

ATKINS 40®

Vegan Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>1 serving Vegan Breakfast "Sausage" Stacked with Avocado and "Cheddar"*</p> <p>Net Carbs 11g • FV 2g</p>	<p>Smoothie of: 1 1/2 cups almond milk, plain unsweetened 1 cup baby spinach 1/4 cup frozen strawberries 1 scoop vegan vanilla protein powder</p> <p>Net Carbs 9g • FV 0g</p>	<p>Overnight oats: 2 tbsp quick cooking rolled oats 1/4 cup chia seeds 2 tbsp hemp seeds 1 cup almond milk 2 tbsp peanut butter</p> <p>Net Carbs 13g • FV 0g</p>	<p>1 serving Vegan "Sausage" Sauté with Red Bell Pepper, Onions, and "Cheddar"*</p> <p>Net Carbs 9g • FV 5g</p>	<p>Smoothie of: 1 1/2 cups almond milk 1/2 cup frozen cauliflower 1 oz soy protein powder 2 tbsp peanut butter 2 tbsp cocoa powder 1 tsp non-caloric sweetener</p> <p>Net Carbs 9g • FV 2g</p>	<p>1 serving Vegan Garden Vegetable Frittata*</p> <p>2 tbsp vegan cream cheese 1 veggie breakfast sausage patty</p> <p>Net Carbs 11g • FV 3g</p>	<p>1 Vegan Chocolate Mug Muffin*</p> <p>1 tbsp coconut butter</p> <p>Net Carbs 8g • FV 0g</p>
SNACK	<p>2 tbsp peanuts</p> <p>Net Carbs 1g • FV 0g</p>	<p>2 tbsp pepitas 5 large black olives</p> <p>Net Carbs 1g • FV 1g</p>	<p>1/2 cup red pepper slices 1/4 cup edamame</p> <p>Net Carbs 3g • FV 3g</p>	<p>1/2 cup steamed broccoli 1 tbsp Sherry Vinaigrette* 1 slice vegan cheese</p> <p>Net Carbs 6g • FV 2g</p>	<p>1/2 cup cucumbers 2 tbsp vegan cream cheese</p> <p>Net Carbs 3g • FV 2g</p>	<p>1/2 avocado 1 tbsp salsa 1 tbsp pepitas</p> <p>Net Carbs 2g • FV 1g</p>	<p>1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette*</p> <p>Net Carbs 5g • FV 4g</p>
LUNCH	<p>1 serving Tofu "Hot Dogs" with Sautéed Onions and Sauerkraut*</p> <p>2 cups baby spinach 1/2 cup sliced red pepper 2 tbsp pumpkin seeds 2 tbsp Sherry Vinaigrette*</p> <p>Net Carbs 11g • FV 7g</p>	<p>1 veggie burger patty 2 slices tomato 2 romaine leaves 1/2 avocado</p> <p>Net Carbs 5g • FV 3g</p>	<p>1 serving Vegan "Turkey," "Monterey Jack" and Asparagus Roll-Ups*</p> <p>Net Carbs 8g • FV 1g</p>	<p>1/2 cup vegan meat crumbles 1/2 tsp taco seasoning 3/4 cup cauliflower rice 1 1/2 tbsp vegan buttery spread 2 tbsp salsa 1/2 avocado</p> <p>Net Carbs 7g • FV 4g</p>	<p>1 serving Eggless Tofu Salad*</p> <p>2 cups shredded romaine 2 tbsp pumpkin seeds 1 tbsp Sherry Vinaigrette*</p> <p>Net Carbs 7g • FV 3g</p>	<p>1 serving Baked Tofu with Moroccan Rub* & 1 serving Roasted Red Pepper Salad with Olives and Fresh Basil*</p> <p>Net Carbs 9g • FV 3g</p>	<p>1 serving vegan meatless chicken strips 1 cup steamed broccoli 2 tbsp vegan buttery spread</p> <p>Net Carbs 9g • FV 4g</p>
SNACK	<p>2 stalks celery 2 tbsp almond butter</p> <p>Net Carbs 5g • FV 2g</p>	<p>24 almonds 10 cherry tomatoes</p> <p>Net Carbs 7g • FV 5g</p>	<p>24 almonds</p> <p>Net Carbs 2g • FV 0g</p>	<p>1 serving Vegan Almond-Raspberry Smoothie*</p> <p>Net Carbs 8g • FV 0g</p>	<p>1 cup raspberries 24 roasted almonds</p> <p>Net Carbs 9g • FV 0g</p>	<p>1 serving Vegan Nut & Seed Energy Balls*</p> <p>Net Carbs 8g • FV 0g</p>	<p>3 tbsp peanuts</p> <p>Net Carbs 2g • FV 0g</p>
DINNER	<p>1 serving Sesame Tofu and Asian Slaw*</p> <p>Net Carbs 13g • FV 9g</p>	<p>1 serving Coconut Curry Tempeh*</p> <p>2 cups steamed bok choy 2 tbsp olive oil</p> <p>Net Carbs 19g • FV 4g</p>	<p>1/2 cup tempeh 1 serving Romesco Sauce* 2 cups zucchini noodles 1 serving Green Bean and Mushroom Salad*</p> <p>Net Carbs 14g • FV 10g</p>	<p>1 serving Tofu Sautéed with Spinach and Soy Sauce* & 1 serving Sesame Snow Peas*</p> <p>1/2 cup edamame 1 tbsp olive oil</p> <p>Net Carbs 10g • FV 4g</p>	<p>1 serving vegan "chicken" strips 1 cup cauliflower rice 1 tbsp olive oil 1 serving Sautéed Winter Greens*</p> <p>Net Carbs 12g • FV 8g</p>	<p>1 meatless burger patty 2 cups romaine 5 grape tomatoes 1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette*</p> <p>Net Carbs 9g • FV 7g</p>	<p>1 meatless Bratwurst sausage & 1 serving Broccoli and Cauliflower with Vegan "Cheese" Sauce*</p> <p>Net Carbs 18g • FV 7g</p>
	<p>Total Net Carbs: 41g Foundation Vegetables: 20g</p>	<p>Total Net Carbs: 41g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 41g Foundation Vegetables: 14g</p>	<p>Total Net Carbs: 41g Foundation Vegetables: 14g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 14g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 41g Foundation Vegetables: 14g</p>

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

Produce

- Asparagus (4 medium spears)
- Avocados (2)
- Bell peppers: red (2 large), green (1 medium)
- Bok choy (5-ounces)
- Broccoli (10 flowerets)
- Cabbage, green (1 small head)
- Cauliflower: rice (7-ounces), frozen (5-ounces)
- Celery (3 stalks)
- Cucumber (1 medium)
- Edamame (5-ounces)
- Garlic (3 cloves)
- Ginger (1-inch knob)
- Green snap beans (10 beans)
- Kale (2-ounces)
- Lettuce: romaine (1 small head), arugula (1 cup)
- Lime (1)
- Mung bean sprouts (1 cup)
- Mushrooms (2-ounces button pieces and stems)
- Onions: small yellow (2 medium), scallions/green (1 large)
- Radicchio (1 cup)
- Radish (1 large)
- Raspberries (1 pint)
- Shallot (1 clove)
- Snowpeas (2-ounces)
- Spinach, baby (4 cups)
- Strawberries: frozen (1 cup)
- Swiss chard (2-ounces)
- Tomatoes: cherry or grape (15), Italian (1), medium (2)
- Zucchini (2 medium)

Cheese/Dairy

- Almond milk, plain and unsweetened (5 cups)
- Egg replacer (3 servings)
- Soy milk (1 cup)
- Vegan buttery spread (3 tablespoons)
- Vegan Cheddar “cheese” (8-ounces)
- Vegan cream “cheese” (4 tablespoons)
- Vegan Monterey Jack cheese alternative (2-ounces)

Meat/Protein

- Meatless “chicken” strips (170g- 2 servings at 4 or fewer net carbs)
- Meatless deli “turkey” (1-serving)
- Tempeh (4-ounces)
- Tofu: firm silken (33-ounces)
- Vegan Bratwurst sausage (1 link)
- Vegan crumbles (such as Beyond Meat brand) (1 cup)
- Veggie breakfast sausage patties (5 at 2 net carbs or less per patty)
- Veggie burgers (2 at 2 or less net carbs per patty)
- Veggie protein links (i.e. Smart Dogs) (2-links)

Other

- Agar seaweed
- Almond butter
- Almonds, whole roasted
- Capers
- Chia seeds
- Coconut butter
- Coconut milk (canned)
- Coconut shreds, unsweetened
- Hemp seeds
- Maple syrup, sugar free
- Miso, sweet white
- Oats, quick cooking rolled
- Olives: black, kalamata
- Peanut butter, natural creamy
- Peanuts
- Pickles
- Pumpkin seeds (pepitas)
- Roasted bell peppers
- Salsa
- Sauerkraut
- Taco seasoning
- Vegan protein powder

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

Pantry

- Almond meal, from whole almonds
- Baking powder
- Black pepper
- Canola oil
- Cinnamon
- Cocoa powder
- Coconut flour
- Coriander leaf, ground
- Crushed red pepper flakes
- Cumin
- Curry powder
- Dijon mustard
- Dried oregano
- Erythritol, powdered
- Ginger, ground
- Nutritional yeast
- Olive oil, extra virgin
- Paprika
- Red or cayenne pepper
- Red wine vinegar
- Salt
- Sesame oil, toasted
- Sesame seeds
- Sherry vinegar
- Spelt flour
- Sucralose based sweetener
- Tamari soy sauce
- Truvia
- Turmeric, ground
- Vanilla extract
- Veganaise
- Vegetable broth

Menu Notes: Make 5 servings of the Sherry Vinaigrette to use throughout the week.