 serving Cheddar Omelet with Sautéed Tomato and Zucchini* Net Carbs 5g • FV 3g
SNACK	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	2 hardboiled eggs Net Carbs 1g • FV 0g	10 baby carrots 1/4 cup hummus Net Carbs 16g • FV 6g	1 small zucchini 1/4 cup hummus Net Carbs 12g • FV 3g	1/2 gala apple 2 tsp almond butter Net Carbs 10g • FV 0g	1/2 cup sliced red pepper 1/2 medium carrot 1/4 cup hummus Net Carbs 14g • FV 4g	1/2 cup sliced cucumber 1/4 cup hummus Net Carbs 11g • FV 2g
LUNCH	1 serving Lettuce -Wrapped Cheddar Veggie Burger with Tomato and Hummus* Net Carbs 7g • FV 4g	Atkins Stone Fired Pepperoni Pizza 4 chopped leaves butterhead lettuce 1/2 cup sliced cucumber 2 tbsp Greek Vinaigrette* Net Carbs 14g • FV 4g	1 serving Canned Tuna and Artichoke Salad* 1/2 cup sliced cucumber Net Carbs 8g • FV 8g	1 serving Roast Beef, Red Bell Pepper and Provolone Lettuce Wraps* Net Carbs 3g • FV 1g	1 veggie burger 1 oz cheddar cheese 1/2 small tomato 2 leaves Romaine lettuce Net Carbs 4g • FV 2g	1 serving Chicken-Portobello Broilers* 1 cup Romaine 1/2 cup cucumber 2 tbsp Greek Vinaigrette* Net Carbs 6g • FV 5g	1 serving Green Bean, Smoked Mozzarella and Tomato Salad* Net Carbs 6g • FV 5g
SNACK	1 stalk celery 1 tbsp almond butter Net Carbs 2g • FV 1g	1 oz cheddar cheese 1/2 cup sliced red pepper Net Carbs 2g • FV 2g	1 serving Muffin in a Minute* 2 tbsp almond butter 3 large strawberries Net Carbs 8g • FV 0g	1/2 gala apple 2 tbsp almond butter Net Carbs 10g • FV 0g	1 serving Almond Muffin in a Minute* 2 tbsp sugar-free strawberry jam Net Carbs 11g • FV 0g	Atkins Mocha Latte Shake 20 pecan halves Net Carbs 4g • FV 0g	3 servings Almond Butter Protein Truffles* 5 large strawberries Net Carbs 11g • FV 0g
DINNER	1 serving Portobello, Onion and Zucchini Tacos* & 1 serving Guacamole* Net Carbs 24g • FV 14g	1 serving Chicken Cacciatore* & 1 serving Cauliflower Risotto* Net Carbs 8g • FV 6g	1 serving Baked Salmon with Bok Choy and Red Bell Pepper Puree* Net Carbs 4g • FV 4g	Atkins Frozen Mexican-Style Chicken and Vegetables 2 cups cauliflower rice 1 tbsp butter Net Carbs 9g • FV 6g	1 serving Chicken Breast with Tarragon Cream Sauce* 1 cup sliced mushrooms 2 cups zucchini noodles 1 tbsp butter Net Carbs 8g • FV 8g	1 serving Sausages with Baby Kale and Mustard Sauce* Net Carbs 10g • FV 4g	1 serving Lamb Chops with Tomatoes and Olives* & 1 serving Cauliflower-Leek Puree* Net Carbs 9g • FV 8g
	Total Net Carbs: 40g Foundation Vegetables: 22g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 20g	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 42g Foundation Vegetables: 17g

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

Atkins Products

- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Stone Fired Pepperoni Pizza
- Atkins Mocha Latte Shake
- Atkins Peanut Fudge Granola Bar
- Atkins Milk Chocolate Protein Powder

Meat/Protein

- Chicken, breast (15-ounces)
- Italian sausages (4-ounces)
- Lamb chops (6-ounces)
- Meatless burgers (2) (2NC per serving or less)
- Roast beef (4-ounces)
- Salmon (5-ounces)
- Tuna, canned in water (4-ounces)

Other

- Almond butter
- Artichoke hearts, marinated/cooked
- Chia seeds
- Chocolate chips, sugar-free
- Coconut cream, canned
- Corn tortillas (6-inch diameter)
- Horseradish
- Hummus (1 1/4 cups)
- Oats, rolled
- Olives, stuffed green
- Pecans
- Pumpkin, canned
- Roasted bell pepper
- Salsa
- Sauvignon blanc wine
- Strawberry jam, sugar-free
- Tomatoes, canned whole peeled plum
- Walnuts, English

Herbs/Spices

- Fresh cilantro
- Fresh parsley
- Fresh rosemary

Produce

- Apple, gala (1)
- Avocado (1)
- Bell pepper, red (1 small, 1 medium)
- Berries, frozen three berry blend (1 cup)
- Bok choy (6-ounces)
- Carrots (2 medium)
- Cauliflower (1 small head), & frozen rice (2 cups)
- Celery (1 stalk)
- Cucumber (1)
- Garlic (4 cloves)
- Green snap beans (2-ounces)
- Jalapeno (1)
- Kale (1 cup)
- Leek (1)
- Lemon (1)
- Lettuce: butterhead (1 head), Romaine (1 head)
- Lime (1)
- Mushrooms: Portobello mushroom caps (3), button (1 cup slices= ~ 3-ounces)
- Onions: red (1 small), green/scallions (1 medium), yellow (1 small)
- Shallots (1 small)
- Spinach, baby (2 cups)
- Strawberries (7-ounces)
- Tomatoes: 2 medium, 3 small, 1 Italian
- Zucchini (2 large=~1 1/2 pounds)

Cheese/Dairy

- Cheddar cheese (5-ounces)
- Cottage cheese, creamed (1 tablespoon)
- Eggs, large (12)
- Heavy cream (3-ounces)
- Monterey jack cheese (2-ounces)
- Mozzarella cheese (3-ounces)
- Parmesan cheese (1-ounce)
- Provolone cheese (2-ounces)
- Sour cream (3 tablespoons)

Pantry

- Almond flour, blanched
- Baking powder
- Black pepper
- Bouillon: vegetable & chicken
- Butter: unsalted & salted
- Canola oil
- Cinnamon
- Coconut milk, canned
- Coconut oil
- Crushed red pepper flakes
- Dijon mustard
- Dried oregano
- Dried tarragon
- Flaxseed meal
- Italian seasoning
- Mayonnaise
- Nutmeg
- Olive oil, extra virgin
- Pumpkin pie spice
- Red wine vinegar
- Salt
- Soy flour, whole grain
- Sucralose
- Truvia
- Turmeric
- Vanilla extract
- Whey protein powder, vanilla

Menu Notes: Make 2 servings of Greek Vinai-grette to use through the week.

ATKINS 40[®]

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Veggie Sausage Stacked with Avocado and Cheddar* Net Carbs 6g • FV 2g	1 serving Double Chocolate Protein Pancakes* Net Carbs 7g • FV 0g	1 serving Eggs Scrambled with Sautéed Onions and Cheddar Cheese* 1/2 avocado Net Carbs 15g • FV 4g	1 serving Chocolate Avocado Smoothie* Net Carbs 4g • FV 1g	Atkins Frozen Ham & Cheese Omelet 1/4 avocado Net Carbs 5g • FV 1g	1 serving Carrot-Nut Muffin* Net Carbs 6g • FV 1g	1 Buttermilk Cinnamon Waffle* 1/2 cup sliced strawberries Net Carbs 10g • FV 0g
SNACK	Atkins Mocha Latte Shake 12 walnut halves Net Carbs 5g • FV 0g	1/2 honey crisp apple 1 oz cheddar Net Carbs 8g • FV 0g	1 serving Carrot-Nut Muffin* 1/2 red grapefruit Net Carbs 6g • FV 1g	1 serving Carrot-Nut Muffin* 1/2 red grapefruit 12 walnuts Net Carbs 17g • FV 1g	1/2 cup sliced red peppers 5 radishes Net Carbs 3g • FV 3g	4 pieces marinated artichoke heart 20 green olives 1 oz mozzarella cheese Net Carbs 5g • FV 4g	2 stalks celery 2 tbsp almond butter Net Carbs 5g • FV 2g
LUNCH	1 serving Roasted Portobello Mushroom Melts with Gruyere* 1 cup Romaine 1/4 cup chopped red pepper 2 tbsp Sherry Vinaigrette* Net Carbs 6g • FV 3g	1 serving Tuna-Celery Salad with Mixed Greens* 1/2 cup sliced cucumber Net Carbs 6g • FV 5g	1 serving Tomato Mozzarella Melt* 2 cooked chicken thighs Net Carbs 5g • FV 3g	1 serving Roast Beef on Mixed Green Salad* with 2 tbsp Sherry Vinaigrette* instead of the dressing called for in the recipe Net Carbs 4g • FV 3g	6 oz cooked chicken breast 2 cups broccoli 1 tbsp butter Net Carbs 3g • FV 3g	1 serving Ham, Cream Cheese, and Dill Pickle Roll-Up* 1/4 head Romaine 1/2 cup bean sprouts 2 tbsp Sherry Vinaigrette* Net Carbs 8g • FV 6g	1 serving Frozen Shrimp and Vegetables* 1/2 cup bean sprouts Net Carbs 9g • FV 7g
SNACK	1/2 honey crisp apple 2 tbsp almond butter Net Carbs 10g • FV 0g	1 serving Carrot Nut Muffin* Net Carbs 6g • FV 1g	5 radishes 1/2 cup sliced red pepper 2 tbsp chive cream cheese Net Carbs 5g • FV 3g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	1 serving Carrot-Nut Muffin* 9 strawberries Net Carbs 16g • FV 1g	1 serving Chocolate and Strawberry Smoothie* Net Carbs 8g • FV 0g	1 serving Carrot-Nut Muffin* 2 tbsp cream cheese Net Carbs 7g • FV 1g
DINNER	1 serving Sesame Tofu and Asian Slaw* Net Carbs 13g • FV 9g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower & 1 serving Spaghetti Squash Salad* Net Carbs 13g • FV 9g	1 serving Cod and Broccoli Baked with Hazelnuts and Herb-Butter* 1 cup chopped Romaine 1 stalk chopped celery 2 tbsp Sherry Vinaigrette* Net Carbs 10g • FV 7g	1 serving Chicken Cauliflower Mac and Cheese* 1 cup green beans 1 tbsp butter Net Carbs 13g • FV 11g	2 servings Pizza Margherita* 2 cups spring mix 1/2 cup cucumber 2 tbsp chopped red onion 2 tbsp Sherry Vinaigrette* Net Carbs 14g • FV 5g	1 serving Beef Enchilada with an Egg over Spaghetti Squash* 1/2 avocado Net Carbs 15g • FV 13g	1 serving Pork Chop with Roasted Asparagus and Red Pepper with Dijon and Thyme* Net Carbs 10g • FV 8g
	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 42g Foundation Vegetables: 24g	Total Net Carbs: 40g Foundation Vegetables: 18g

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

Atkins Products

- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Turkey with Garlic Mashed Cauliflower
- Atkins Mocha Latte Shake
- Atkins Peanut Fudge Granola Bar
- Atkins Milk Chocolate Protein Powder (2 servings)

Cheese/Dairy

- Buttermilk (2 fluid ounces)
- Cheddar cheese (4-ounces)
- Cream cheese: chive (1-ounce), plain (3-ounces)
- Eggs, large (10)
- Gruyere cheese (2-ounces)
- Heavy cream (3 fluid ounces)
- Kraft Mexican style cheddar jack (1-ounce)
- Monterey jack cheese (2-ounces)
- Mozzarella, whole milk (5-ounces)
- Parmesan cheese (2-ounces)
- Ricotta cheese, whole milk (4-ounces)

Other

- Almond butter
- Artichoke hearts, marinated
- Coconut milk, plain unsweetened
- Enchilada sauce
- Green chili peppers, canned
- Green olives
- Hazelnuts
- Lily's Sugar Free Chocolate Chips
- Pickle spears, dill
- Roasted red peppers
- Vanilla syrup, sugar-free
- Walnuts

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

Produce

- Apple, honey crisp (1)
- Asparagus (8 medium spears)
- Avocados (3)
- Bean sprouts, mung (2 cups)
- Bell peppers, red (2 large), frozen (2-ounces)
- Broccoli (1 bunch)
- Cabbage, green (1 small head)
- Carrots (2 medium)
- Cauliflower (6-ounces)
- Celery (5 stalks)
- Cucumber (1 small)
- Garlic (4 cloves)
- Ginger (2-inch knob)
- Grapefruit, red (1)
- Green beans (1 cup≈20 beans)
- Lemon (1)
- Lettuce: romaine (1 head), spring mix salad (4 cups), mixed salad greens (2 cups)
- Lime (1)
- Mushrooms, Portobello caps (1)
- Onions: yellow (1 small), green/ scallions (1 medium), red (1 small)
- Radishes (14 large)
- Shallot (1 medium)
- Snow peas (1-ounce)
- Spaghetti squash (12-ounces)
- Strawberries: fresh (9-ounces), frozen (1 cup)
- Tomatoes: 1 medium, 2 plum

Meat/Protein

- Beef: bottom sirloin (5-ounces), 85% lean ground (4-ounces)
- Chicken: cooked thighs (2), breast (6-ounces), breast-cooked (6-ounces)
- Cod (5-ounces)
- Pork: ham (2-ounces), bone-in pork chops (8-ounces)
- Shrimp (4-ounces)
- Tofu: firm silken (4-ounces)
- Tuna, canned in water (4-ounces)
- Veggie breakfast sausage patties (2) (2NC per patty)

Pantry

- Almond flour: blanched & meal from whole almonds
- Apple cider vinegar
- Baking powder
- Baking soda
- Black pepper
- Butter: salted & unsalted
- Canola: oil & spray
- Chili powder
- Cinnamon
- Cocoa powder
- Coconut oil
- Crushed red pepper flakes
- Dried basil
- Dried oregano
- Dried thyme
- Mayonnaise
- Mustard: Dijon & dry
- Olive oil, extra virgin
- Red wine vinegar
- Rice vinegar, unseasoned (sugar and sodium free)
- Salt
- Sesame oil, toasted
- Sherry vinegar
- Soy flour, whole ground
- Stevia
- Sucralose based sweetener
- Tabasco sauce
- Tamari soy sauce
- Thick-it-up
- Vanilla extract
- Whey protein powder, chocolate (or sub in the Atkins Milk Chocolate Protein Powder)
- Xylitol

Menu Notes: Make 6 servings of the Sherry Vinaigrette for the week.