

ATKINS 40[®]

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	Atkins Creamy Chocolate Shake 16-ounce size Net Carbs 3g • FV 0g	1 serving Cheddar Omelet with Sautéed Tomato and Zucchini* Net Carbs 5g • FV 2g	Atkins Frozen Bacon Scramble topped with 1/2 avocado Net Carbs 6g • FV 1g	Atkins Frozen Ham & Cheese Omelet topped with 1/2 avocado Net Carbs 5g • FV 1g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* 1/2 pink grapefruit Net Carbs 12g • FV 3g	1 serving Muffin in a Minute-Pumpkin Spice Variation* 2 tbsp cream cheese Net Carbs 6g • FV 2g
SNACK	Atkins Peanut Butter Granola Bar 1/4 cup blueberries Net Carbs 9g • FV 0g	1 serving Almond Muffin in a Minute* 2 tbsp cream cheese Net Carbs 6g • FV 0g	Atkins Peanut Butter Granola Bar 1/2 medium gala apple Net Carbs 12g • FV 0g	Atkins Creamy Chocolate Shake 16-ounce size Net Carbs 3g • FV 0g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g	Atkins Mocha Latte Shake Net Carbs 3g • FV 0g	Atkins Peanut Butter Granola Bar 1/4 cup blueberries Net Carbs 9g • FV 0g
LUNCH	1 serving Mediterranean Vegetable and Egg Salad* topped with 2 tbsp roasted sunflower seeds Net Carbs 11g • FV 9g	5 oz roasted chicken breast 1 serving Greek Salad* Net Carbs 5g • FV 4g	Atkins Frozen Beef Teriyaki Stir-Fry 1/2 cup steamed broccoli Net Carbs 8g • FV 5g	1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 oz Monterey jack cheese 1/2 cup sliced red pepper 2 tbsp Ranch Dressing* Net Carbs 11g • FV 10g	4 oz roasted turkey lunchmeat 1/2 cup cucumber slices 2 tbsp Ranch Dressing* Net Carbs 7g • FV 2g	1 serving Smoky Tuna Tomato* 1/2 cup sliced cucumber 6 superseed crackers Net Carbs 11g • FV 3g	1 serving Cucumber, Mango and Black Bean Salad* 3 oz roasted chicken breast Net Carbs 11g • FV 3g
SNACK	Atkins Mocha Latte Shake Net Carbs 3g • FV 0g	Atkins White Chocolate Macadamia Nut Bar 1 medium Asian pear Net Carbs 13g • FV 0g	4 pieces marinated artichoke hearts 10 black olives Net Carbs 5g • FV 5g	Atkins Mocha Latte Shake 1/2 gala apple Net Carbs 11g • FV 0g	1 serving Blueberry Cloud Muffin* 2 tbsp almond butter Net Carbs 9g • FV 0g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Creamy Chocolate Shake 16-ounce size Net Carbs 3g • FV 0g
DINNER	1 serving Spicy Orange Stir-Fry* Net Carbs 14g • FV 12g	Atkins Mexican-Style Chicken and Vegetables 1 serving Easy Pepper and Zucchini Sauté* 1/2 avocado Net Carbs 12g • FV 9g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups butterhead lettuce 1/4 cup carrot 1/2 cup cucumber 2 tbsp Ranch Dressing* Net Carbs 11g • FV 5g	1 serving Portuguese Cod (Bacalo) in Tomato Sauce * 2 cups zucchini noodles 1 tbsp olive oil Net Carbs 8g • FV 8g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl 20 snow peas and 1/2 cup sliced steamed carrots 1 tbsp butter Net Carbs 15g • FV 12g	Atkins Frozen Cheesy Chicken Risotto 1 cup zucchini noodles 5 cherry tomatoes 1 tbsp butter Net Carbs 11g • FV 9g	1 serving Super Chili Bowl* 2 cups butterhead lettuce 1/4 cup carrot 1/2 cup cucumber 1/2 cup red pepper 2 tbsp Ranch Dressing* Net Carbs 12g • FV 10g
	Total Net Carbs: 42g Foundation Vegetables: 23g	Total Net Carbs: 39g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 39g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 14g

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

Atkins Products

- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Cheesy Chicken Risotto
- 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 Creamy Chocolate Shakes (16-ounce size)
- 3 Atkins Mocha Latte Shakes
- 4 Atkins Peanut Butter Granola Bars
- 2 Atkins White Chocolate Macadamia Nut Bars

Meat/Protein

- Beef, 80% lean ground (4-ounces)
- Chicken: breast (4-ounces), roasted (8-ounces)
- Cod, dried and salted (3-ounces)
- Tuna canned in water (3-ounces)
- Turkey: roasted lunchmeat (4-ounces), breakfast sausage (4 links)

Other

- Almond butter
- Artichoke hearts, marinated
- Bacon bits
- Black beans
- Capers
- Chia seeds
- Chipotle en Adobo
- Mary's Gone Crackers, Superseed
- Olives: black & Kalamata
- Pickled beets
- Pumpkin, canned
- Sherry cooking wine
- Sunflower seeds
- Tomatoes: sauce (canned), diced canned
- Water chestnuts (2 tablespoons)

Produce

- Apple, medium gala (1)
- Avocados (2)
- Bell pepper: red (1 large), green (1 medium)
- Blueberries (4-ounces)
- Broccoli (4-ounces)
- Carrots (3 medium)
- Celery (1 medium stalk)
- Cucumber (1 large)
- Garlic (4 cloves)
- Grapefruit, red (1 medium)
- Jalapeno (1)
- Lemon (1)
- Lettuce: butterhead (2 heads), arugula (1 cup)
- Lime (1)
- Mango (1)
- Mushrooms, button (2-ounces pieces and stems)
- Onions: red (1 small), green/scallions (1 large), yellow (1 small)
- Orange (1)
- Pear, Asian (1 medium)
- Snow peas (30 each)
- Spinach, baby (2 cups)
- Tomatoes: cherry (14), 2 medium, 1 plum
- Zucchini (3 medium)

Cheese/Dairy

- Cheddar cheese (2-ounces)
- Cream cheese (3-ounces)
- 7 Eggs, large
- Feta cheese (1-ounce)
- Heavy cream (3 fluid ounces)
- Monterey jack cheese (4-ounces)

Herbs/Spices

- Fresh chives
- Fresh cilantro
- Fresh dill
- Fresh parsley

Pantry

- Almond meal/flour
- Baking powder
- Black pepper
- Butter
- Canola oil
- Chicken broth
- Chili powder
- Cinnamon
- Crushed red pepper flakes
- Cumin
- Dijon mustard
- Flax meal
- Mayonnaise
- No calorie sweetener
- Nutmeg
- Olive oil, extra virgin
- Pumpkin pie spice
- Red or cayenne pepper
- Red wine vinegar
- Salt
- Sesame oil
- Sucralose based sweetener
- Tamari
- Thick-it-up
- Truvia
- Vanilla extract
- Whey protein powder, vanilla

Menu Notes: Make 5 servings of Ranch Dressing for the week.

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Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins French Vanilla Shake blended with: 1/4 mango 1 cup spinach Net Carbs 9g • FV 0g	1 serving Canadian Bacon, Cheddar and Tomato Stacks* 1/2 avocado Net Carbs 8g • FV 6g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g	1 serving Chocolate Pancakes* Net Carbs 10g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble 5 large strawberries Net Carbs 10g • FV 2g	1 serving Eggs Scrambled with Avocado, Onions and Tomato* Net Carbs 7g • FV 6g	Atkins Frozen Ham & Cheese Omelet 1/2 avocado Net Carbs 5g • FV 1g
SNACK	1/2 cup red pepper slices 1/2 cup cucumber slices 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 4g	Atkins Mocha Latte Shake Net Carbs 3g • FV 0g	1 serving Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	Atkins Peanut Butter Protein Wafer Crisps Net Carbs 3g • FV 0g	Atkins Creamy Chocolate Shake 16-ounce size 1 oz roasted pecans Net Carbs 4g • FV 0g	Atkins White Chocolate Macadamia Nut Bar 10 strawberries Net Carbs 14g • FV 0g	Atkins Peanut Butter Protein Wafer Crisps 7 strawberries Net Carbs 10g • FV 0g
LUNCH	1 serving Eggplant Stacks* 1 stick string cheese Net Carbs 6g • FV 4g	1 serving Chocolate Cloud Muffin * 2 tbsp peanut butter Net Carbs 7g • FV 0g	1 serving Lemon Zest Tuna Salad* 3/4 of a medium red pepper Net Carbs 8g • FV 6g	Atkins Frozen Stone Fired Pepperoni Pizza 1 cup Romaine 1/4 medium red pepper 2 tbsp Creamy Italian Dressing* Net Carbs 13g • FV 4g	1 serving Shrimp with Avocado and Tomato Salad* 1/2 cup carrot slices or strips Net Carbs 11g • FV 6g	1 serving Rosemary Turkey Burger Over Baby Kale Salad* Net Carbs 6g • FV 2g	1 serving Roast Beef and Cheddar Flatout Wrap* Net Carbs 11g • FV 4g
SNACK	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Peanut Butter Granola Bar 1/4 mango Net Carbs 12g • FV 0g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins French Vanilla Shake 1 oz roasted pecans Net Carbs 2g • FV 0g	Atkins Peanut Butter Protein Wafer Crisps Net Carbs 3g • FV 0g	1/2 cup sliced cucumbers 1 tbsp Creamy Italian Dressing* Net Carbs 2g • FV 2g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g
DINNER	1 serving Veggie "Beef" Crumble & Shirataki Sauté with Brussel Sprouts* Net Carbs 19g • FV 5g	Atkins Frozen Asian-Style Chicken Stir-Fry & 1 serving Asian-Style Coleslaw* Net Carbs 10g • FV 7g	Atkins Frozen Chicken and Broccoli Alfredo 1 1/2 cups Romaine 1 medium slice red onion 1/2 cup sliced cucumbers 2 tbsp Creamy Italian Dressing* Net Carbs 9g • FV 7g	1 serving Turkey Meatloaf with Cauliflower Mash* 1/2 cup steamed Brussels sprouts 1 tbsp butter Net Carbs 11g • FV 11g	1 serving Maple Mustard Glazed Salmon and Asparagus* 1/2 cup sliced cucumber 10 cherry tomatoes 1 tbsp olive oil Net Carbs 13g • FV 12g	Atkins Frozen Chicken Margherita 1/4 eggplant, roasted with 1 tbsp butter Net Carbs 11g • FV 7g	1 serving Chicken Cauliflower Mac and Cheese* 2 cups Romaine 1/2 medium tomato 1/2 cup cucumber 2 tbsp Creamy Italian Dressing* Net Carbs 13g • FV 11g
	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 41g Foundation Vegetables: 20g	Total Net Carbs: 39g Foundation Vegetables: 17g	Total Net Carbs: 41g Foundation Vegetables: 16g

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Atkins Products

- Atkins Frozen Asian-Style Chicken Stir-Fry
- Atkins Frozen Bacon Scramble
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chicken Margherita
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Stone Fired Pepperoni Pizza
- Atkins Creamy Chocolate Shake (16-ounce size)
- 3 Atkins French Vanilla Shakes
- Atkins Mocha Latte Shake
- Atkins Peanut Butter Granola Bar
- 3 Atkins Peanut Butter Protein Wafer Crisps
- 3 Atkins White Chocolate Macadamia Nut Bars

Meat/Protein

- Canadian bacon (2-ounces)
- Chicken breast (6-ounces)
- Meatless ground crumbles (1 serving of 3 NC per serving)
- Roast beef (3-ounces)
- Salmon (6-ounces)
- Shrimp (12 large)
- Tuna canned in water (6-ounces)
- Turkey: ground (8-ounces), sausage (8-ounces)

Cheese/Dairy

- Cheddar cheese (2-ounces)
- Cream cheese (2-ounces)
- 4 Eggs, large
- Feta cheese (1-ounce)
- Heavy cream (2 fluid ounces)
- Mexican-style cheddar jack, finely shredded (1-ounce)
- Milk, whole (3 tablespoons)
- Mozzarella (1-ounce)
- Parmesan cheese (2-ounces)
- String cheese (1 stick)

Produce

- Asparagus (6-ounces)
- Avocados (2)
- Bell peppers: red (1 large), green (1 small)
- Bok choy (2-ounces)
- Brussels sprouts (5-ounces)
- Carrots (2 small)
- Cauliflower (9-ounces)
- Celery (1 medium stalk)
- Cucumbers (2)
- Eggplant (1)
- Garlic (4 cloves)
- Ginger (1-inch knob)
- Kale, baby (1 cup)
- Lemon (2)
- Lettuce: Romaine (1 large head), arugula (2 cups)
- Mango (1/2 left over from previous week)
- Onion: red (1 small), yellow (1 small)
- Shallots (1-ounce)
- Snow peas (6 each)
- Spinach, baby (1 cup)
- Strawberries (16-ounces)
- Tomatoes: 1 large, cherry (15), 2 small

Other

- Banana pepper rings
- Coconut cream
- Horseradish sauce
- Ketchup, unsweetened
- Light Original Flatbread (Flatout)
- Maple syrup, sugar-free
- Peanut butter, creamy
- Pecans
- Pine nuts
- Pumpkin seeds, hulled, roasted
- Roasted red peppers
- Rolled oats
- Tofu shirataki noodles
- Tomato sauce

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh rosemary

Pantry

- Baking powder
- Balsamic vinegar
- Black pepper
- Butter
- Cinnamon
- Cocoa powder
- Crushed red pepper flakes
- Dijon mustard
- Dried oregano
- Dried thyme
- Dry mustard
- Fish sauce
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin
- Peanut oil
- Red wine vinegar
- Rice vinegar, sodium and sugar free
- Salt
- Sesame oil, toasted
- Soy flour, whole grain
- Stevia
- Sucralose based sweetener
- Tabasco
- Tamari soy sauce
- Vanilla extract
- Vegetable oil
- Whey protein, vanilla
- White wine vinegar
- Xylitol

Menu Notes: Make 5 servings of the Creamy Italian Dressing for the week.