

ATKINS 40®

Quick Start Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Vanilla Cream Shake 16-ounce size & 1 Blueberry Cloud Muffin* with 1 tbsp butter Net Carbs 9g • FV 0g	1 serving Eggs Scrambled with Avocado, Onions and Tomato* with 1-ounce cheddar Net Carbs 7g • FV 6g	Atkins Frozen Farmhouse- Style Sausage Scramble topped with 1/2 avocado Net Carbs 6g • FV 3g	Atkins Cranberry Almond Bar with 1/2 cup sliced strawberries in 1 tbsp heavy cream Net Carbs 8g • FV 0g	Atkins Frozen Ham & Cheese Omelet topped with 1/2 avocado Net Carbs 5g • FV 1g	1 Muffin in a Minute, Pumpkin Spice Variation* with 1/2 cup blueberries Net Carbs 13g • FV 2g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g
SNACK	Atkins Cranberry Almond Bar Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 24 roasted almonds Net Carbs 6g • FV 0g	1 serving Pumpkin Pie Smoothie* 24 roasted almonds Net Carbs 9g • FV 3g	Atkins Cafe Caramel Shake 10 roasted macadamia nuts Net Carbs 3g • FV 0g	Atkins Blueberry Greek Yogurt Bar 24 roasted almonds Net Carbs 6g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisps Bar Net Carbs 3g • FV 0g	1 serving Snickerdoodle Smoothie* Net Carbs 4g • FV 0g
LUNCH	1 serving Zucchini Noodles with Spicy Chicken Sausage* Net Carbs 7g • FV 5g	Atkins Frozen Cheesy Chicken Risotto Net Carbs 6g • FV 4g	1 serving Canned Tuna with Snap Peas, Red Bell Pepper and Tomato* over 1 cup spring mix salad 1tbsp Creamy Italian Dressing* Net Carbs 8g • FV 8g	Atkins Frozen Mexican-Style Chicken and Vegetables topped with 1/2 avocado Net Carbs 7g • FV 4g	1 serving Bratwurst with Onions and Sauerkraut* with 1 oz cheddar cheese Net Carbs 9g • FV 6g	Atkins Frozen Chicken and Broccoli Alfredo Net Carbs 5g • FV 3g	1 serving Turkey Burger with Chipotle Aioli, Tomato and Pickled Onions over Greens* Net Carbs 6g • FV 6g
SNACK	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisps Bar 3 strawberries Net Carbs 6g • FV 0g	Atkins Blueberry Greek Yogurt Bar Net Carbs 4g • FV 0g	1 serving (6) Atkins Frozen Parmesan Garlic Cauliflower Bites Net Carbs 4g • FV 3g	Atkins Chocolate Banana Shake 1/4 cup blueberries Net Carbs 9g • FV 0g	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	Atkins Café Caramel Shake 10 strawberries Net Carbs 12g • FV 0g
DINNER	Atkins Frozen Beef Stew 1 serving Calabacitas* 1 serving Mixed Greens with Cucumber, Red Pepper and Creamy Italian* Net Carbs 19g • FV 15g	Atkins Frozen Pork Verde 1 cup chopped Romaine 1/4 cup cucumber 10 cherry tomatoes 1 slice onion 2 tbsp Creamy Italian Dressing* Net Carbs 15g • FV 9g	Atkins Frozen Crustless Chicken Pot Pie 1/2 cup blueberries 2 tbsp Extra Creamy Redi Whip Net Carbs 16g • FV 3g	1 serving Asain Baked Salmon with Bok Choy* 20 snow peas Net Carbs 16g • FV 13g	Atkins Frozen Mongolian- Style Beef Cauliflower Bowl 1 cup chopped Romaine 1/2 cup sliced red pepper 1 slice red onion 2 tbsp Creamy Italian Dressing* Net Carbs 11g • FV 8g	1 serving Chicken with Winter Vegetables* 1 cup spaghetti squash Net Carbs 18g • FV 14g	1 serving Traditional Beef Stroganoff* 2 cups cauliflower rice Net Carbs 14g • FV 11g
	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 19g	Total Net Carbs: 43g Foundation Vegetables: 17g	Total Net Carbs: 39g Foundation Vegetables: 21g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 41g Foundation Vegetables: 18g	Total Net Carbs: 41g Foundation Vegetables: 17g

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

Atkins Products

- ☐ Atkins Frozen Bacon Scramble
- ☐ Atkins Frozen Beef Stew
- ☐ Atkins Frozen Cheesy Chicken Risotto
- ☐ Atkins Frozen Chicken and Broccoli Alfredo
- ☐ Atkins Frozen Crustless Chicken Pot Pie
- ☐ 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 Parmesan Garlic Cauliflower Bites
- ☐ Atkins Frozen Pork Verde
- ☐ 2 Atkins Café Caramel Shakes
- ☐ 2 Atkins Chocolate Banana Energy Shakes
- ☐ 2 Atkins Milk Chocolate Delight Shakes
- ☐ Atkins Vanilla Cream Shake (16-ounce)
- ☐ 2 Atkins Blueberry Greek Yogurt Bars
- ☐ 2 Atkins Cranberry Almond Bars
- ☐ 2 Atkins Lemon Vanilla Protein Wafer Crisps Bars
- ☐ Atkins Vanilla Protein Powder (2 servings)

Meat/Protein

- ☐ Beef steak, boneless (7-ounces)
- ☐ Bratwurst (3-ounces)
- ☐ Chicken: sausage (4-ounces), boneless thighs with skin (6-ounces)
- ☐ Salmon (6-ounces)
- ☐ Tuna, canned in water (4-ounces)
- ☐ Turkey, ground (6-ounces)

Cheese/Dairy

- ☐ Cheddar cheese (1-ounce)
- ☐ Cream cheese (1-ounce)
- ☐ 4 Eggs, large
- ☐ Heavy cream (1 tablespoon)
- ☐ Parmesan cheese (2 tablespoons)
- ☐ Redi Whip, extra creamy (2 tablespoons)
- ☐ Sour cream (1-ounce)

Produce

- ☐ Avocados (2)
- ☐ Bell pepper, red (1 large)
- ☐ Blueberries (7-ounces)
- ☐ Bok choy (1 head)
- ☐ Broccoli (3-ounces)
- ☐ Cauliflower rice (2 cups)
- ☐ Corn, frozen yellow (1 small bag)
- ☐ Cucumber (1 small)
- ☐ Fennel (1 small bulb)
- ☐ Garlic (4 cloves)
- ☐ Jalapeño (1 pepper)
- ☐ Lemon (1)
- ☐ Lettuce: spring mix (2 cups), Romaine (small head), mixed baby greens (3 cups)
- ☐ Mushrooms: button (6-ounces), Crimini (2-ounces)
- ☐ Onions: yellow (1 medium & 1 small), red (1 small)
- ☐ Snow peas (5-ounces)
- ☐ Spaghetti squash (1 small)
- ☐ Strawberries (1 pint)
- ☐ Tomatoes: 3 cherry, 1 small, 1 medium, 1 large
- ☐ Turnip (1 medium)
- ☐ Zucchini (7-ounces)

Other

- ☐ Almonds, roasted
- ☐ Chipotle peppers in adobo sauce
- ☐ Coconut milk, unsweetened
- ☐ Macadamia nuts, roasted
- ☐ Maple syrup, sugar free
- ☐ Pumpkin, canned
- ☐ Red cooking wine
- ☐ Sauerkraut

Herbs/Spices

- ☐ Fresh parsley
- ☐ Fresh thyme

Pantry

- ☐ Apple cider vinegar
- ☐ Baking powder
- ☐ Beef bouillon
- ☐ Black pepper
- ☐ Butter: salted & unsalted
- ☐ Canola oil
- ☐ Chia seeds
- ☐ Chicken stock cubes
- ☐ Chili powder
- ☐ Cinnamon
- ☐ Crushed red pepper flakes
- ☐ Flax meal
- ☐ Italian seasoning
- ☐ Mayonnaise
- ☐ Mustard: spicy brown & Dijon
- ☐ Nutmeg
- ☐ Olive oil, extra virgin
- ☐ Pumpkin pie spice
- ☐ Red wine vinegar
- ☐ Salt
- ☐ Sucralose based sweetener
- ☐ Tamari soy sauce
- ☐ Truvia (erythritol & stevia blend)
- ☐ Vanilla extract
- ☐ Whey protein powder, vanilla
- ☐ White wine vinegar
- ☐ Xylitol

Menu Notes: Make 5 servings of the Creamy Italian dressing to use through the week.

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Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Breakfast Burrito* Net Carbs 7g • FV 3g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	Atkins Vanilla Cream Shake 16-ounce size blended with 1 cup frozen cauliflower Net Carbs 5g • FV 2g	1 serving Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* Net Carbs 8g • FV 7g	Atkins Frozen Ham & Cheese Omelet 1/2 avocado Net Carbs 5g • FV 1g	1 serving Snickerdoodle Protein Muffin* spread with 1 tbsp peanut butter Net Carbs 5g • FV 0g	1 serving Blueberry Almond Protein Smoothie* Net Carbs 10g • FV 0g
SNACK	Atkins Milk Chocolate Delight Shake Net Carbs 3g • FV 0g	Atkins Café Caramel Shake 10 strawberries Net Carbs 12g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisp 20 roasted macadamia nuts Net Carbs 6g • FV 0g	Atkins Milk Chocolate Delight Shake 1/2 gala apple Net Carbs 11g • FV 0g	Atkins Cranberry Almond Bar Net Carbs 3g • FV 0g	1/2 medium cucumber 1/4 cup hummus Net Carbs 11g • FV 5g	Stack slices of 1 medium tomato, 1/2 avocado, and 1 oz fresh mozzarella, drizzled with 1 tbsp no-sugar Italian dressing Net Carbs 6g • FV 5g
LUNCH	Atkins Frozen Beef Teriyaki Stir-Fry Net Carbs 6g • FV 3g	1 serving Tuna-Celery Salad in Avocado Halves* 1/2 cup sliced cucumbers Net Carbs 7g • FV 6g	Atkins Frozen Asian-Style Chicken Stir Fry Net Carbs 7g • FV 5g	Atkins Blueberry Greek Yogurt Bar 1 cup Romaine 1/4 cup cucumber 1/4 cup red pepper 1 tbsp sliced almonds 1 tbsp low-carb dressing Net Carbs 7g • FV 2g	1 serving (6) Atkins Frozen Parmesan Garlic Cauliflower Bites & 1 serving Feta, Sun-Dried Tomato, Olive and Basil Salad on Baby Greens* Net Carbs 14g • FV 10g	Atkins Frozen Chicken Margherita Net Carbs 6g • FV 2g	Atkins Café Caramel Shake & 1 serving Chocolate Cloud Muffin* spread with 1 tbsp almond butter Net Carbs 6g • FV 0g
SNACK	Atkins Blueberry Greek Yogurt Bar Net Carbs 4g • FV 0g	Atkins Cranberry Almond Bar Net Carbs 3g • FV 0g	1/2 gala apple 2 tbsp cream cheese Net Carbs 9g • FV 0g	Atkins Vanilla Cream Shake 16-ounce size Net Carbs 3g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisp Net Carbs 3g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisp Net Carbs 3g • FV 0g	Atkins Blueberry Greek Yogurt Bar Net Carbs 4g • FV 0g
DINNER	1 serving Coconut Curry Tempeh* & 1 serving Cilantro Lime Roasted Asparagus* 1 cup mixed greens 1/4 cup cucumber 1 tbsp low-carb salad dressing Net Carbs 23g • FV 7g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups mixed baby greens 1/2 cup sliced red pepper 1 roma tomato 2 tbsp low-carb salad dressing Net Carbs 12g • FV 8g	Atkins Frozen Chicken Marsala 2 cups Romaine 3/4 medium tomato 2 tbsp no-sugar Italian dressing Net Carbs 13g • FV 7g	Atkins Frozen Beef Merlot 2 cups zucchini noodles 1 tbsp olive oil 1 oz fresh mozzarella Net Carbs 11g • FV 8g	1 serving Lemon Pasta with Salmon* 2 cups Romaine 2 tbsp no-sugar Italian dressing Net Carbs 17g • FV 2g	Atkins Frozen Meatloaf with Portobello Mushroom Gravy & 1 serving Cauliflower Sour Cream Mash* 1/4 cup blueberries with 2 tbsp Extra Creamy Redi Whip Net Carbs 18g • FV 7g	1 serving Chicken and Mushrooms with Roasted Asparagus* Net Carbs 13g • FV 11g
	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 17g	Total Net Carbs: 39g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 42g Foundation Vegetables: 13g	Total Net Carbs: 43g Foundation Vegetables: 13g	Total Net Carbs: 39g Foundation Vegetables: 16g

***Go to Atkins.com for recipes!**

Atkins Products

- ☐ Atkins Frozen Asian-Style Chicken Stir Fry
- ☐ Atkins Frozen Beef Merlot
- ☐ Atkins Frozen Beef Teriyaki Stir-Fry
- ☐ Atkins Frozen Chicken Margherita
- ☐ Atkins Frozen Chicken Marsala
- ☐ Atkins Frozen Farmhouse-Style Sausage Scramble
- ☐ Atkins Frozen Ham & Cheese Omelet
- ☐ Atkins Frozen Meatloaf with Portobello Mushroom Gravy
- ☐ Atkins Frozen Parmesan Garlic Cauliflower Bites (1 serving)
- ☐ Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- ☐ 2 Atkins Café Caramel Shakes
- ☐ 2 Atkins Milk Chocolate Delight Shakes
- ☐ 2 Atkins Vanilla Cream Shakes (16-ounce size)
- ☐ 3 Atkins Blueberry Greek Yogurt Bars
- ☐ 2 Atkins Cranberry Almond Bars
- ☐ 3 Atkins Lemon Vanilla Protein Wafer Crisps
- ☐ Atkins Vanilla Protein Powder (2 servings)

Meat/Protein

- ☐ Bacon (2 medium slices)
- ☐ Chicken breast (6-ounces)
- ☐ Salmon (4-ounces)
- ☐ Tempeh (4-ounces)
- ☐ Tuna, canned in water (4-ounces)

Cheese/Dairy

- ☐ Cheddar (2-ounces)
- ☐ Cream cheese (3-ounces)
- ☐ 6 Eggs, large
- ☐ Feta cheese (1-ounce)
- ☐ Heavy cream (2 fluid ounces)
- ☐ Mozzarella, fresh (2-ounces)
- ☐ Sour cream (1 teaspoon)

Herbs/Spices

- ☐ Fresh basil
- ☐ Fresh cilantro
- ☐ Fresh dill
- ☐ Fresh parsley
- ☐ Fresh thyme

Produce

- ☐ Apple, gala (1)
- ☐ Asparagus (1/2 pound)
- ☐ Avocados (2)
- ☐ Bell peppers: red (1 large), green (1 small)
- ☐ Blueberries (4-ounces)
- ☐ Cauliflower, frozen (11-ounces)
- ☐ Celery (3 stalks)
- ☐ Crimini mushrooms (3-ounces)
- ☐ Cucumber (1)
- ☐ Garlic (2 cloves)
- ☐ Ginger root, raw (1 teaspoon or 2 g)
- ☐ Jalapeno (1 pepper)
- ☐ Lemon (1)
- ☐ Lettuce: mixed baby greens (10-ounces), Romaine (1 head)
- ☐ Lime (1)
- ☐ Onions: green/ scallions (1 large), yellow (1 medium)
- ☐ Peas, frozen (1 small bag)
- ☐ Strawberries (7-ounces)
- ☐ Tomatoes: 2 medium, 1 large, 1 Roma
- ☐ Zucchini (1 medium)

Other

- ☐ Almond butter
- ☐ Almonds, sliced
- ☐ Black olives
- ☐ Chick pea penne pasta
- ☐ Clam juice (1/2 cup)
- ☐ Coconut milk, plain and unsweetened
- ☐ Hummus (1/4 cup)
- ☐ Italian dressing, no sugar
- ☐ Macadamia nuts, roasted
- ☐ Peanut butter, creamy
- ☐ Redi Whip, extra creamy
- ☐ Salad dressing, low-carb (<2 NC per serving)
- ☐ Salsa
- ☐ Sun-dried tomatoes
- ☐ Tortillas, low-carb

Pantry

- ☐ Baking powder
- ☐ Balsamic vinegar
- ☐ Black pepper
- ☐ Butter, unsalted
- ☐ Canola oil
- ☐ Chicken broth or bouillon
- ☐ Cinnamon
- ☐ Cocoa powder
- ☐ Cumin
- ☐ Curry powder
- ☐ Mayonnaise
- ☐ Olive oil, extra virgin
- ☐ Red or cayenne pepper
- ☐ Salt
- ☐ Sesame oil
- ☐ Sesame seeds
- ☐ Sherry vinegar
- ☐ Soy sauce/tamari
- ☐ Stevia
- ☐ Tabasco sauce
- ☐ Thick-it-up
- ☐ Vegetable oil
- ☐ Whey protein powder, vanilla
- ☐ Xylitol