

ATKINS 100[®]

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Almond-Pineapple Smoothie* blended with: 1 scoop Quest Vanilla Milkshake Protein Powder 2 tbsp heavy cream Net Carbs 19g • FV 0g	1 serving Garden Frittata* 1/2 medium apple Net Carbs 19g • FV 8g	Atkins Dark Chocolate Royale Shake blended with: 3/4 cup frozen riced cauliflower 1/2 cup blueberries Net Carbs 13g • FV 2g	1 serving Protein Powered Oatmeal* 1/3 cup blueberries Net Carbs 24g • FV 0g	1 serving Blueberry Cloud Muffin* 1/2 cup plain unsweetened Greek yogurt 1 1/2 cups cubed cantaloupe Net Carbs 29g • FV 0g	1 serving Keto Almond Protein Pancakes with Blueberries* 3/4 cup canned peaches (no sugar added) Net Carbs 16g • FV 0g	1 serving Crustless Broccoli Quiche* 1/3 cup cooked steel cut oats Net Carbs 22g • FV 4g
SNACK	Atkins Lemon Vanilla Protein Wafer Crisp Bar 1/2 cup grapes Net Carbs 18g • FV 0g	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	Atkins Birthday Cake Bar Net Carbs 4g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisp Bar Net Carbs 4g • FV 0g	Atkins Birthday Cake Bar Net Carbs 4g • FV 0g	Atkins Café Au Lait Shake & 1 Banana Coconut Muffin* Net Carbs 11g • FV 0g	Atkins Dark Chocolate Royale Shake & 1 Banana Coconut Muffin* Net Carbs 10g • FV 0g
LUNCH	1 serving Lettuce-Wrapped Cheddar Veggie Burger with Tomato and Hummus* 1 tbsp mayonnaise 9 pieces baked sweet potato fries Net Carbs 23g • FV 4g	1 serving Cumin-Lemon Butternut Squash Soup* 6 oz roasted chicken 1 piece cracked wheat sourdough bread Net Carbs 41g • FV 1g	1 serving Mediterranean Vegetable and Egg Salad* 4 oz roasted chicken 1 piece cracked wheat sourdough bread Net Carbs 31g • FV 8g	1 serving Kale with Pears and Onions* 1/3 cup cooked quinoa 1 tbsp olive oil Net Carbs 23g • FV 8g	A wrap with: 4 oz tuna 2 tbsp Creamy Italian Dressing* 1/2 medium cucumber 1 whole wheat tortilla 1/2 cup steamed cubed sweet potato Net Carbs 39g • FV 5g	1 serving Broccoli Florets with Lemon Butter Sauce* 1 oz feta cheese 1 piece cracked wheat sourdough bread Net Carbs 30g • FV 7g	1 serving Stacey Welton's Zuppa Toscana* 1 piece cracked wheat sourdough bread Net Carbs 40g • FV 7g
SNACK	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	1/2 medium sweet potato, baked and sliced 1/4 cup sour cream 1 tbsp chopped green onions Net Carbs 15g • FV 10g	Atkins Dark Chocolate Royale Shake 1 small apple Net Carbs 15g • FV 0g	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	Atkins Chocolate Banana Shake 1/3 cup grapes Net Carbs 13g • FV 0g	Atkins Snickerdoodle Bar 1/2 medium apple Net Carbs 13g • FV 0g
DINNER	1 serving Spiced Bok Choy and Tofu* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 38g • FV 13g	1 serving Sausage and Peppers over Penne* 2 cups shredded Romaine 1 slice red onion 2 pepperoncini 2 tbsp bottled Italian dressing Net Carbs 34g • FV 11g	1 serving Egg Roll Bowl with Shrimp* 1/2 cup brown rice 1 tbsp sesame oil Net Carbs 36g • FV 8g	1 serving Fajita Steak and Fresh Guacamole* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 34g • FV 9g	1 serving Italian Chicken Cacciatore* 1 1/2 cups baked spaghetti squash 2 tbsp butter Net Carbs 23g • FV 21g	1 serving Curried Fish and Red Peppers over Broccoli* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 30g • FV 6g	1 serving Cajun Pork Chops* & 1 serving Mashed Autumn Vegetables with Bacon and Scallions* Net Carbs 15g • FV 4g
	Total Net Carbs: 100g Foundation Vegetables: 17g	Total Net Carbs: 101g Foundation Vegetables: 20g	Total Net Carbs: 99g Foundation Vegetables: 29g	Total Net Carbs: 100g Foundation Vegetables: 17g	Total Net Carbs: 100g Foundation Vegetables: 26g	Total Net Carbs: 101g Foundation Vegetables: 12g	Total Net Carbs: 101g Foundation Vegetables: 15g

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

Atkins Products

- 2 Atkins Café Au Lait Shakes
- 1 Atkins Chocolate Banana Shake
- 3 Atkins Dark Chocolate Royale Shakes
- 2 Atkins Vanilla Latte Shakes
- 2 Atkins Birthday Cake Bars
- 2 Atkins Lemon Vanilla Protein Wafer Crisps Bars
- 2 Atkins Snickerdoodle Bars

Meat/Protein

- Beef: flank (6-ounces)
- Chicken: breast (6-ounces), roasted (10-ounces)
- Meatless burger (1 at 0 net carbs per patty)
- Pork: Andouille sausage (1 link at 1 net carb each), Italian sausage (1 3-ounce link with less than 2 net carbs), chops (6-ounces), bacon (1 medium slice)
- Shrimp (4-ounces)
- Tilapia (6-ounces)
- Tofu, firm silken (4-ounces)
- Tuna, canned in water (4-ounces)

Cheese/Dairy

- Cheddar cheese (5-ounces)
- Cottage cheese (1-ounce)
- Cream cheese (1-ounce)
- Eggs (11)
- Feta cheese (1-ounce)
- Half and half (1 cup)
- Heavy cream (2-ounces)
- Parmesan cheese, grated (2 tablespoons)
- Sour cream (2-ounces)
- Yogurt: plain whole milk (4-ounces), plain unsweetened Greek (4-ounces)

Produce

- Apples (1 small, 1 medium)
- Avocado (1)
- Banana (1 extra small)
- Bell peppers: green (1 medium), red (1 small)
- Blueberries (6-ounces)
- Bok choy (8-ounces)
- Broccoli (23-ounces florets)
- Cantaloupe (9-ounces)
- Carrot (1 small)
- Cauliflower: fresh (2-ounces), frozen riced (8-ounces)
- Celery (1 medium stalk)
- Coleslaw mix, bagged (2 cups)
- Cucumber (1 small)
- Garlic (6 cloves)
- Ginger (1-inch knob)
- Grapes (6-ounces)
- Jalapeno pepper (1)
- Kale (3-ounces)
- Leeks (1)
- Lemon (1)
- Lettuce: butterhead (2-ounces), Romaine (3-ounces), arugula (2-ounces)
- Lime (1)
- Mushrooms: shiitake (3-ounces), button (1-ounce)
- Onions: red (1 medium), green/scallions (3 medium), yellow (2 medium)
- Peach, canned (no sugar added) (1 cup slices)
- Pear (1 medium)
- Pineapple (3-ounces)
- Rutabaga (1 small)
- Shallots (5 grams)
- Sweet potato: frozen fries (9 fries), large (1)
- Squash: butternut (6-ounces), spaghetti (9-ounces)
- Tomatoes: cherry (3-ounces), medium (1)
- Turnip (3-ounces)

Other

- Almond butter
- Almond milk, plain unsweetened
- Almonds, blanched and slivered
- Artichoke hearts, marinated
- Bread, cracked wheat sourdough (22 net carbs per slice)
- Capers
- Coconut cream
- Coconut oil, virgin
- Fish sauce
- Hummus (2 tablespoons)
- Italian salad dressing (1 net carb per 2 tablespoons)
- Mirin rice cooking wine
- Oats: steel cut, rolled
- Olives, black
- Peanut oil
- Penne pasta, brown rice
- Pepperoncini
- Quinoa
- Roasted red chili paste
- Sauvignon blanc wine
- Sesame oil, toasted & plain
- Tomatoes, stewed canned
- Tortilla, whole wheat

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

Pantry

- Almond flour, blanched
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chicken broth
- Chili powder
- Chinese five spice
- Cinnamon
- Cloves, ground
- Coconut flour, high fiber
- Cumin
- Curry powder
- Dijon mustard
- Dried oregano
- Dried rosemary
- Dried thyme
- Garlic powder
- Italian seasoning
- Mayonnaise
- Nutmeg, ground
- Olive oil, extra virgin & light
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Rice, brown
- Sage, ground
- Salt
- Sesame seeds
- Soy flour, whole grain
- Stevia extract powder, packets
- Sucralose based sweetener, granulated
- Tamari soy sauce
- Turmeric
- Vanilla extract
- Vinegar: red wine, white wine,
- Whey protein, vanilla (Quest Vanilla Milkshake suggested)
- White pepper
- Xylitol

Menu Notes: You will use 2 Banana Coconut Muffins this week.

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BREAKFAST	1 serving Cheddar Omelet with Sautéed Onions* 1 piece cracked wheat sourdough bread Net Carbs 28g • FV 5g	1 serving Canadian Bacon, Cheddar and Tomato Stacks* Net Carbs 6g • FV 6g	Atkins Dark Chocolate Royale Shake blended with: 1 small banana 1/2 cup frozen cauliflower 1 tbsp peanut butter Net Carbs 26g • FV 2g	1 serving Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* 1 cup green grapes Net Carbs 34g • FV 7g	Parfait of: 1/2 cup plain, unsweetened Greek yogurt 1 Atkins Lemon Vanilla Protein Wafer Crisp Bar 1/2 cup sliced strawberries Net Carbs 14g • FV 0g	Atkins Vanilla Latte Shake Alongside: 3/4 cup cooked rolled oats 1/2 cup frozen unsweetened dark cherries 1 tsp cinnamon Net Carbs 30g • FV 0g	1 serving Breakfast Mexi Peppers* 1/2 cup prepared grits Net Carbs 20g • FV 4g
SNACK	Atkins Chocolate Banana Shake Net Carbs 4g • FV 0g	Atkins Vanilla Latte Shake blended with: 1/2 cup cooked millet 1/2 cup frozen unsweetened dark cherries Net Carbs 31g • FV 0g	Atkins Birthday Cake Bar Net Carbs 4g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	1/3 cup black bean dip 1 medium red bell pepper 1 oz cheddar cheese Net Carbs 16g • FV 5g	2 puffed spelt cakes 2 tbsp cream cheese 1/2 cup sliced cucumber Net Carbs 11g • FV 2g	Atkins Lemon Vanilla Protein Wafer Crisp Bar 5 large strawberries Net Carbs 9g • FV 0g
LUNCH	4 oz veggie "meatballs" 1 1/2 cups spaghetti squash 1/2 cup prepared pasta sauce Net Carbs 24g • FV 4g	1 serving Bratwurst with Onions and Sauerkraut* 1 piece cracked wheat sourdough bread Net Carbs 31g • FV 6g	1 serving Pasta Salad with Tuna, Capers and Lemon* 1 oz feta cheese Net Carbs 25g • FV 2g	1 serving Open-Faced Cheddar Sandwiches Topped with Balsamic Red Onions* 1/4 cup hummus 1/2 medium cucumber Net Carbs 22g • FV 6g	1 serving French Onion Soup (without the bread)* 1 piece cracked wheat sourdough bread 1 tablespoon butter Net Carbs 29g • FV 5g	1 serving Cauliflower Salad with Salmon* 1/2 cup cooked quinoa 1 tsp olive oil Net Carbs 25g • FV 7g	1 serving Sweet Potato and Spinach Salad* 4 oz roasted chicken 1 piece cracked wheat sourdough bread Net Carbs 30g • FV 2g
SNACK	Atkins Lemon Vanilla Protein Wafer Crisp Bar 2 small plums Net Carbs 17g • FV 0g	Atkins Snickerdoodle Bar 1/2 cup plain, unsweetened Greek yogurt Net Carbs 8g • FV 0g	1/4 medium baked sweet potato 1/3 cup black bean dip 1 oz cheddar cheese 20 black olives Net Carbs 19g • FV 3g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 1 small apple Net Carbs 17g • FV 0g	Atkins Birthday Cake Bar Net Carbs 4g • FV 0g	Atkins Café Au Lait Shake 1 oz 8 grain & seed pretzels Net Carbs 20g • FV 0g
DINNER	1 serving Vegetarian "Sausage" Sauté with Cabbage and Scallions* 3/4 oz Thai rice noodles 1 cup snowpeas 1 serving Ginger, Soy and Sesame Dipping Sauce* Net Carbs 28g • FV 7g	1 serving Pork Chops with Fresh Mushrooms, Tomatoes and Bell Pepper* 2 cups Romaine 1/2 cup sliced cucumber 1/2 cup steamed beet slices 1/4 cup chickpeas 2 tbsp Feta Ranch Dressing* Net Carbs 24g • FV 5g	1 serving Beef Enchilada Topped with an Egg Over Spaghetti Squash* 1 corn tortilla (6-inch) Net Carbs 24g • FV 12g	1 serving Indian Butter Chicken Meatballs* 3/4 cup cooked brown rice Net Carbs 40g • FV 6g	1 serving Penne with Chicken, Mushrooms and Tarragon Cream Sauce* Net Carbs 25g • FV 2g	1 serving Sausages with Baby Kale and Mustard Sauce* 1/2 cup brown rice 1 tbsp butter Net Carbs 31g • FV 4g	1 serving Air Fryer One Pot Chicken and Vegetables* Net Carbs 21g • FV 7g
	Total Net Carbs: 101g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 18g	Total Net Carbs: 97g Foundation Vegetables: 18g	Total Net Carbs: 102g Foundation Vegetables: 19g	Total Net Carbs: 100g Foundation Vegetables: 12g	Total Net Carbs: 100g Foundation Vegetables: 13g	Total Net Carbs: 100g Foundation Vegetables: 13g

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Cheese/Dairy

- Cheddar cheese (7-ounces), Vermont sharp-white (2-ounces)
- Cream cheese (1-ounce)
- Eggs (7)
- Feta cheese (2-ounces)
- Gruyere cheese (2-ounces)
- Heavy cream (3-ounces)
- Sour cream (2-ounces)
- Yogurt, Greek plain & unsweetened (2 cups)

Meat/Protein

- Beef: ground (5-ounces)
- Bratwurst (1 link with less than 3 net carbs)
- Chicken: breast (10-ounces), ground (4-ounces), thigh with skin (6-ounces)
- Chorizo pork and beef sausage (1-ounce)
- Meatless: “meatballs” (4-ounces at 4 net carbs), veggie breakfast sausage patties (2 at 2 net carbs per patty)
- Pork: Canadian bacon (2 slices), chop (1 thin cut), bacon (2 medium slices), Italian sausage (4-ounces)
- Salmon, canned (4-ounces)
- Tuna, canned in water (3-ounces)

Produce

- Apple (1 small)
- Banana (1 small)
- Beets (3-ounces)
- Bell peppers: green (1 medium), red (2 medium)
- Cabbage, red (4-ounces)
- Cauliflower: frozen riced (2-ounces), fresh (3-ounces)
- Cherries, dark frozen unsweetened (3-ounces)
- Cucumber (1 large)
- Garlic (4 cloves)
- Ginger (1-inch knob)
- Grapes, green seedless (6-ounces)
- Kale (1-ounce)
- Lemon (1)
- Lettuce: Romaine (3-ounces)
- Mushrooms: button (1-ounce), Crimini (2-ounces)
- Onions: red (1 small), yellow (2 large), green/scallions (1 large)
- Orange (1)
- Plums (2 small)
- Snowpeas (3-ounces)
- Spinach, baby (1 cup)
- Squash, spaghetti (14-ounces)
- Strawberries (7-ounces)
- Sweet potato (1 medium)
- Tomatoes: large (2), plum (1)

Other

- Black bean dip (1 cup)
- Bread, cracked wheat sourdough (22 net carbs per slice)
- Capers
- Chickpeas
- Enchilada sauce (10 net carbs or less per cup)
- Green chili, canned
- Grits
- Hummus (2-ounces)
- Millet
- Oats, rolled
- Pasta: brown rice, brown rice penne
- Pasta sauce, jarred (8 net carbs per ½ cup)
- Peanut butter
- Pretzels, 8 grain & seed (Snyder’s of Hanover brand)
- Puffed spelt cakes (Suzie’s brand- 4 net carbs per cake)
- Quinoa
- Roasted red peppers, jarred
- Sauerkraut
- Sauvignon blanc wine
- Thai rice noodles
- Tomatoes: canned with green chilies, canned crushed

Herbs/Spices

- Chives
- Fresh cilantro
- Fresh parsley
- Fresh tarragon

Pantry

- Baking powder
- Black pepper
- Butter: salted & unsalted
- Chicken broth
- Chili powder
- Cinnamon
- Corn tortilla (6-inch)
- Cumin
- Dijon mustard
- Dried dill
- Dried oregano
- Flax seed meal
- Garam masala
- Garlic powder
- Ghee (clarified butter)
- Mayonnaise
- Olive oil: extra virgin & light
- Olives: black, Kalamata
- Onion powder
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Rice, brown
- Salt
- Sesame oil
- Soy flour
- Sucralose based sweetener, granulated & packets
- Tamari soy sauce
- Truvia (erythritol stevia blend)
- Vinegar: sodium and sugar free rice, apple cider, white wine, balsamic, red wine
- Wheat bran
- Wheat gluten
- Whey protein powder, vanilla
- Yeast, active dry