

# ATKINS 20<sup>®</sup>

## Standard Menu Plan

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	1 serving Green Bell Pepper with Creamy Eggs and Spinach* Net Carbs 3g • FV 2g	1 serving Smoked Salmon, Tomato and Cream Cheese* Net Carbs 4g • FV 3g	1 serving Cheddar Omelet with Sautéed Tomato and Zucchini* Net Carbs 5g • FV 3g	1 serving Poached Eggs with Cheddar and Tomato* Net Carbs 2g • FV 1g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* Net Carbs 6g • FV 5g	1 serving Fluffy Flax Waffles* 1 tbsp butter 1/8 tsp cinnamon Net Carbs 2g • FV 0g
SNACK	1/2 cup sliced red pepper 1/2 cup sliced cucumber 2 tbsp Ranch Dressing* Net Carbs 4g • FV 4g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins S'mores Bar Net Carbs 4g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins S'mores Bar Net Carbs 4g • FV 0g
LUNCH	1 serving Seared Lemon Chicken* & 1 serving Savoy Cabbage with Bacon* Net Carbs 6g • FV 5g	1 serving Broccoli Salad with Olives* 4 oz rib eye steak Net Carbs 4g • FV 4g	1 serving Lemon Zest Tuna Salad* Net Carbs 5g • FV 2g	1 serving Chicken-Portobello Broilers* 1/2 cup sliced cucumber Net Carbs 4g • FV 4g	1 serving Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese* dressed with 2 tbsp Ranch Dressing* Net Carbs 5g • FV 4g	1 serving Ham, Muenster, and Asparagus Roll-ups* 1/2 cup sliced cucumber 3 radishes Net Carbs 3g • FV 3g	1 serving Lettuce Wrapped Chicken Burger with Avocado and Tomato* 1/2 medium red pepper Net Carbs 7g • FV 7g
SNACK	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Indulge Caramel Nut Chew Bar Net Carbs 2g • FV 0g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Indulge Caramel Nut Chew Bar Net Carbs 2g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g
DINNER	1 serving Baked Salmon with Bok Choy and Red Bell Pepper Puree* Net Carbs 4g • FV 4g	1 serving Roast Pork Loin over Sautéed Squash* 7 cherry tomatoes Net Carbs 6g • FV 6g	1 serving Turkey Burger with Chipotle Aioli, Tomato and Pickled Onions over Greens* Net Carbs 6g • FV 6g	1 serving Mackerel Fillets with Mustard-Rosemary Mayonnaise* 2 cups baby greens 1/2 cup sliced red pepper 1 tomato slice 2 tbsp Ranch Dressing* Net Carbs 6g • FV 5g	1 serving Five Spice Chicken with Gingered Zucchini Noodles and Mushrooms* with 1 stalk celery added Net Carbs 9g • FV 8g	1 serving Lamb Chops with Moroccan Rub* & 1 serving Roasted Cauliflower with Tomato Sauce and Black Olives* Net Carbs 7g • FV 4g	1 serving Keto Taco Casserole* Net Carbs 7g • FV 6g
	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 19g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g

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

## **Atkins Products**

- 2 Atkins Café Au Lait Shakes
- 2 Atkins Creamy Vanilla Shakes
- 1 Atkins Dark Chocolate Royale Shake
- 2 Atkins Strawberry Shakes
- 2 Atkins Chocolate Peanut Butter Bars
- 2 Atkins S'mores Bars
- 1 Atkins Snickerdoodle Bar
- 2 Atkins Indulge Caramel Nut Chew Bars

## **Meat/Protein**

- Beef: rib eye steak (4-ounces), ground (4-ounces, 10% fat)
- Chicken: breast (21-ounces), ground (7-ounces)
- Lamb leg chops (5-ounces)
- Mackerel, Atlantic (8-ounces)
- Pork: bacon (3 slices), tenderloin (5-ounces), breakfast sausage (3-ounces with 0 net carbs), cooked ham (2-ounces)
- Salmon: raw (5-ounces), smoked chinook (3-ounces)
- Tuna, canned in water (6-ounces)
- Turkey, ground (6-ounces)

## **Cheese/Dairy**

- Cheddar cheese (5-ounces)
- Cream cheese (1-ounce)
- Eggs (8)
- Feta cheese (1-ounce)
- Heavy cream (2-ounces)
- Monterey jack (2-ounces)
- Mozzarella cheese, whole milk (1-ounce)
- Muenster cheese (1-ounce)
- Pepper jack cheese (1-ounce)

## **Produce**

- Asparagus (2 med spears)
- Avocado (2)
- Bell peppers: red (2 large), green (1 large)
- Bok choy (6-ounces)
- Broccoli (2-ounces)
- Cabbage, Savoy (6-ounces)
- Cauliflower (3-ounces)
- Celery (2 medium stalks)
- Cucumber (1 large)
- Garlic (5 cloves)
- Ginger root, fresh (1-inch knob)
- Jalapeno pepper (1)
- Lemons (2)
- Lettuce: mixed baby greens (5 cups), arugula (2 cups), spring mix (1 cup), butterhead (3 med leaves)
- Mushrooms: Portobello (1 cap), button (2-ounces)
- Onions: red (1-ounce), scallions/ green (1 medium), yellow (1 small)
- Radishes (3)
- Shallot (1-ounce)
- Spinach, baby (1 cup)
- Tomatoes: cherry (7), medium (3), large (1), plum (1), Roma (1)
- Zucchini (2 medium)

## **Herbs/Spices**

- Chives
- Fresh dill
- Fresh parsley
- Fresh rosemary

## **Other**

- Bell pepper sliced, roasted, jarred
- Capers
- Chipotle en adobo
- Coconut milk, unsweetened
- Salsa
- Tamari soy sauce

## **Pantry**

- Baking powder
- Bay leaf
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chili powder
- Chinese five spice blend
- Cinnamon
- Cumin
- Dijon mustard
- Dried coriander leaf
- Dried oregano
- Dried rosemary
- Flax seed meal, golden
- Garlic powder
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Nutmeg, ground
- Olive oil: extra virgin & light
- Olives, black
- Onion powder
- Salt
- Sesame oil
- Sucralose based sweetener: packets, granulated
- Vanilla extract
- Vinegar: red wine, white wine
- Whey protein powder, vanilla
- Xylitol

**Menu Notes:** Make half of the recipe of ranch dressing to use throughout the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Tomato, Mozzarella and Turkey Sausage Stack*</b>  Net Carbs 5g • FV 3g	1 serving <b>Poached Eggs over Tomato, Avocado and Muenster*</b>  Net Carbs 4g • FV 3g	1 serving <b>Keto Chocolate Cloud Muffin*</b>  Net Carbs 3g • FV 0g	1 serving <b>Eggs Scrambled with Zucchini, Cheddar and Sour Cream*</b> 1/2 avocado  Net Carbs 5g • FV 3g	<b>Atkins Creamy Vanilla Shake</b> 1 cup baby spinach  Net Carbs 2g • FV 0g	1 serving <b>Pumpkin Flax Pancakes*</b> 2 tsp sugar free syrup  Net Carbs 3g • FV 1g	1 serving <b>Keto Cheesy Bacon Cloud Muffin*</b> 1/2 avocado  Net Carbs 4g • FV 1g
SNACK	<b>Atkins Creamy Vanilla Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Snickerdoodle Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins Café Au Lait Shake</b>  Net Carbs 3g • FV 0g	<b>Atkins S'mores Bar</b>  Net Carbs 4g • FV 0g	1/2 cup sliced cucumber 15 green olives  Net Carbs 2g • FV 2g	<b>Atkins Dark Chocolate Royale Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Strawberry Shake</b>  Net Carbs 2g • FV 0g
LUNCH	1 serving <b>Ham, Monterey Jack and Jicama Roll-Ups with Aioli*</b> & 1 serving <b>Mixed Greens with Cucumber, Red Pepper and Creamy Italian*</b>  Net Carbs 7g • FV 6g	1 serving <b>Zucchini Noodles with Spicy Chicken Sausage*</b>  Net Carbs 7g • FV 5g	1 serving <b>Canned Tuna and Celery Salad on Baby Spinach*</b> topped with 1/2 avocado 7 cherry tomatoes  Net Carbs 6g • FV 6g	1 serving <b>Tomato-Mozzarella Melt*</b> 3 oz cooked chicken breast 10 black olives  Net Carbs 5g • FV 5g	1 serving <b>Cheddar Burger with Sautéed Mushrooms and Onions*</b> & 1 serving <b>Roasted Red Pepper Salad with Olives and Fresh Basil*</b> 1 cup shredded Romaine  Net Carbs 8g • FV 7g	1 serving <b>Keto Pizza Salad*</b> 1 1/2 cup chopped bibb lettuce  Net Carbs 4g • FV 4g	1 serving <b>Cobb Salad*</b> 1/2 cup sliced cucumber 4 cherry tomatoes  Net Carbs 8g • FV 7g
SNACK	<b>Atkins Indulge Caramel Nut Chew Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Dark Chocolate Royale Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Chocolate Peanut Butter Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins Strawberry Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Indulge Caramel Nut Chew Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Snickerdoodle Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins Chocolate Peanut Butter Bar</b>  Net Carbs 3g • FV 0g
DINNER	1 serving <b>Zucchini Chicken Alfredo*</b>  Net Carbs 7g • FV 4g	1 serving <b>Salmon and Asparagus Sheet Pan*</b> 1/4 cup sliced red pepper  Net Carbs 5g • FV 4g	1 serving <b>Thai Basil Chicken Stir Fry*</b>  Net Carbs 8g • FV 7g	1 serving <b>Rosemary-Roasted Chicken and Vegetables*</b> 1 tbsp butter 1 1/2 tbsp chopped scallion  Net Carbs 6g • FV 5g	1 serving <b>Pork Chops with Fresh Mushrooms, Tomatoes and Bell Peppers*</b> & 1 serving <b>Cauliflower Cheddar Mash*</b> 2 tbsp butter  Net Carbs 6g • FV 5g	1 serving <b>Flank Steaks with Smoky Cilantro Sauce and Zucchini*</b>  Net Carbs 8g • FV 7g	1 serving <b>Lemon-Thyme Halibut with Sautéed Green Beans*</b>  Net Carbs 5g • FV 4g
	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g

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## **Meat/Protein**

- Beef: flank steak (7-ounces), ground (6-ounces)
- Chicken: breast (18-ounces), sausage (4-ounces with less than 2 net carbs), thigh (2 medium)
- Halibut (5-ounces)
- Pepperoni (1-ounce)
- Pork: chops (1 small), bacon (3 medium slices), cooked ham (2-ounces)
- Salmon, fresh (4-ounces)
- Tuna, canned in water (5-ounces)
- Turkey, sausage (4-ounces with less than 1 net carb)

## **Cheese/Dairy**

- Blue cheese (1-ounce)
- Cheddar cheese (4-ounces)
- Cream cheese (2-ounces)
- Eggs (9)
- Heavy cream (2-ounces)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese, whole milk (2-ounces), fresh ball (1-ounce)
- Muenster cheese (1-ounce)
- Parmesan cheese, grated (3 tablespoons)
- Sour cream (2 tablespoons)

## **Produce**

- Asparagus (5-ounces)
- Avocado (3)
- Bell peppers: red (1 medium), green (1 medium)
- Broccoli (5-ounces)
- Cauliflower (6-ounces)
- Celery (1 stalk)
- Cucumber (1 medium)
- Garlic (5 cloves)
- Green string beans (4-ounces)
- Jicama (2-ounces)
- Lemon (1)
- Lettuce: spring mix (1 cup), Romaine (1 small head), Bibb (1 small head), Iceberg (1 small head)
- Mushrooms: button (4-ounces), Crimini (1-ounce)
- Onion: yellow (1 small), green/ scallions (2 large)
- Spinach: baby (3 cups)
- Tomatoes: medium (3), cherry (15), plumb (1), grape (4)
- Zucchini (3 medium)

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh parsley

## **Other**

- Bell peppers, roasted, jarred
- Capers
- Chipotle en adobo
- Coconut milk beverage, unsweetened
- Fish sauce
- Maple syrup, sugar free
- Pepperoncini
- Pumpkin, canned
- Sauvignon blanc wine
- Tomato paste

## **Pantry**

- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola vegetable oil
- Cinnamon
- Cocoa powder
- Coconut flour
- Cumin
- Dijon mustard
- Dried rosemary
- Dried thyme
- Erythritol, granulated
- Flax seed meal
- Italian seasoning
- Mayonnaise
- Nutmeg
- Olive oil, extra virgin & light
- Olives: black, green
- Paprika
- Pumpkin pie spice
- Red pepper flakes, crushed
- Salt
- Stevia extract packet
- Sucralose based sweetener: granulated, packet
- Tamari soy sauce
- Vanilla extract
- Vinegar: white wine, red wine, balsamic
- Whey protein, vanilla & unflavored (such as Quest Multi-Purpose Protein Powder)
- Xylitol