

# ATKINS 40<sup>®</sup>

## Vegan Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Vegan Breakfast "Sausage" Stacked with Avocado and "Cheddar"</b> 2 slices tomato Net Carbs 12g • FV 3g	Smoothie of: 1 1/2 cups almond milk, plain unsweetened 1 cup baby spinach 1/4 cup frozen strawberries 1 scoop vegan vanilla protein powder Net Carbs 9g • FV 0g	Overnight oats: 2 tbsp quick cooking rolled oats 1/4 cup chia seeds 2 tbsp hemp seeds 1 cup almond milk 2 tbsp peanut butter Net Carbs 13g • FV 0g	1 serving <b>Vegan "Sausage" Sauté with Red Bell Pepper, Onions, and "Cheddar"</b> Net Carbs 9g • FV 5g	Smoothie of: 1 1/2 cups almond milk 1/2 cup frozen cauliflower 1 oz soy protein powder 2 tbsp peanut butter 2 tbsp cocoa powder 1 tsp non-caloric sweetener Net Carbs 9g • FV 2g	1 serving <b>Vegan Garden Vegetable Frittata*</b> 2 tbsp vegan cream cheese 1 veggie breakfast sausage patty Net Carbs 11g • FV 3g	1 <b>Vegan Chocolate Mug Muffin*</b> 1 tbsp coconut butter Net Carbs 8g • FV 0g
SNACK	24 roasted almonds Net Carbs 2g • FV 0g	2 tbsp pepitas 5 large black olives Net Carbs 1g • FV 1g	1/2 cup red pepper slices 1/4 cup edamame Net Carbs 3g • FV 3g	1/2 cup steamed broccoli 1 tbsp <b>Sherry Vinaigrette*</b> 1 slice vegan cheese Net Carbs 6g • FV 2g	1/2 cup cucumbers 2 tbsp vegan cream cheese Net Carbs 3g • FV 2g	1/2 avocado 1 tbsp salsa 1 tbsp pepitas Net Carbs 2g • FV 1g	1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp <b>Sherry Vinaigrette*</b> Net Carbs 4g • FV 4g
LUNCH	5 oz Daring Foods meatless chicken 2 cups baby spinach 1/2 cup sliced red pepper 2 tbsp pumpkin seeds 2 tbsp <b>Sherry Vinaigrette*</b> Net Carbs 7g • FV 3g	1 veggie burger patty 2 slices tomato 2 Romaine leaves 1/2 avocado Net Carbs 5g • FV 3g	Sauté of: 1 tbsp olive oil 55 g Soyrizo 2 tbsp chopped onion 1 cup shredded cabbage 1/2 cup sliced red pepper Over 1 cup frozen riced cauliflower Net Carbs 11g • FV 8g	1 serving <b>Baked Tofu with Mediterranean Marinade*</b> 2 pieces marinated artichoke heart 1/2 cup sliced cucumber Net Carbs 8g • FV 4g	1 serving <b>Eggless Tofu Salad*</b> 2 cups shredded romaine 2 tbsp pumpkin seeds 1 tbsp <b>Sherry Vinaigrette*</b> Net Carbs 7g • FV 3g	1 serving <b>Baked Tofu with Moroccan Rub* &amp; 1 serving Roasted Asparagus*</b> Net Carbs 9g • FV 3g	5 oz Daring Foods meatless chicken 1 cup steamed broccoli 2 tbsp pumpkin seeds 2 tbsp vegan buttery spread Net Carbs 7g • FV 4g
SNACK	2 stalks celery 2 tbsp almond butter Net Carbs 5g • FV 2g	24 almonds 10 cherry tomatoes Net Carbs 7g • FV 5g	24 almonds Net Carbs 2g • FV 0g	1 serving <b>Vegan Almond-Raspberry Smoothie*</b> Net Carbs 8g • FV 0g	1 cup raspberries 24 roasted almonds Net Carbs 9g • FV 0g	1 serving <b>Vegan Nut &amp; Seed Energy Balls*</b> Net Carbs 8g • FV 0g	3 tbsp peanuts Net Carbs 2g • FV 0g
DINNER	1 serving <b>Baked Tofu with Red Bell Pepper, Broccoli and Peanut Sauce*</b> Net Carbs 15g • FV 4g	1 serving <b>Coconut Curry Tempeh*</b> 2 cups steamed bok choy 2 tbsp olive oil Net Carbs 19g • FV 4g	1/2 cup tempeh 1 serving <b>Romesco Sauce*</b> 2 cups zucchini noodles 1 tbsp olive oil Net Carbs 9g • FV 5g	1 serving <b>Tofu Sautéed with Spinach and Soy Sauce*</b> & 1 serving <b>Sesame Snow Peas*</b> 1/2 cup edamame 1 tbsp olive oil Net Carbs 10g • FV 3g	1 serving vegan "chicken" strips 1 cup cauliflower rice 1 tbsp olive oil 1 serving <b>Sautéed Winter Greens*</b> Net Carbs 12g • FV 8g	1 meatless burger patty 2 cups Romaine 5 grape tomatoes 1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp <b>Sherry Vinaigrette*</b> Net Carbs 9g • FV 7g	1 meatless bratwurst sausage & 1 serving <b>Broccoli and Cauliflower with Vegan "Cheese" Sauce*</b> Net Carbs 18g • FV 7g
	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 42g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 14g

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

## **Produce**

- Asparagus (6-ounces)
- Avocado (2)
- Bell peppers: red (4 medium), green (1 small)
- Bok choy (5-ounces)
- Broccoli (8-ounces)
- Cabbage (3-ounces)
- Cauliflower: rice (8-ounces), frozen (2-ounces), fresh (2-ounces)
- Celery (3 medium stalks)
- Cucumber (1 large)
- Edamame (3-ounces)
- Garlic (2 cloves)
- Ginger (1-inch knob)
- Kale (2-ounces)
- Lemon (1)
- Lettuce, Romaine (1 small head)
- Lime (1)
- Onions: yellow (1 medium), scallions/green (1 medium)
- Raspberries (7-ounces)
- Shallots (1-ounce)
- Snowpeas (2-ounces)
- Spinach, baby (4-ounces)
- Strawberries, frozen (2-ounces)
- Swiss chard (2-ounces)
- Tomatoes: cherry (10), grape (5), medium (3), Italian (1)
- Zucchini (1 large)

## **Cheese/Dairy**

- Almond milk, plain and unsweetened (6 cups)
- Egg replacer (1 serving)
- Soy milk (2 tablespoons)
- Vegan buttery spread (2 tablespoons)
- Vegan cheddar “cheese” (5-ounces)
- Vegan cream “cheese” (i.e. Kite Hill) (4 tablespoons)

## **Meat/Protein**

- Beyond Meat Grilled Beyond Chicken Strips (85 grams)
- Daring Foods Original meatless “chicken” (10-ounces)
- Soyrito (55 grams- El Burrito brand suggested)
- Tempeh (7-ounces)
- Tofu, firm silken (30-ounces)
- Vegan bratwurst sausage (1 link with 7 or fewer net carbs)
- Veggie breakfast sausage patties (5 patties—2 net carbs or less per patty)
- Veggie burgers (2 patties—2 or less net carbs per patty i.e. Beyond Meat)

## **Other**

- Agar seaweed
- Almond butter
- Almonds, whole roasted
- Artichoke hearts, marinated
- Chia seeds
- Chili garlic sauce
- Coconut butter
- Coconut milk (canned)
- Coconut shreds, unsweetened
- Hemp seeds/ hearts
- Maple syrup, sugar free
- Miso, sweet white
- Oats, quick cooking rolled
- Olives, black
- Peanut butter, natural creamy
- Peanuts
- Pickles
- Pumpkin seeds, hulled (pepitas)
- Protein powder: vegan blend (like Vega brand) & soy
- Salsa

## **Herbs/Spices**

- Fresh cilantro
- Fresh parsley
- Fresh rosemary

## **Pantry**

- Almond meal, from whole almonds
- Baking powder
- Black pepper
- Canola oil
- Cinnamon
- Cocoa powder
- Coconut flour
- Coriander leaf, ground
- Cumin
- Curry powder
- Dijon mustard
- Dried oregano
- Erythritol, powdered
- Fennel seed
- Ginger, ground
- Nutritional yeast
- Olive oil, extra virgin & light
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain
- Sesame seeds
- Spelt flour
- Sucralose based sweetener
- Tamari soy sauce
- Truvia (erythritol-stevia blend)
- Turmeric, ground
- Vanilla extract
- Veganaise
- Vegetable broth
- Vinegar, Resvera sherry

**Menu Notes:** Make 5 servings of the Sherry Vinaigrette to use throughout the week.