

ATKINS 20[®]

Quick Start Menu Plan

Notes: _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--|--|---|---|--|---|---|
| BREAKFAST | Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g | 1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* Net Carbs 3g • FV 3g | Atkins Milk Chocolate Delight Shake 1 cup frozen cauliflower rice Net Carbs 5g • FV 3g | Atkins Frozen Bacon Scramble topped with 1/2 avocado Net Carbs 6g • FV 1g | Atkins Strawberry Shake Net Carbs 2g • FV 0g | 1 serving Green Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 3g • FV 2g | 1 serving Eggs with Avocado and Salsa* Net Carbs 4g • FV 3g |
| SNACK | Atkins Honey Almond Vanilla Crunch Bites (1 serving= 13 bites) Net Carbs 2g • FV 0g | Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g | 5 black olives 1 stick string cheese Net Carbs 1g • FV 1g | Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g | 20 green olives Net Carbs 0g • FV 0g | Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g | Atkins Honey Almond Vanilla Crunch Bites (1 serving= 13 bites) Net Carbs 2g • FV 0g |
| LUNCH | 1 serving Lettuce Wrapped Chicken Burger with Avocado and Tomato* Net Carbs 4g • FV 4g | Atkins Frozen Beef Merlot over: 1 cup frozen cauliflower rice 1 tbsp butter Net Carbs 9g • FV 6g | 1 serving Keto Pizza Salad* 4 oz chicken breast 2 cups baby spinach 1 tbsp olive oil Net Carbs 4g • FV 4g | 1 serving Portobello Mushroom Pizza* 4 oz cooked chicken thigh Net Carbs 3g • FV 3g | 1 serving Cheddar Burger with Sautéed Mushrooms and Onions* 2 cups baby greens 1 tbsp olive oil 1 tsp red wine vinegar Net Carbs 6g • FV 6g | Atkins Frozen Beef Teriyaki Stir-Fry 1 cup cauliflower rice 1 1/2 tbsp olive oil Net Carbs 8g • FV 5g | 1 serving Canned Tuna and Celery Salad on Baby Spinach* 1/2 cup sliced cucumber 1/2 cup sliced red bell pepper Net Carbs 5g • FV 5g |
| SNACK | Atkins Strawberry Shake Net Carbs 2g • FV 0g | Atkins Honey Almond Greek Yogurt Bar Net Carbs 3g • FV 0g | Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g | 6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving) Net Carbs 4g • FV 3g | Atkins Honey Almond Vanilla Crunch Bites (1 serving= 13 bites) Net Carbs 2g • FV 0g | Atkins Honey Almond Greek Yogurt Bar Net Carbs 3g • FV 0g | Atkins Strawberry Shake Net Carbs 2g • FV 0g |
| DINNER | 1 serving Lamb Chops with Mustard Sauce* 1 cup steamed spinach 1 cup broccoli, steamed 1 tbsp butter Net Carbs 6g • FV 6g | 1 serving Salmon and Asparagus Sheet Pan* Net Carbs 4g • FV 4g | Atkins Frozen Mongolian-Style Beef Cauliflower Bowl topped with: 2 oz kimchi 1/4 cup mung bean sprouts 2 tbsp mayonnaise 1/2 teaspoon sriracha Net Carbs 10g • FV 6g | 1 serving Pork Tenderloin with Tomatoes and Green Olives* 1 1/2 cups zucchini noodles 1 tbsp olive oil Net Carbs 5g • FV 5g | Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 13 spears steamed asparagus 2 tbsp butter Net Carbs 10g • FV 6g | 1 serving Poached Salmon with Matchstick Vegetables* 1 1/2 cups mixed baby greens 1 tbsp olive oil 1/2 tsp red wine vinegar Net Carbs 7g • FV 6g | Atkins Frozen Mexican-Style Chicken and Vegetables 1 cup cauliflower rice 1 tbsp olive oil Net Carbs 8g • FV 5g |
| | Total Net Carbs: 20g Foundation Vegetables: 12g | Total Net Carbs: 21g Foundation Vegetables: 12g | Total Net Carbs: 22g Foundation Vegetables: 14g | Total Net Carbs: 21g Foundation Vegetables: 12g | Total Net Carbs: 21g Foundation Vegetables: 13g | Total Net Carbs: 22g Foundation Vegetables: 12g | Total Net Carbs: 20g Foundation Vegetables: 12g |

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

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Atkins Products

- Atkins Frozen Bacon and Cheddar Cauliflower Bites
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Merlot
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Farmhouse-Style Sausage Scramble
- 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 Vanilla Shakes
- 1 Atkins Milk Chocolate Delight Shake
- 3 Atkins Strawberry Shakes
- 1 Atkins Chocolate Peanut Butter Bar
- 2 Atkins Honey Almond Greek Yogurt Bars
- 3 servings Atkins Honey Almond Vanilla Crunch Bites

Meat/Protein

- Beef, ground (6-ounces)
- Chicken: thigh with skin (4-ounces), ground (7-ounces), breast (4-ounces)
- Lamb: sirloin chops (8-ounces)
- Pepperoni (1-ounce)
- Pork, tenderloin (4-ounces)
- Salmon (9-ounces)
- Tuna, canned in water (5-ounces)
- Turkey, breakfast sausage (4 links at 0 net carbs)

Herbs/Spices

- Fresh parsley
- Fresh rosemary

Produce

- Asparagus (13-ounces)
- Avocado (1)
- Bell peppers: red (1 medium), green (1 small)
- Broccoli (1 cup)
- Cauliflower: riced (3 cups), frozen (1 cup)
- Celery (1 stalk)
- Cucumber (1 small)
- Endive (1 head)
- Garlic (3 cloves)
- Green snap beans (1-ounce)
- Lemons (1)
- Lettuce: mixed baby greens (4 cups), butterhead (3 leaves)
- Mung bean sprouts (1-ounce)
- Mushrooms: Portobello caps (2 caps), button (4 whole), Crimini (1-ounce)
- Onions: yellow (1-ounce), scallions/green (1 small)
- Spinach, baby (12-ounces)
- Squash, zucchini (6-ounces)
- Tomatoes: large (1), grape (4), plum (1)

Cheese/Dairy

- Cheddar cheese (1-ounce)
- Eggs (4)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese (1-ounce), fresh ball (1-ounce)
- Parmesan cheese, grated (1 tablespoon)
- Pepper jack cheese (1-ounce)
- String cheese (1 stick)

Pantry

- Bay leaf
- Beef broth
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chicken broth
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Mustard: Dijon, stone ground
- Olive oil, extra virgin & light
- Olives: black, green
- Salt
- Sriracha
- Thick-it-up
- Vinegar, red wine

Other

- Capers
- Kimchi
- Pepperoncini peppers
- Red table wine
- Salsa
- Tomato sauce, canned
- White wine

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|-----------|---|--|---|--|---|---|--|
| BREAKFAST | Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g | Atkins Frozen Ham & Cheese Omelet topped with 3/4 avocado Net Carbs 6g • FV 2g | 1 serving Tomato, Avocado and Monterey Jack Stacks* Net Carbs 5g • FV 5g | Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g | 1 serving Eggs with Avocado, Tomato and Sausage* 1 tbsp butter (to cook eggs) Net Carbs 4g • FV 4g | Atkins Strawberry Shake Net Carbs 2g • FV 0g | Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g |
| SNACK | Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g | Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g | Atkins Café Au Lait Shake Net Carbs 3g • FV 0g | 6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving- 6 bites) Net Carbs 4g • FV 3g | Atkins Café Au Lait Shake Net Carbs 3g • FV 0g | Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g | 2/3 cup sliced red bell peppers 1/2 cup sliced cucumber 2 tbsp Ranch Dressing* Net Carbs 5g • FV 4g |
| LUNCH | Atkins Frozen Asian-Style Chicken Stir Fry Net Carbs 7g • FV 5g | 1 serving Smoky Tuna Tomato* & 1 serving Fresh Broccoli Salad* Net Carbs 7g • FV 6g | Atkins Frozen Chicken and Broccoli Alfredo 1/3 cup chopped zucchini Net Carbs 6g • FV 4g | 3 oz pork chop 1 cup cooked asparagus 2 tbsp butter Net Carbs 3g • FV 3g | Atkins Frozen Mongolian-Style Beef Cauliflower Bowl Net Carbs 7g • FV 4g | 1 serving Grilled Chicken Breast with Avocado, Cheese and Tomato Salad* Net Carbs 5g • FV 4g | Atkins Frozen Crustless Chicken Pot Pie Net Carbs 6g • FV 3g |
| SNACK | 1/2 cup sliced cucumber 2 tbsp Ranch Dressing* Net Carbs 2g • FV 2g | Atkins Honey Almond Vanilla Crunch Bites (1 serving= 13 bites) Net Carbs 2g • FV 0g | Atkins Honey Almond Greek Yogurt Bar Net Carbs 3g • FV 0g | Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g | Atkins Honey Almond Greek Yogurt Bar Net Carbs 3g • FV 0g | 2/3 cup sliced cucumber Net Carbs 2g • FV 2g | Atkins Honey Almond Greek Yogurt Bar Net Carbs 3g • FV 0g |
| DINNER | 1 serving Keto Taco Casserole* Net Carbs 7g • FV 6g | 1 serving Baked Salmon with Bok Choy and Red Bell Pepper Puree* Net Carbs 4g • FV 4g | 1 serving Lemon-Thyme Tenderloin with Roasted Vegetables* Net Carbs 4g • FV 4g | Atkins Frozen Cheesy Chicken Risotto 1/2 cup Brussels sprouts 2 tbsp butter Net Carbs 9g • FV 7g | 1 serving Lemon-Thyme Halibut with Sautéed Green Beans* Net Carbs 5g • FV 4g | Atkins Frozen Chicken Margherita 1 1/2 cups zucchini noodles 1 tbsp olive oil Net Carbs 10g • FV 6g | 1 serving Tequila Chicken* & 1 serving Easy Pepper and Zucchini Sauté* Net Carbs 6g • FV 5g |
| | Total Net Carbs: 21g Foundation Vegetables: 12g | Total Net Carbs: 21g Foundation Vegetables: 12g | Total Net Carbs: 21g Foundation Vegetables: 13g | Total Net Carbs: 20g Foundation Vegetables: 13g | Total Net Carbs: 23g Foundation Vegetables: 12g | Total Net Carbs: 22g Foundation Vegetables: 12g | Total Net Carbs: 22g Foundation Vegetables: 12g |

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Atkins Products

- Atkins Frozen Asian-Style Chicken Stir Fry
- Atkins Frozen Bacon Cheddar Cauliflower Bites
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chicken Margherita
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 2 Atkins Café Au Lait Shakes
- 1 Atkins Creamy Vanilla Shake
- 3 Atkins Milk Chocolate Delight Shakes
- 1 Atkins Strawberry Shake
- 3 Atkins Chocolate Peanut Butter Bars
- 3 Atkins Honey Almond Greek Yogurt Bars
- 1 Atkins Honey Almond Vanilla Crunch Bites

Meat/Protein

- Beef: ground (4-ounces), tenderloin (8-ounces)
- Chicken: breast (16-ounces)
- Halibut (5-ounces)
- Pork: chops (3-ounces), bacon (1 medium slice), breakfast sausage (3-ounces at 0 net carbs)
- Salmon (5-ounces)
- Tuna, canned in water (3-ounces)

Cheese/Dairy

- Cheddar cheese (1-ounce)
- Eggs (3)
- Heavy cream (2 tablespoons)
- Monterey jack cheese (3-ounces)

Produce

- Asparagus (7-ounces)
- Avocado (3)
- Bell peppers: red (1 medium), yellow (1 small), green (1 small)
- Bok choy (6-ounces)
- Broccoli (1 cup flowerets)
- Brussels sprouts (2-ounces)
- Celery (1 medium stalk)
- Cucumber (1 medium)
- Garlic (5 cloves)
- Green string beans (4-ounces)
- Jalapeno pepper (1)
- Lemon (1)
- Lettuce: mixed baby greens (2 cups)
- Onion: yellow (1 small), green/ scallions (1 large)
- Spinach: baby (2 cups)
- Squash: yellow/ summer (1 small), zucchini (2 medium)
- Tomatoes: medium (2), cherry (3), roma (1), small (1)

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley

Pantry

- Black pepper
- Butter: salted and unsalted
- Canola oil
- Chili powder
- Cumin
- Dijon mustard
- Dried marjoram
- Dried oregano
- Dried thyme
- Garlic powder
- Mayonnaise
- Olive oil, extra virgin & light
- Onion powder
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sucralose based sweetener
- Vinegar: red wine, cider

Other

- Bacon bits
- Chipotle en adobo
- Roasted red peppers (in jar)
- Salsa
- Tequila