

ATKINS 40®

Vegetarian Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Veggie Breakfast Sausage Stacked with Avocado and Cheddar* Net Carbs 6g • FV 2g	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	Atkins French Vanilla Shake blended with: 1/4 mango and 1 cup spinach Net Carbs 9g • FV 0g	2 poached eggs 4 tomato slices 1 oz Swiss cheese Net Carbs 5g • FV 3g	1 serving Vegetarian "Sausage" Sauté with Red Bell Pepper and Onions* Net Carbs 7g • FV 3g	1 serving Spinach and Swiss Cheese Omelet* Net Carbs 3g • FV 1g	1 Snickerdoodle Protein Muffin* 2 tbsp peanut butter Net Carbs 8g • FV 0g
SNACK	Atkins Mocha Latte Shake 12 walnuts Net Carbs 5g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	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 1 stalk celery 2 tbsp peanut butter Net Carbs 8g • FV 1g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Mocha Latte Shake Net Carbs 3g • FV 0g	Atkins French Vanilla Shake blended with: 1 cup baby spinach Net Carbs 1g • FV 0g
LUNCH	1 serving Roasted Portobello Mushroom Melts with Gruyere* 1 cup romaine 1/4 cup chopped red pepper 2 tbsp Creamy Italian Dressing* Net Carbs 5g • FV 3g	1 serving Lettuce-Wrapped Cheddar Veggie Burger with Tomato and Hummus* Net Carbs 7g • FV 4g	1 serving Eggplant Stacks* 1 stick string cheese Net Carbs 6g • FV 4g	1 serving Veggie Burger Topped with Swiss Cheese and Avocado* 1/2 cup steamed Brussels sprouts Net Carbs 5g • FV 4g	1 serving Grilled Vegetable and Provolone Sandwiches* 1/2 cup sliced cucumber Net Carbs 12g • FV 6g	1 serving Broccoli Salad with Olives* 2 oz veggie "pepperoni" 8 cherry tomatoes Net Carbs 9g • FV 8g	1 serving Classic Egg Salad* 2 cups romaine 1/2 cup sliced cucumbers 10 cherry tomatoes 2 tbsp Creamy Italian Dressing* Net Carbs 10g • FV 9g
SNACK	1/2 honey crisp apple 2 tbsp almond butter Net Carbs 10g • FV 0g	1 stalk celery 1 tbsp almond butter Net Carbs 2g • FV 1g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Peanut Fudge Granola Bar 1/2 honey crisp apple Net Carbs 10g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 2g • FV 0g	Atkins White Chocolate Macadamia Nut Bar 5 large strawberries Net Carbs 9g • FV 0g
DINNER	1 serving Sesame Tofu and Asian Slaw* Net Carbs 13g • FV 9g	1 serving Portobello, Onion and Zucchini Tacos* & 1 serving Guacamole* Net Carbs 24g • FV 14g	1 serving Veggie "Beef" Crumble & Shirataki Sauté with Brussel Sprouts* Net Carbs 19g • FV 5g	1 serving Vegetarian Spaghetti and "Meatballs"* 2 cups romaine hearts 2 tbsp chopped red onion 2 radishes 2 tbsp Creamy Italian Dressing* Net Carbs 11g • FV 5g	1 serving Tofu Pad Thai* 2 cups steamed bok choy 1 tbsp butter Net Carbs 16g • FV 5g	1 serving Coconut Curry Tempeh* 1 cup cauliflower rice 1 Atkins Endulge Peppermint Patty Net Carbs 21g • FV 3g	1 serving Baked Tofu with Cajun Rub* & 1 serving Cauli Mac and Cheese* Net Carbs 11g • FV 4g
	Total Net Carbs: 39g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 22g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 38g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 13g

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

Atkins Products

- ☐ 3 Atkins French Vanilla Shakes
- ☐ 3 Atkins Mocha Latte Shakes
- ☐ 3 Atkins Peanut Fudge Granola Bars
- ☐ 3 Atkins White Chocolate Macadamia Nut Bars
- ☐ 1 Atkins Indulge Peppermint Patty
- ☐ Atkins Vanilla Protein Powder (1 serving)

Cheese/Dairy

- ☐ Cheddar cheese (4-ounces)
- ☐ Cream cheese (2-ounces)
- ☐ Eggs, large (10)
- ☐ Gruyere cheese (3-ounces)
- ☐ Heavy cream (3 fluid ounces)
- ☐ Monterey jack cheese (2-ounces)
- ☐ Mozzarella cheese (1-ounce)
- ☐ Parmesan cheese (2-ounces)
- ☐ Provolone cheese (2-ounces)
- ☐ String cheese (1 stick)
- ☐ Swiss cheese (3-ounces)

Herbs/Spices

- ☐ Fresh basil
- ☐ Fresh cilantro
- ☐ Fresh parsley

Other

- ☐ Almond butter
- ☐ Almonds
- ☐ Capers
- ☐ Coconut cream
- ☐ Coconut milk (canned)
- ☐ Corn tortillas
- ☐ Hummus (2 tablespoons)
- ☐ Olives, black
- ☐ Peanut butter, creamy natural
- ☐ Peanuts, dry roasted unsalted
- ☐ Pesto sauce (<1 net carb per tablespoon)
- ☐ Pine nuts, dried
- ☐ Salsa
- ☐ Walnuts

Meat/Protein

- ☐ Meatless: burger patties (2 at less than 2 NC per patty), ground crumbles (1 serving), zesty Italian meatballs (2 servings)
- ☐ Tempeh (4-ounces)
- ☐ Tofu: firm silken (13-ounces), shirataki noodles (4 servings)
- ☐ Veggie breakfast sausage patties (4 at 2 net carbs per patty)
- ☐ Veggie pepperoni (2-ounces)

Produce

- ☐ Apple, honey crisp (1)
- ☐ Avocados (2)
- ☐ Bell peppers, red (1 medium, 1 large)
- ☐ Bok choy (5-ounces)
- ☐ Broccoli (2-ounces flowerets)
- ☐ Brussels sprouts (5-ounces)
- ☐ Cabbage, green (1 small head)
- ☐ Cauliflower: riced (1 cup), head (1 small)
- ☐ Celery (4 medium stalks)
- ☐ Cucumber (1)
- ☐ Eggplant (1)
- ☐ Garlic (3 cloves)
- ☐ Ginger (2-inch knob)
- ☐ Jalapeno (1)
- ☐ Lemon (1)
- ☐ Lettuce: Romaine (1 small head), butterhead (1 small head)
- ☐ Limes (3)
- ☐ Mango (1)
- ☐ Mung bean sprouts (1 cup)
- ☐ Mushrooms, Portobello caps (3)
- ☐ Onions: scallions/green (3 medium), red (1 small), yellow (1 small)
- ☐ Radishes (3 large)
- ☐ Spinach, baby (6-ounces)
- ☐ Strawberries (5 large)
- ☐ Tomatoes: 2 medium, cherry (18), 1 Italian
- ☐ Zucchini (1 medium, 1 small)

Pantry

- ☐ Active dry yeast
- ☐ Baking powder
- ☐ Balsamic vinegar
- ☐ Black pepper
- ☐ Butter
- ☐ Canola oil
- ☐ Cinnamon
- ☐ Crushed red pepper flakes
- ☐ Cumin
- ☐ Curry powder
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Fish sauce
- ☐ Flax seed meal
- ☐ Garlic powder
- ☐ Ground mustard
- ☐ Italian seasoning
- ☐ Mayonnaise
- ☐ Olive oil, extra virgin & extra light
- ☐ Paprika
- ☐ Peanut oil
- ☐ Red or cayenne pepper
- ☐ Red wine vinegar
- ☐ Rice vinegar, unsweetened unseasoned
- ☐ Salt
- ☐ Sesame oil, toasted
- ☐ Sherry vinegar
- ☐ Soy flour
- ☐ Sucralose based sweetener
- ☐ Tabasco original pepper sauce
- ☐ Tamari soy sauce
- ☐ Wheat bran
- ☐ Wheat gluten
- ☐ Whey protein, vanilla, no sugar added
- ☐ White pepper
- ☐ White wine vinegar
- ☐ Xylitol

Menu Notes: Make 4 servings of creamy Italian dressing for the week.