

ATKINS 20[®]

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Keto Muffin in a Minute* 2 tsp cream cheese Net Carbs 4g • FV 0g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* topped with 1 avocado Net Carbs 6g • FV 5g	1 serving Herbed Scrambled Eggs* topped with 1/2 avocado Net Carbs 3g • FV 1g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* Net Carbs 5g • FV 5g	1 serving Spinach and Swiss Cheese Omelet* Net Carbs 3g • FV 1g	1 serving Salted Caramel Milk Chocolate Smoothie* Net Carbs 4g • FV 0g	1 serving Individual Cloud Muffin* Net Carbs 2g • FV 0g
SNACK	1/2 cup sliced cucumber 5 cherry tomatoes 20 green olives 2 tsp Creamy Italian Dressing* Net Carbs 4g • FV 4g	1 serving Chocolate-Cinnamon Smoothie* Net Carbs 2g • FV 0g	5 black olives 5 green olives Net Carbs 1g • FV 1g	6 spears steamed asparagus 1 tsp Creamy Italian Dressing* Net Carbs 2g • FV 2g	Atkins Frozen Parmesan Garlic Cauliflower Bites Or 1 serving Air Fryer Buffalo Cauliflower* Net Carbs 4g • FV 3g	6 radishes 1/2 avocado Net Carbs 2g • FV 2g	Atkins S'mores Bar Net Carbs 4g • FV 0g
LUNCH	1 serving Simple Marinated Kale* 4 oz chicken thigh, cooked Net Carbs 4g • FV 4g	1 serving Smoky Tuna Tomato* Net Carbs 2g • FV 2g	1 serving Turkey Burger Topped with Chipotle Aioli, Tomato and Avocado* Net Carbs 4g • FV 3g	1 serving Keto Pizza Salad* 6 oz roasted turkey Net Carbs 3g • FV 3g	1 serving Grilled Lamb Patties* & Tomato and Dilled Cucumber Salad* Net Carbs 6g • FV 4g	1 serving Keto Chicken Salad* 2 cups Romaine 4 cherry tomatoes 2 tsp Creamy Italian Dressing* Net Carbs 5g • FV 2g	1 serving Roast Beef, Red Bell Pepper and Provolone Lettuce Wraps* Net Carbs 3g • FV 1g
SNACK	Atkins S'mores Bar Net Carbs 4g • FV 0g	6 cherry tomatoes 7 radishes 1 oz Swiss cheese Net Carbs 5g • FV 4g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	1 serving Coconut Muffin in a Cup* 1 tsp butter Net Carbs 4g • FV 0g	1/2 cup sliced cucumber 4 cherry tomatoes Net Carbs 3g • FV 3g	3 pieces marinated artichoke hearts 10 black olives Net Carbs 4g • FV 4g	10 radishes 10 black olives Net Carbs 3g • FV 3g
DINNER	1 serving Beef, Scallion and Red Bell Pepper Sauté * Net Carbs 5g • FV 4g	1 serving Maple Chicken Strips* & Simple Marinated Kale* Net Carbs 4g • FV 4g	1 serving Keto Sea Bass with Artichoke Sauce* 1 cup zucchini noodles Net Carbs 8g • FV 7g	1 serving Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* Net Carbs 6g • FV 4g	1 serving Poached Salmon with Matchstick Vegetables* Net Carbs 5g • FV 4g	1 serving Chili Maple Mustard Ribs* & Cauliflower-Cheddar Mash* Net Carbs 5g • FV 4g	5 oz lamb chops 2 cups Romaine hearts 1/2 cup sliced cucumber 5 cherry tomatoes 3/4 avocado 2 tsp Creamy Italian Dressing* Net Carbs 8g • FV 8g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 19g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 14g	Total Net Carbs: 21g Foundation Vegetables: 15g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 12g

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

Atkins Products

- Atkins Frozen Parmesan Garlic Cauliflower Bites (1 serving)
- 1 Atkins Café Au Lait Shake
- 2 Atkins S'mores Bars

Meat/Protein

- Beef: cooked roast beef (4-ounces), steak (5-ounces)
- Chicken: thigh with skin (4-ounces), spicy chorizo sausage (1 link with 1 net carb), breast (12-ounces)
- Lamb: chops (5-ounces), ground (6-ounces)
- Pepperoni (1-ounce)
- Pork spareribs (8-ounces)
- Salmon (5-ounces)
- Sea bass (6-ounces)
- Tuna, canned in water (3-ounces)
- Turkey: breakfast sausage (4 links with 0 net carbs), ground--93% lean (6-ounces), roasted (6-ounces)

Cheese/Dairy

- Cheddar cheese (2-ounces)
- Cream cheese (2-ounces)
- Eggs (8)
- Feta cheese (1-ounce)
- Heavy cream (1-ounce)
- Monterey jack (3-ounces)
- Mozzarella: whole milk (1-ounce), fresh ball (1-ounce)
- Parmesan cheese, grated (1-ounce)
- Provolone cheese (2-ounces)
- Sour cream (1 tablespoon)
- Swiss cheese (2-ounces)

Herbs/Spices

- Chives
- Fresh dill
- Fresh parsley
- Fresh peppermint

Produce

- Artichoke (frozen) (3-ounces)
- Asparagus (6 spears)
- Avocado (5)
- Bell pepper: red (1 medium), green (1 small)
- Cabbage, green (3-ounces)
- Cauliflower (1 small head)
- Celery (1 stalk)
- Cucumber (1 large)
- Endive (1 head)
- Garlic (2 cloves)
- Green snap beans (1-ounce)
- Kale (10 leaves)
- Lemon (1)
- Lettuce: Romaine (1 small head)
- Mushrooms: Cremini (1-ounce), Portobello (1 cap)
- Onions: green/ scallions (3 medium), yellow (1 small)
- Radishes (23)
- Spinach, baby (5-ounces)
- Squash, zucchini noodles (4-ounces)
- Tomatoes: cherry/grape (17-ounces), small (4), plum (1)

Other

- Artichoke hearts, marinated
- Bacon bits
- Capers
- Caramel syrup, sugar free
- Chipotle en adobo
- Coconut extract
- Coconut milk beverage, unsweetened (not canned)
- Garlic aioli
- Horseradish
- Pepperoncini peppers
- Red salsa
- Whey protein powder: chocolate (Quest brand preferred), vanilla

Pantry

- Baking powder
- Bay leaf
- Black pepper
- Butter: salted & unsalted
- Canola vegetable oil
- Chili powder
- Cinnamon
- Cocoa powder
- Coconut flour
- Coconut, unsweetened shredded
- Dijon mustard
- Dried tarragon
- Flax seed meal
- Italian seasoning
- Maple syrup, sugar free
- Mayonnaise
- Olive oil, extra virgin
- Olives: green & black
- Red pepper flakes, crushed
- Salt
- Sucralose: packets, granulated
- Truvia
- Vinegar: white wine, red wine, apple cider
- Xylitol

Menu Notes: Make 4 servings of the creamy Italian Dressing to use throughout the week.

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Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 slice toasted Keto Coconut Bread* 1/4 avocado 1/2 Roma tomato (sliced) 1 sliced radish 1 poached egg Net Carbs 3g • FV 2g	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	1 serving Keto Muffin in a Minute* 2 tbsp cream cheese Net Carbs 4g • FV 0g	1 serving Eggs Scrambled with Sautéed Onions and Cheddar Cheese* topped with 1/2 avocado Net Carbs 6g • FV 5g	1 serving Turkey-Cauliflower Hash* Net Carbs 4g • FV 4g	1 slice toasted Keto Coconut Bread* spread with 1/2 avocado 2 slices nitrate-free Canadian bacon Net Carbs 4g • FV 1g	1 serving Wild Mushroom and Gruyere Omelet* & 1 serving Keto Muffin in a Minute* Net Carbs 5g • FV 2g
SNACK	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	9 spears steamed asparagus wrapped in 2 oz prosciutto Net Carbs 3g • FV 3g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	1/2 cup sliced cucumber Net Carbs 2g • FV 2g	5 radishes 1 tbsp Maple-Dijon Vinaigrette* Net Carbs 1g • FV 1g	10 large black olives 10 green olives Net Carbs 1g • FV 1g
LUNCH	1 serving Egg Salad with Chipotle and Tomatoes* 1 cup baby spinach Net Carbs 2g • FV 1g	4 oz sliced turkey breast 1 slice onion 4 slices dill pickle 2 Romaine leaves 2 slices tomato 1 tbsp mayonnaise 1 slice toasted Keto Coconut Bread* Net Carbs 5g • FV 4g	1 serving Tuna-Celery Salad with Mixed Greens* dressed with 2 tablespoons Maple-Dijon Vinaigrette* instead of the vinaigrette called for in the recipe. Net Carbs 3g • FV 3g	1 serving Sautéed Chicken Thighs* & 1 serving Tomato-Mozzarella Melt* Net Carbs 6g • FV 4g	1 serving Grilled Chicken Breast with Avocado, Cheese and Tomato Salad* Net Carbs 5g • FV 4g	1 serving Swiss Cheese, Turkey, and Asparagus Roll-ups with Aioli* Net Carbs 4g • FV 1g	1 serving Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese* 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g
SNACK	1/2 cup sliced green pepper 7 spears steamed asparagus 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g	8 green olives 10 radishes dipped in 2 tablespoons whipped butter with sea salt Net Carbs 2g • FV 2g	1 slice Keto Coconut Bread* spread with 1 oz soft goat cheese 1/2 cup sliced cucumber Net Carbs 3g • FV 2g	20 green olives 5 black olives Net Carbs 1g • FV 1g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Frozen Parmesan Garlic Cauliflower Bites Or 1 serving Air Fryer Buffalo Cauliflower* Net Carbs 4g • FV 3g	3/4 cup sliced cucumber 1 stick string cheese Net Carbs 2g • FV 2g
DINNER	1 serving Keto Taco Casserole* Net Carbs 7g • FV 6g	1 serving Lemon Thyme Halibut with Sautéed Green Beans* Net Carbs 5g • FV 4g	1 serving Balsamic Pork Loin and Cauliflower* Net Carbs 8g • FV 5g	1 serving Spinach and Feta Turkey Burgers* 2 cups Romaine 1/2 cup sliced cucumber 1/2 cup sliced red pepper 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 5g • FV 5g	1 serving Grilled Chicken with Cauli Mac and Cheese* Net Carbs 6g • FV 4g	1 serving Cod with Olives and Lemon* 1/2 cup sliced red pepper 5 radishes 1 tbsp Maple Dijon Vinaigrette* Net Carbs 8g • FV 7g	1 serving Beef, Scallions and Red Bell Pepper Sauté* 1 cup cauliflower rice 1 tsp butter Net Carbs 6g • FV 6g
	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 15g	Total Net Carbs: 20g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 19g Foundation Vegetables: 15g

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Atkins Products

- Atkins Frozen Parmesan Garlic Cauliflower Bites (1 serving)
- 2 Atkins Cafe Au Lait Shakes
- 2 Atkins Snickerdoodle Bars

Meat/Protein

- Beef: ground (4-ounces), steak (5-ounces)
- Chicken: breast (1 skinless bone in + 12-ounces boneless skinless), thigh (8-ounces)
- Cod (6-ounces)
- Halibut (5-ounces)
- Pork: prosciutto (2-ounces), Canadian bacon (2-slices), bacon (1 med slice), tenderloin (6-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: sliced roasted (7-ounces), ground (5-ounces), cooked meat (4-ounces)

Cheese/Dairy

- Cheddar cheese (3-ounces)
- Cream cheese (2-ounces)
- Eggs (20)
- Feta cheese (1-ounce)
- Goat cheese, soft (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (3-ounces)
- Monterey jack cheese (6-ounces)
- Mozzarella cheese, whole milk (2-ounces)
- String cheese (1 stick)
- Swiss cheese (2-ounces)

Produce

- Asparagus (19 medium spears)
- Avocado (3)
- Bell peppers: green (1 small), red (2 medium)
- Broccoli (5-ounces flowerets)
- Cauliflower: whole (1 medium head), riced (1 cup)
- Celery (2 large stalks)
- Cucumber (1 large)
- Garlic (5 cloves)
- Green string beans (4-ounces)
- Jalapeno pepper (1)
- Lemon (1)
- Lettuce: mixed baby greens (2 cups), Romaine (1 small head), spring mix (3 cups)
- Mushrooms, button pieces (2-ounces)
- Onion: red (1-ounce), green/scallions (1 large), yellow (1 large)
- Radishes (21)
- Spinach: baby (3-ounces), frozen (1-ounce)
- Squash, zucchini (1 small)
- Tomatoes: Roma (1), cherry (3), medium (2)

Other

- Capers
- Chicken broth
- Chipotle en adobo, canned
- Maple syrup, sugar-free
- Sundried tomatoes

Herbs/Spices

- Chives
- Fresh basil
- Fresh dill
- Fresh parsley

Pantry

- Allspice, ground
- Avocado oil
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola vegetable oil
- Chili powder
- Cinnamon
- Coconut flour, high fiber
- Cumin
- Dijon mustard
- Dried dill
- Dried oregano
- Dried rosemary
- Dried thyme
- Dry mustard
- Flax seed meal
- Garlic powder
- Mayonnaise
- Olive oil, extra virgin
- Olives: green, black, Kalamata
- Onion powder
- Pepper sauce (like Tabasco)
- Pickles, dill
- Red pepper, crushed flakes
- Salt
- Sucralose based sweetener, granulated
- Truvia (erythritol-stevia blend)
- Vinegar: red wine, balsamic
- White pepper
- Xylitol

Menu Notes: Make the full coconut bread recipe (Monday), slice and store in the freezer until needed. You will use 4 of the 16 slices this week. Make 6 servings of the Maple-Dijon Vinaigrette to use throughout the week.