

ATKINS 40®

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Eggs Scrambled with Avocado, Onions and Tomato* Net Carbs 7g • FV 6g	1 serving Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1 serving Cheddar Omelet with Sautéed Tomato and Zucchini* Net Carbs 5g • FV 2g	1 serving Canadian Bacon, Cheddar and Tomato Stacks* topped with 1 avocado Net Carbs 9g • FV 7g	1 serving Blueberry Cloud Muffin* 2 tbsp almond butter Net Carbs 9g • FV 0g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* 1/2 pink grapefruit Net Carbs 12g • FV 3g	1 serving Keto Muffin in a Minute* 2 tbsp almond butter 1/4 cup blueberries Net Carbs 9g • FV 0g
SNACK	1 serving Atkins Snickerdoodle Bar 1/4 cup blueberries Net Carbs 7g • FV 0g	1 serving Almond Muffin in a Minute* 2 tbsp cream cheese Net Carbs 6g • FV 0g	1 serving Atkins Peanut Butter Protein Wafer Crisp Bar 1/2 medium gala apple Net Carbs 12g • FV 0g	1 serving Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	1 serving Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1 serving Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	1 serving Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g
LUNCH	1 serving Mediterranean Vegetable and Egg Salad* topped with 2 tbsp roasted sunflower seeds Net Carbs 11g • FV 9g	1 serving Creamy Pumpkin Curry Soup* 3 oz chicken thigh, cooked Net Carbs 5g • FV 5g	1 serving Tomato Mozzarella Melt* 10 black olives 1/2 cup sliced red pepper Net Carbs 7g • FV 7g	1 serving Kale with Pears and Onions* 2 oz chicken thigh, cooked Net Carbs 11g • FV 8g	1 serving Spaghetti Squash with Romesco Sauce* 1 oz mozzarella cheese 7 cherry tomatoes Net Carbs 14g • FV 11g	1 serving Smoky Tuna Tomato* 1/2 cup sliced cucumber 6 superseed crackers (Mary's Gone Crackers) Net Carbs 10g • FV 3g	1 serving Creamy Red Cabbage with Dill* 3 oz link bratwurst Net Carbs 13g • FV 9g
SNACK	1 serving Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	1 serving Atkins Birthday Cake Bar 1 medium Asian pear Net Carbs 13g • FV 0g	1 serving Atkins Strawberry Shake 2 tbsp roasted sunflower seeds Net Carbs 4g • FV 0g	1 serving Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	1 serving Atkins Peanut Butter Protein Wafer Crisp Bar Net Carbs 4g • FV 0g	1 serving Atkins Birthday Cake Bar Net Carbs 4g • FV 0g	1 serving Atkins Strawberry Shake Net Carbs 2g • FV 0g
DINNER	1 serving Baked Tofu with Spaghetti Squash and Sun Dried Tomato Pesto* 1 oz mozzarella Net Carbs 10g • FV 3g	1 serving Fajita Steak and Fresh Guacamole* 4 cherry tomatoes Net Carbs 14g • FV 11g	1 serving Egg Roll Bowl with Shrimp* Net Carbs 15g • FV 8g	1 serving Mediterranean Shrimp and Fish Stew* 1 cup steamed broccoli Net Carbs 14g • FV 13g	1 serving Chicken Curry with Bell Peppers* Net Carbs 11g • FV 10g	1 serving Beef Bolognese with Parmesan* Net Carbs 8g • FV 8g	1 serving Chicken and Mushrooms with Roasted Asparagus* Net Carbs 13g • FV 11g
	Total Net Carbs: 39g Foundation Vegetables: 18g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 42g Foundation Vegetables: 17g	Total Net Carbs: 39g Foundation Vegetables: 28g	Total Net Carbs: 40g Foundation Vegetables: 21g	Total Net Carbs: 39g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 20g

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

Atkins Products

- 1 Atkins Creamy Vanilla Shake
- 2 Atkins Dark Chocolate Royale Shakes
- 2 Atkins Strawberry Shakes
- 2 Atkins Vanilla Latte Shakes
- 2 Atkins Birthday Cake Bars
- 2 Atkins Peanut Butter Protein Wafer Crisps
- 3 Atkins Snickerdoodle Bars

Meat/Protein

- Beef: flank steak (6-ounces), ground (4-ounces)
- Bratwurst (1 3-ounce link with 3 net carbs or less)
- Chicken: raw breast (6-ounces), thigh (15-ounces)
- Cod, pacific (3-ounces)
- Pork, Canadian bacon (2 slices)
- Shrimp (4-ounces)
- Tofu, firm silken (4-ounces)
- Tuna, canned in water (3-ounces)
- Turkey breakfast sausage (4-links at 0 net carbs)

Other

- Almond butter
- Almonds, whole
- Artichoke hearts, marinated
- Bacon bits
- Capers
- Chipotle en adobo
- Coconut milk beverage, unsweetened, unflavored
- Crackers, Mary's Gone Crackers Superseed
- Fish stock
- Mirin, rice cooking wine
- Olives, black
- Pine nuts, dried
- Pumpkin, canned
- Sesame oil
- Sesame seeds, white
- Sunflower seeds, roasted hulled
- Tamari soy sauce
- Tomatoes: sundried, canned sauce, canned whole peeled

Produce

- Apple, gala (1)
- Asparagus (4-ounces)
- Avocado (2)
- Bell peppers: red (1 large), green (2 medium)
- Blueberries (4-ounces)
- Broccoli (4-ounces)
- Cabbage: red (6-ounces), coleslaw—bagged mix cabbage and carrot (2 cups)
- Cauliflower, frozen riced (2 cups)
- Celery (2 medium stalks)
- Cucumber (3-ounces)
- Garlic (6 cloves)
- Ginger root (1-inch knob)
- Grapefruit, pink (1)
- Kale (3-ounces)
- Lemon (1)
- Lettuce, butterhead (1 small)
- Limes (1)
- Mushrooms, Crimini (3-ounces)
- Onions: yellow (2 medium), red (1 small), green/ scallions (1 medium)
- Pears: Asian (1), medium (1)
- Shallot (1-ounce)
- Squash: zucchini (1 small), spaghetti (6-ounces)
- Tomatoes: small (1), medium (2), cherry (14), large (1), Italian (1)

Cheese/Dairy

- Cheddar cheese (3-ounces)
- Cream cheese (2-ounces)
- Eggs (9)
- Heavy cream (1 tablespoon)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese, whole milk (3-ounces)
- Parmesan cheese, grated (1 tablespoon)
- Romano cheese (1 tablespoon)
- Sour cream (3 tablespoons)

Pantry

- Almond flour/meal
- Baking powder
- Black pepper, ground
- Butter, salted & unsalted
- Canola vegetable oil
- Caraway seed
- Chicken broth
- Chili powder
- Chinese five spice
- Cinnamon
- Cumin
- Curry powder
- Dijon mustard
- Dried basil
- Dried marjoram
- Dried oregano
- Dried rosemary
- Dried thyme
- Flax seed meal
- Mayonnaise
- No calorie sweetener
- Nutmeg
- Olive oil, extra virgin & light
- Paprika
- Red chili flakes, crushed
- Red or cayenne pepper
- Salt
- Sucralose based sweetener, granulated
- Truvia (erythritol & stevia blend)
- Vinegar: red wine, Reserva sherry
- Whey protein powder, vanilla

Herbs/Spices

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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Dark Chocolate Royale Shake blended with: 1 cup spinach 1/2 cup blueberries Net Carbs 11g • FV 0g	Stack of: 1 large tomato 1/2 avocado 1/4 cup shredded cheddar 2 poached eggs Net Carbs 7g • FV 6g	1 serving Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	1 serving Chocolate Pancakes* Net Carbs 10g • FV 0g	1 serving Chocolate and Strawberry Smoothie* Net Carbs 8g • FV 0g	1 serving Eggs Scrambled with Avocado, Onions and Tomato* 3 large strawberries Net Carbs 10g • FV 6g	1 serving Chocolate Peanut Butter Smoothie* Net Carbs 7g • FV 0g
SNACK	1/2 cup red pepper slices 1/2 cup cucumber slices 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 4g	Atkins Peanut Butter Protein Wafer Crisp Bar Net Carbs 4g • FV 0g	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g	Atkins Peanut Butter Protein Wafer Crisps Bar 1 oz roasted pecans Net Carbs 5g • FV 0g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Peanut Butter Protein Wafer Crisp Bar Net Carbs 4g • FV 0g
LUNCH	1 serving Eggplant Stacks* 2 sticks string cheese 5 cherry tomatoes Net Carbs 8g • FV 6g	1 serving Baby Greens with Grapefruit and Red Onion* 5 oz chicken thighs Net Carbs 11g • FV 1g	1 serving Lemon Zest Tuna Salad* 3/4 of a medium red pepper Net Carbs 8g • FV 6g	1 serving Buffalo Chicken Salad* Net Carbs 10g • FV 8g	1 serving Bratwurst with Onion and Sauerkraut* 3 cherry tomatoes Net Carbs 10g • FV 8g	1 serving Rosemary Turkey Burger Over Baby Kale Salad* Net Carbs 6g • FV 2g	1 serving Roast Beef and Cheddar Flatout Wrap* Net Carbs 11g • FV 4g
SNACK	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Creamy Vanilla Shake 1/4 cup blueberries Net Carbs 6g • FV 0g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake 1 oz roasted pecans Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake 1/3 cup blueberries Net Carbs 8g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g
DINNER	1 serving Veggie "Beef" Crumbles Sautéed with Cabbage and Peanut Sauce* Net Carbs 13g • FV 4g	1 serving Spicy Shrimp Diablo* 1 cup cauliflower rice Net Carbs 12g • FV 9g	1 serving Baked Chicken with Artichokes* 1/2 cup steamed broccoli Net Carbs 10g • FV 8g	1 serving Indian Tikka Chicken with Sautéed Broccoli* Net Carbs 13g • FV 8g	1 serving Maple Mustard Glazed Salmon and Asparagus* 1 cup cauliflower rice 1 tsp butter Net Carbs 9g • FV 9g	1 serving Stacey Welton's Zuppa Toscana* Net Carbs 18g • FV 7g	1 serving Chicken Cauliflower Mac and Cheese* 2 cups chopped Romaine 1/2 medium tomato 1/2 cup cucumber 2 tbsp Creamy Italian Dressing* Net Carbs 13g • FV 11g
	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 41g Foundation Vegetables: 16g	Total Net Carbs: 42g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 15g

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- 2 Atkins Creamy Vanilla Shakes
- 1 Atkins Dark Chocolate Royale Shake
- 2 Atkins Strawberry Shakes
- 2 Atkins Vanilla Latte Shakes
- 1 Atkins Peanut Butter Granola Bar
- 3 Atkins Peanut Butter Protein Wafer Crisps
- 3 Atkins White Chocolate Macadamia Nut Bars

Cheese/Dairy

- Blue cheese (1-ounce)
- Cheddar cheese (2-ounces)
- Cheddar jack blend (1-ounce)
- Cream cheese (1-ounce)
- Eggs (6)
- Feta cheese (1-ounce)
- Heavy cream (4-fl ounces)
- Milk, whole (3 tablespoons)
- Mozzarella cheese, whole milk (1-ounce)
- Parmesan cheese, grated (2 tablespoons)
- Sour cream (1 tablespoon)
- String cheese (2 sticks)
- Yogurt, Greek plain whole milk (2-fl ounces)

Other

- Banana pepper rings
- Coconut cream
- Coconut milk beverage, unsweetened (not canned)
- Flatbread, light original FlatOut wrap
- Fish sauce
- Horseradish sauce
- Ketchup, unsweetened
- Maple syrup, sugar free
- Peanut butter, natural creamy
- Peanut oil
- Pecans
- Pepper sauce (such as Tabasco)
- Pine nuts, dried
- Pumpkin seeds (pepitas), hulled, roasted
- Roasted red peppers
- Sauerkraut
- Sauvignon blanc wine
- Tomatoes, canned diced

Produce

- Artichokes, frozen (3-ounces)
- Asparagus (6-ounces)
- Avocado (1)
- Bell peppers, red (2 medium)
- Berries: blueberries (6-ounces), strawberries (fresh (4-ounces), frozen (4-ounces))
- Broccoli (8-ounces)
- Cabbage, red (3-ounces)
- Carrot (1-ounce grated)
- Cauliflower: rice (8-ounces), fresh (6-ounces)
- Celery (2 large stalks)
- Cucumber (1 medium)
- Eggplant (1)
- Garlic (6 cloves)
- Ginger (1-inch knob)
- Grapefruit, pink (1), white (1)
- Jalapeno pepper (1)
- Kale, baby (1-ounce)
- Lemons (2)
- Lettuce: Romaine (1 small head), spring mix (1 cup), arugula (2 cups)
- Lime (1)
- Mushrooms: Crimini (1-ounce), button (2-ounces)
- Onions: red (1 small), yellow (2 medium), green/ scallions (1 medium)
- Rutabaga (1 small)
- Shallots (1-ounce)
- Spinach, baby (2-ounces)
- Tomatoes: cherry (8), large (1), small (1), medium (2)

Meat/Protein

- Beef, roasted (3-ounces)
- Chicken: breast (12-ounces), thigh (16-ounces)
- Meatless ground crumbles (1 cup at 3 net carbs)
- Salmon (6-ounces)
- Sausage: bratwurst (1 3-ounce link at 3 net carbs or less), sweet Italian (1 3-ounce link at 2 net carbs of less)
- Shrimp (6-large)
- Tuna, canned in water (6-ounces)
- Turkey, ground (5-ounces)

Pantry

- Baking powder
- Black pepper
- Butter, unsalted & salted
- Canola vegetable oil
- Celery salt
- Chicken broth
- Chili powder
- Cinnamon
- Cocoa powder, unsweetened
- Cumin
- Dijon mustard
- Dried oregano
- Dried rosemary
- Dried tarragon
- Dry mustard
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Oats, old-fashioned rolled
- Olive oil, extra virgin
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Soy flour, whole grain
- Stevia extract, packets
- Sucralose based sweetener, granulated
- Turmeric
- Vanilla extract
- Vinegar: white wine, red wine, balsamic, sodium and sugar free rice, apple cider
- Wheat bran
- Wheat gluten
- Whey protein powder: vanilla, chocolate
- Xylitol

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh peppermint
- Fresh rosemary
- Fresh thyme