

ATKINS 40[®]

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	1 serving Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	1 serving Smoked Salmon, Tomato and Cream Cheese* Net Carbs 4g • FV 3g	1 serving Mushroom Scramble* Net Carbs 4g • FV 2g	1 serving Eggs Scrambled with Avocado, Onions and Tomato* Net Carbs 7g • FV 6g	1 serving Double Chocolate Protein Pancakes* Net Carbs 7g • FV 0g	1 serving Cheddar Omelet with Sautéed Tomato and Zucchini* Net Carbs 5g • FV 3g
SNACK	Atkins S'mores Bar Net Carbs 4g • FV 0g	2 hardboiled eggs Net Carbs 1g • FV 0g	1 medium carrot 1/2 red pepper Net Carbs 7g • FV 2g	1 small zucchini 1/4 cup hummus Net Carbs 12g • FV 2g	1/2 gala apple 10 roasted macadamia nuts Net Carbs 9g • FV 0g	1/2 cup sliced red pepper 1/2 medium carrot 1/4 cup hummus Net Carbs 14g • FV 2g	1/2 cup sliced cucumber 1/4 cup hummus Net Carbs 11g • FV 2g
LUNCH	1 serving Lettuce-Wrapped Cheddar Veggie Burger with Tomato and Hummus* Net Carbs 7g • FV 4g	Atkins Frozen Stone Fired Pepperoni Pizza 4 chopped leaves butterhead lettuce 1/2 cup sliced cucumber 2 tbsp Greek Vinaigrette* Net Carbs 14g • FV 4g	1 serving Canned Tuna and Artichoke Salad* 1/2 cup sliced cucumber Net Carbs 8g • FV 8g	1 serving Roast Beef, Red Bell Pepper and Provolone Lettuce Wraps* 3 cherry tomatoes Net Carbs 4g • FV 3g	6 oz chicken breast, cooked 1 oz cheddar cheese 1/2 small tomato 1 dill pickle 2 leaves Romaine Net Carbs 4g • FV 4g	1 serving Chicken-Portobello Broilers* 1 cup Romaine 1/2 cup sliced cucumber 2 tbsp Greek Vinaigrette* Net Carbs 6g • FV 5g	1 serving Green Bean, Smoked Mozzarella and Tomato Salad* 3 oz chicken breast, cooked Net Carbs 6g • FV 5g
SNACK	1 stalk celery 1 tbsp almond butter Net Carbs 2g • FV 1g	1 oz cheddar cheese 1/2 cup sliced red pepper Net Carbs 2g • FV 2g	1 serving Keto Muffin in a Minute* 6 large strawberries Net Carbs 8g • FV 0g	1/2 gala apple 2 tbsp almond butter Net Carbs 10g • FV 0g	1 serving Almond Muffin in a Minute* 2 tbsp sugar-free strawberry jam Net Carbs 10g • FV 0g	Atkins Café Au Lait Shake 1 oz pecans Net Carbs 4g • FV 0g	1 cup raspberries 1 oz pecans Net Carbs 8g • FV 0g
DINNER	1 serving Portobello, Onion and Zucchini Tacos* & 1 serving Guacamole* Net Carbs 24g • FV 14g	1 serving Tilapia with Olive Butter and Broccoli* 1/2 cup steamed broccoli Net Carbs 9g • FV 7g	1 serving Cauliflower Gnocchi with Pesto and Veggies* 6 oz chicken thigh, cooked Net Carbs 14g • FV 7g	Atkins Frozen Mexican-Style Chicken and Vegetables 2 cups cauliflower rice 1 tbsp butter Net Carbs 9g • FV 6g	1 serving Beef Sautéed with Vegetables Over Romaine* Net Carbs 8g • FV 7g	1 serving Pork Tenderloin Medallions with Mustard Sauce* Net Carbs 9g • FV 7g	1 serving Maple Mustard Glazed Salmon and Asparagus* & Dessert of 1 serving Lemon Curd* Net Carbs 9g • FV 6g
	Total Net Carbs: 42g Foundation Vegetables: 22g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 38g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 39g Foundation Vegetables: 15g

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

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Atkins Products

- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Stone Fired Pepperoni Pizza
- 1 Atkins Café Au Lait Shake
- 1 Atkins S'mores Bar

Meat/Protein

- Beef: ground (4-ounces), cooked roast (4-ounces)
- Chicken: thigh (6-ounces), breast (11-ounces)
- Meatless burger (1 patties with 0 net carbs each)
- Pork tenderloin (7-ounces)
- Salmon smoked chinook (3-ounces), boneless (6-ounces)
- Tilapia (6-ounces)
- Tofu, firm silken (3-ounces)
- Tuna, canned in water (4-ounces)

Other

- Almond butter
- Artichoke hearts, canned & marinated
- Chickpea flour
- Chocolate chips, Lily's sugar free
- Corn tortillas (6-inch diameter)
- Hemp hearts
- Horseradish
- Hummus (1 cup)
- Macadamia nuts, roasted
- Maple syrup, sugar free
- Oats, old-fashioned rolled
- Pecans
- Pickles, dill
- Salsa
- Strawberry jam, sugar free
- Tomato: canned sauce, canned paste
- Walnuts

Herbs/Spices

- Fresh cilantro
- Fresh dill
- Fresh parsley

Produce

- Apple, gala (1)
- Asparagus (6-ounces)
- Avocado (1)
- Bell peppers: red (2 large), green (1-ounce)
- Berries: strawberries (6-ounces), raspberries (5-ounces)
- Broccoli (4-ounces)
- Carrots (2 medium)
- Cauliflower: florets (4-ounces), riced (8-ounces)
- Celery (1 stalk)
- Cucumber (1 large)
- Garlic (2 cloves)
- Green beans (8-ounces)
- Jalapeno (1)
- Lemons (2)
- Lettuce: butterhead (3-ounces), Romaine (1 small head)
- Lime (1)
- Mushrooms: Portobello (3 caps), Cremini (2-ounces), button (1-ounce)
- Onion: red (1 small), yellow (1 small), green/scallions (1 large)
- Shallots (1-ounce)
- Spinach, baby (2-ounces)
- Squash: zucchini (2 large)
- Tomatoes: medium (3), cherry (5), small (2), Italian (1)

Cheese/Dairy

- Cheddar cheese (7-ounces)
- Cream cheese (2 tablespoons)
- Eggs (15)
- Heavy cream (2 tablespoons)
- Monterey jack cheese (2-ounces)
- Mozzarella, part skim (1-ounce), whole milk (3-ounces)
- Parmesan cheese, grated (2 tablespoons)
- Provolone cheese (2-ounces)
- Ricotta cheese (2-ounces)
- Sour cream (2 tablespoons)

Pantry

- Almond meal
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chicken stock cubes
- Cinnamon
- Coconut oil
- Dijon mustard
- Dried oregano
- Dried thyme
- Flax seed meal
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin
- Olives, Kalamata
- Salt
- Sucralose based sweetener: granulated, packets
- Truvia
- Vinegar: red wine
- Whey protein powder, chocolate (Quest Milk Chocolate suggested)

Menu Notes: Make 2 servings of Greek Vinaigrette to use through the week.

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	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 Crustless Broccoli Quiche* Net Carbs 7g • FV 4g	1 serving Eggs Scrambled with Sautéed Onions and Cheddar Cheese* 1/2 avocado Net Carbs 6g • FV 3g	1 serving Chocolate Banana Protein Overnight Oats* Net Carbs 7g • FV 0g	Atkins Frozen Ham & Cheese Omelet 1/2 avocado Net Carbs 5g • FV 1g	1 serving Carrot-Nut Muffin* Net Carbs 6g • FV 0g	1 Buttermilk Cinnamon Waffle* 1/2 cup sliced strawberries Net Carbs 10g • FV 0g
SNACK	Atkins Café Au Lait Shake 12 walnut halves Net Carbs 5g • FV 0g	1/2 honey crisp apple 1 oz cheddar Net Carbs 8g • FV 0g	1 serving Carrot-Nut Muffin* 1/2 red grapefruit Net Carbs 15g • FV 0g	1/2 red grapefruit 12 walnuts Net Carbs 11g • FV 0g	1/2 cup sliced red peppers 4 pieces marinated artichoke hearts Net Carbs 6g • FV 6g	4 pieces marinated artichoke hearts 5 black olives 1 oz mozzarella cheese Net Carbs 5g • FV 5g	2 stalks celery 2 tbsp almond butter Net Carbs 5g • FV 2g
LUNCH	1 serving Roasted Portobello Mushroom Melts with Gruyere* 1 cup Romaine 1/4 cup chopped red pepper 7 cherry tomatoes 2 tbsp Sherry Vinaigrette* Net Carbs 9g • FV 6g	1 serving Tuna-Celery Salad with Mixed Greens* 1/2 cup sliced cucumber 3 radishes Net Carbs 6g • FV 5g	1 serving Tomato Mozzarella Melt* 2 cooked chicken thighs Net Carbs 5g • FV 3g	1 serving Roast Beef on Mixed Green Salad* with 2 tbsp Sherry Vinaigrette* instead of the dressing called for in the recipe Net Carbs 4g • FV 3g	1 serving Egg Salad with Chipotle and Tomatoes* 1 multigrain Flatout wrap 3 oz roasted chicken Net Carbs 11g • FV 1g	1 serving Ham, Cream Cheese, and Dill Pickle Roll-Up* 1/4 head Romaine 1/2 cup bean sprouts 2 tbsp Sherry Vinaigrette* Net Carbs 8g • FV 6g	1 serving Versatile Vegetable Soup * 3 oz roasted chicken Net Carbs 6g • FV 4g
SNACK	1/4 honey crisp apple 2 tbsp almond butter Net Carbs 7g • FV 0g	1 serving Carrot Nut Muffin* 2 tbsp roasted peanuts Net Carbs 8g • FV 0g	5 radishes 1/2 cup sliced red pepper 2 tbsp chive cream cheese Net Carbs 5g • FV 3g	1 serving Carrot Nut Muffin* Net Carbs 6g • FV 0g	1 serving Strawberries and Walnuts* Net Carbs 5g • FV 0g	1 serving Chocolate and Strawberry Smoothie* Net Carbs 8g • FV 0g	1 serving Carrot-Nut Muffin* 2 tbsp cream cheese Net Carbs 7g • FV 0g
DINNER	1 serving Tempeh, Green Pepper and Cabbage Sauté with Romesco Sauce* Net Carbs 14g • FV 8g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower & Sautéed Kale with Red Pepper Dressing* Net Carbs 12g • FV 7g	1 serving Teriyaki Shrimp with Snow Peas and Mixed Green Salad* Net Carbs 11g • FV 7g	1 serving Chicken Cauliflower Mac and Cheese* 1 cup green beans, steamed 1 tbsp butter Net Carbs 13g • FV 11g	1 serving Indian Tikka Chicken with Sautéed Broccoli* Net Carbs 13g • FV 8g	1 serving Fajita Steak and Fresh Guacamole* Net Carbs 13g • FV 9g	1 serving Asian Baked Salmon with Bok Choy* Net Carbs 12g • FV 9g
	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 41g Foundation Vegetables: 17g	Total Net Carbs: 41g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 15g

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Atkins Products

- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Turkey with Garlic Mashed Cauliflower
- 1 Atkins Café Au Lait Shake
- 1 Atkins Chocolate Banana Shake

Cheese/Dairy

- Buttermilk (2 tablespoons)
- Cheddar cheese (3-ounces)
- Cheddar jack shreds (2-ounces)
- Cream cheese: plain (3-ounces), chive (1-ounce)
- Eggs (8)
- Gruyere cheese (2-ounces)
- Half and half (3 tablespoons)
- Heavy cream (3 tablespoons)
- Mozzarella cheese, whole milk (2-ounces)
- Parmesan cheese, grated (2 tablespoons)
- Yogurt, Greek plain unsweetened (1 cup)

Other

- Almond butter
- Almonds, whole, sliced
- Artichoke hearts, marinated
- Capers
- Chia seeds
- Chipotle en adobo
- Coconut milk beverage, plain unsweetened (not canned)
- Coconut shreds, unsweetened
- Flat Out wrap, multigrain (Flat Out brand, 9 g net carbs each)
- French vanilla syrup, sugar free
- Hemp hearts
- Oats, rolled quick cooking
- Olives, black
- Peanuts, roasted
- Pickles, dill
- Roasted red peppers
- Sesame oil: toasted & plain
- Sun dried tomatoes
- Tamari soy sauce
- Walnuts

Produce

- Apple, honey crisp (1)
- Avocado (3)
- Bell peppers: red (2 medium), green (1 large)
- Bok choy (1 head)
- Broccoli (9-ounces)
- Cabbage, red (4-ounces)
- Carrots (1 medium)
- Cauliflower (6-ounces)
- Celery (5 medium stalks)
- Cucumber (3-ounces)
- Daikon radish (1-ounce)
- Garlic (5 cloves)
- Ginger root (1-inch knob)
- Grapefruit, red (1)
- Green beans (4-ounces)
- Kale (1-ounce)
- Lemon (1)
- Lettuce: Romaine (7-ounces), spring mix (2 cups), mixed greens (4 cups)
- Lime (1)
- Mung bean sprouts (1 cup)
- Mushrooms: Portobello (1 cap), button (3-ounces)
- Onions: yellow (1 small), red (1 small)
- Radishes (11)
- Shallots (10 grams)
- Snow peas (1-ounce)
- Strawberries: fresh (5-ounces), frozen unsweetened (4-ounces)
- Squash, zucchini (1 small)
- Tomatoes: cherry (7), medium (1), Italian (1), large (1)

Meat/Protein

- Beef: cooked roast (5-ounces), flank steak (11-ounces)
- Chicken: cooked thighs (2), roasted (6-ounces), breast (12-ounces)
- Ham, cooked (2-ounces)
- Salmon (6-ounces)
- Shrimp, raw (6-ounces)
- Tempeh (4-ounces)
- Tuna, canned in water (4-ounces)
- Veggie breakfast sausage patties (2 at 2 net carbs per patty)

Herbs/Spices

- Chives
- Fresh cilantro
- Fresh parsley
- Fresh peppermint

Pantry

- Almond meal
- Baking powder
- Baking soda
- Black pepper
- Butter: salted & unsalted
- Canola: vegetable oil & cooking spray
- Chili powder
- Cinnamon
- Cocoa powder, unsweetened
- Cumin
- Dijon mustard
- Dried dill
- Dried oregano
- Dried rosemary
- Dried thyme
- Dry mustard
- Mayonnaise
- Olive oil, extra virgin
- Paprika
- Pepper sauce (Tabasco or similar)
- Red or cayenne pepper
- Salt
- Soy flour, whole grain
- Stevia extract powder
- Sucralose based sweetener: granulated
- Thick-it-up
- Vanilla extract
- Vegetable broth
- Vinegar: Resvera sherry, red wine, unseasoned unsweetened rice
- Whey protein powder, chocolate
- Xylitol

Menu Notes: Make 3 servings of the Sherry Vinaigrette for the week. You will use 5 Carrot-Nut Muffins through the week.