

# ATKINS 40<sup>®</sup>

## Vegetarian Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving <b>Veggie Breakfast Sausage Stacked with Avocado and Cheddar*</b>  Net Carbs 6g • FV 2g	1 serving <b>Red Bell Pepper Filled with Creamy Eggs and Spinach*</b>  Net Carbs 5g • FV 3g	<b>Atkins Creamy Vanilla Shake</b> blended with: 6 large strawberries 1 cup spinach  Net Carbs 9g • FV 0g	Stack of: 2 poached eggs 4 tomato slices 2 strips veggie bacon 1/2 avocado  Net Carbs 7g • FV 4g	1 serving <b>Vegetarian "Sausage" Sauté with Red Bell Pepper and Onions*</b> 1/2 avocado  Net Carbs 8g • FV 4g	1 serving <b>Spinach and Swiss Cheese Omelet*</b>  Net Carbs 3g • FV 1g	1 serving <b>Keto Muffin in a Minute*</b> 2 tbsp peanut butter  Net Carbs 6g • FV 0g
SNACK	<b>Atkins Café Au Lait Shake</b> 12 walnuts  Net Carbs 5g • FV 0g	<b>Atkins S'mores Bar</b>  Net Carbs 4g • FV 0g	1/2 cup red pepper slices 1/2 cup cucumber slices 2 tbsp Creamy Italian Dressing*  Net Carbs 4g • FV 4g	<b>Atkins Café Au Lait Shake</b>  Net Carbs 3g • 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 Creamy Vanilla Shake</b> blended with: 1 cup baby spinach  Net Carbs 2g • FV 0g
LUNCH	1 serving <b>Roasted Portobello Mushroom Melts with Gruyere*</b> 3 cherry tomatoes 1/2 cup cucumber slices  Net Carbs 6g • FV 5g	4 oz Impossible Burger 1/4 avocado 1 slice onion 2 slices tomato 1 tbsp mayonnaise 2 Romaine leaves  Net Carbs 10g • FV 4g	1 serving <b>Eggplant Stacks*</b> 1 stick string cheese  Net Carbs 6g • FV 4g	2.5 oz meatless "chicken" 1 oz gruyere cheese 2 cups spinach 1/2 cup sliced cucumber 8 cherry tomatoes 2 tbsp Creamy Italian Dressing*  Net Carbs 7g • FV 6g	1 serving <b>Grilled Vegetable and Provolone Sandwiches*</b> 1/2 cup sliced cucumber  Net Carbs 12g • FV 6g	1 serving <b>Tofu "Hot Dogs" with Sautéed Onions and Sauerkraut*</b> 1/2 cup sliced red pepper 6 cherry tomatoes  Net Carbs 11g • FV 9g	2 oz Soyrizo 1 cup shredded cabbage 1/2 cup sliced red pepper 2 tbsp chopped onion 1 tbsp olive oil 1 cup cauliflower rice  Net Carbs 11g • FV 8g
SNACK	<b>Atkins Snickerdoodle Bar</b> 1/2 honey crisp apple  Net Carbs 11g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> 3 large strawberries  Net Carbs 5g • FV 0g	<b>Atkins Snickerdoodle Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins S'mores Bar</b> 1/2 honey crisp apple  Net Carbs 12g • FV 0g	<b>Atkins Creamy Vanilla Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins S'mores Bar</b>  Net Carbs 4g • FV 0g	<b>Atkins Snickerdoodle Bar</b> 6 large strawberries  Net Carbs 9g • FV 0g
DINNER	1 serving <b>Tempeh, Green Pepper and Cabbage Sauté with Romesco Sauce*</b>  Net Carbs 14g • FV 8g	1 serving <b>Spiced Bok Choy and Tofu*</b>  Net Carbs 17g • FV 13g	1 serving <b>Veggie "Beef" Crumble &amp; Shirataki Sauté with Brussel Sprouts*</b>  Net Carbs 19g • FV 5g	1 serving <b>Vegetarian Spaghetti and "Meatballs"*</b> 2 cups Romaine hearts 2 tbsp chopped red onion 2 radishes 2 tbsp Creamy Italian Dressing*  Net Carbs 11g • FV 5g	1 serving <b>Baked Tofu with Barbecue Rub*</b> & 1 serving <b>Roasted Green Beans*</b> 4 cherry tomatoes  Net Carbs 15g • FV 8g	1 serving <b>Coconut Curry Tempeh*</b> 1 cup cauliflower rice  Net Carbs 19g • FV 3g	1 serving <b>Baked Tofu with Cajun Rub*</b> & 1 serving <b>Cauli Mac and Cheese*</b>  Net Carbs 11g • FV 4g
	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 18g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 13g

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

## **Atkins Products**

- 3 Atkins Café Au Lait Shakes
- 4 Atkins Creamy Vanilla Shakes
- 3 Atkins S'mores Bars
- 4 Atkins Snickerdoodle Bars

## **Cheese/Dairy**

- Cheddar cheese (3-ounces)
- Cream cheese (1-ounce)
- Eggs (7)
- Gruyere cheese (3-ounces)
- Heavy cream (5 tablespoons)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese, whole milk (1-ounce)
- Parmesan cheese, grated (5 tablespoons)
- Provolone cheese (2-ounces)
- String cheese (1 stick)
- Swiss cheese (1-ounce)

## **Protein**

- "Chicken" (3-ounces Daring Foods brand with 1 net carb per 2.5 oz)
- Impossible Burger (4-ounces)
- Meatless: ground crumbles (1 serving at 3 net carbs), breakfast sausage patties (4 patties at 2 net carbs each), zesty Italian meatballs (2 servings at 2 net carbs per serving)
- Smart Dogs Jumbo Veggie Protein Links (2 links with 1 net carb per link)
- Soyrizo (55 g)
- Tempeh (8-ounces)
- Tofu, firm silken (16-ounces)
- Veggie bacon strips (2 at 1 net carb per strip)

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh parsley

## **Produce**

- Apples, honey crisp (1)
- Avocados (2)
- Bell peppers: red (3 medium), green (1 small)
- Bok choy (6-ounces)
- Brussels sprouts (4-ounces)
- Cabbage: green (3-ounces), red (3-ounces)
- Cauliflower: rice (8-ounces), head (5-ounces)
- Cucumber (8-ounces)
- Eggplant (5-ounces)
- Garlic (5 cloves)
- Ginger, fresh root (1-inch knob)
- Green beans (6-ounces)
- Jalapeno pepper (1)
- Lettuce, Romaine (4-ounces)
- Lime (1)
- Mushrooms: Portobello caps (1), shiitake (3-ounces)
- Onions: red (1 small), green/ scallions (1 medium), yellow (1 medium)
- Radishes (2)
- Spinach: bunch (3-ounces), baby (5-ounces)
- Strawberries (10-ounces)
- Tomatoes: medium (2), Italian (1), cherry (21)
- Zucchini (1 small)

## **Other**

- Almonds
- Coconut cream
- Coconut milk (canned)
- Fish sauce
- Peanut butter, natural creamy
- Peanut oil
- Pesto sauce
- Pine nuts
- Sauerkraut
- Shirataki tofu noodles
- Walnuts

## **Pantry**

- Active dry yeast
- Allspice, ground
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chili powder
- Cinnamon
- Cumin
- Curry powder
- Dried oregano
- Dried thyme
- Erythritol-stevia blend (such as truvia)
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Mustard, ground
- Olive oil, extra virgin & light
- Onion powder
- Paprika
- Pepper sauce (such as Tabasco)
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain & toasted
- Soy flour
- Sucralose based sweetener, granulated & packets
- Tamari soy sauce
- Vinegar: red wine, balsamic, sodium and sugar free rice, white wine, Resvera sherry
- Wheat bran
- Wheat gluten
- Whey protein power, vanilla (no sugar added)
- White pepper
- Xylitol

**Menu Notes:** Make 3 servings of creamy Italian dressing for the week, and 2 servings of romesco sauce