

ATKINS 40®

Budget** Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 eggs 1 tbsp chopped yellow onion 1 cup chopped zucchini 1 tbsp canola oil Net Carbs 4g • FV 4g	Atkins Creamy Vanilla Shake blended with: 1 1/4 cups spinach 1 tsp cinnamon 1/2 cup cooked and cooled rolled oats 3 tbsp heavy cream Net Carbs 17g • FV 1g	3 oz pork breakfast sausage 1 tbsp chopped onion 1 cup sliced yellow squash 1/2 cup cubed sweet potato Net Carbs 18g • FV 3g	2 eggs 1 tbsp canola oil 1 Roma tomato Net Carbs 2g • FV 2g	Atkins Mocha Latte Shake 1 fl oz decaf espresso 1 oz heavy cream 1/2 cup cooked and cooled rolled oats Net Carbs 17g • FV 0g	3 oz pork breakfast sausage 2 cups spinach 1 Roma tomato 1/2 cup cubed sweet potato Net Carbs 17g • FV 3g	1 serving Eggs with Cheddar, Asparagus, Salsa, and Sour Cream* 1 medium slice cantaloupe Net Carbs 9g • FV 2g
SNACK	Atkins Mocha Latte Shake 1/2 medium gala apple Net Carbs 12g • FV 0g	Atkins Lemon Bar 1/2 medium gala apple Net Carbs 11g • FV 0g	Atkins Mocha Latte Shake 1 medium slice cantaloupe Net Carbs 9g • FV 0g	Atkins Creamy Vanilla Shake 1 medium slice cantaloupe Net Carbs 7g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Mocha Latte Shake Net Carbs 4g • FV 0g
LUNCH	1 serving Keto Turkey Taco Bowl* 1/4 cup black beans Net Carbs 13g • FV 6g	4 oz tuna 2 tbsp mayonnaise 1/2 tbsp lemon juice 1 tbsp chopped onion 1 Roma tomato Net Carbs 3g • FV 2g	Lettuce wrap of: 6 oz roasted turkey breast 3 dill pickle spears 1 tbsp mayonnaise 3 large iceberg lettuce leaves Net Carbs 2g • FV 2g	3 oz ground turkey 1 oz cheddar 1 1/2 cups iceberg lettuce 1 cup spinach 4 radishes 1/4 cup jicama 2 tbsp Creamy Italian Dressing* Net Carbs 5g • FV 4g	1 serving Instant Pot® Barbecue Pulled Pork* (using picnic roast) 1 serving Simple Marinated Kale* Net Carbs 5g • FV 4g	1 serving Tuna-Celery Salad* 1 1/2 tbsp mayonnaise 1 serving Simple Marinated Kale* Net Carbs 5g • FV 5g	3 oz roasted turkey breast 1 oz cheddar 1/4 medium baked sweet potato Net Carbs 5g • FV 5g
SNACK	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	1/2 large zucchini 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 3g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	4 Kalamata olives Net Carbs 2g • FV 2g	Atkins Creamy Vanilla Shake 1 medium slice cantaloupe Net Carbs 7g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g
DINNER	1 serving Lemon-Herb Grilled Chicken Thighs* 1 large zucchini 1 tbsp butter 1/2 tbsp lemon juice Net Carbs 8g • FV 7g	1 serving Instant Pot® Barbecue Pulled Pork* (using picnic roast) 1 1/4 cups green beans 2 tbsp butter Net Carbs 9g • FV 7g	3.5 oz kielbasa 2 cups shredded cabbage 1/2 cup turnip 1 1/2 tbsp butter 1/4 tsp salt 1 tsp Cajun seasoning Net Carbs 9g • FV 7g	1 serving Tilapia with Olive Butter and Broccoli* 1 cup broccoli 1/3 cup canned great northern beans Net Carbs 22g • FV 6g	4 oz chicken breast 1 3/4 cups spaghetti squash 2 tbsp butter 1 clove garlic 1 tbsp chopped parsley 2 tbsp grated parmesan cheese Net Carbs 15g • FV 15g	1 serving Cajun Blackened Salmon with Cucumber Relish* Net Carbs 10g • FV 7g	1 serving Easy Low Carb Turkey Cabbage Chili* 1/2 cup kidney beans Net Carbs 20g • FV 9g
	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 43g Foundation Vegetables: 14g	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 42g Foundation Vegetables: 20g	Total Net Carbs: 42g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 15g

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

**Average cost under \$10 per day based on choosing lowest cost options over a six week period at Walmart.com

Atkins Products

- ☐ 4 from Mocha Latte Value Pack (8) Atkins Mocha Latte Shake
- ☐ 3 from Vanilla Value Pack (8) Atkins Creamy Vanilla Shake
- ☐ 4 from Value Pack (8) Atkins Chocolate Chip Granola Bar
- ☐ 3 from Value Pack (8) Atkins Lemon Bar

Cheese/Dairy

- ☐ Cheddar cheese (3-ounces)
- ☐ Eggs (6)
- ☐ Heavy cream (3 tablespoons)
- ☐ Parmesan cheese, grated (1 tablespoon)
- ☐ Sour cream (3 tablespoons)

Meat/Protein

- ☐ Chicken: thighs (6-ounces), breast (4-ounces)
- ☐ Kielbasa (4-ounces)
- ☐ Pork: picnic roast (12-ounces), breakfast sausage (6-ounces)
- ☐ Salmon (6-ounces)
- ☐ Tilapia (6-ounces)
- ☐ Tuna, canned in water (9-ounces)
- ☐ Turkey: ground (10-ounces), roasted breast (9-ounces)

Herbs/Spices

- ☐ Fresh dill (4-grams)
- ☐ Fresh parsley (3 tablespoons)
- ☐ Fresh thyme (4-grams)

Produce

- ☐ Apple, gala (1 medium)
- ☐ Asparagus (4 medium spears)
- ☐ Broccoli (6-ounces)
- ☐ Cabbage (14-ounces)
- ☐ Cantaloupe (10-ounces)
- ☐ Cauliflower (6-ounces)
- ☐ Celery (2 medium stalks)
- ☐ Cucumber (3-ounces)
- ☐ Garlic (3 cloves)
- ☐ Green beans (5-ounces)
- ☐ Jicama (3-ounces)
- ☐ Kale (4-ounces)
- ☐ Lemon (1)
- ☐ Lettuce: iceberg (10-ounces), bibb/butterhead (1-ounce)
- ☐ Lime (1)
- ☐ Onion, yellow (2-ounces)
- ☐ Radishes (4)
- ☐ Spinach (4-ounces)
- ☐ Squash: yellow summer (4-ounces), zucchini (21-ounces), spaghetti (7-ounces)
- ☐ Sweet potato (6-ounces)
- ☐ Tomatoes, Roma (4)
- ☐ Turnip (3-ounces)

Other

- ☐ Black beans, canned (2-ounces)
- ☐ Decaf espresso (1 fluid ounce)
- ☐ Great northern beans, canned (3-ounces)
- ☐ Kidney beans, canned (4-ounces)
- ☐ Olives, Kalamata (9)
- ☐ Pickles, dill spears (3)
- ☐ Salsa, red (3 tablespoons)
- ☐ Tomatoes, canned: paste (2 teaspoons), diced (5-ounces)

Pantry

If there is no measurement listed, amount needed is less than 1 teaspoon

- ☐ Allspice, ground
- ☐ Beef broth (6 fl ounces)
- ☐ Black pepper
- ☐ Butter (7 tablespoons)
- ☐ Cajun seasoning (1 teaspoon)
- ☐ Canola oil (5 tablespoons)
- ☐ Chili powder (2 tablespoons)
- ☐ Cinnamon (1 teaspoon)
- ☐ Cumin
- ☐ Dried basil
- ☐ Dried oregano
- ☐ Dried parsley
- ☐ Dried tarragon
- ☐ Erythritol (instead of xylitol) (2 teaspoons)
- ☐ Garlic powder
- ☐ Italian seasoning blend
- ☐ Mayonnaise (6 tablespoons)
- ☐ Mustard, ground
- ☐ Nutmeg
- ☐ Oats, rolled (2-ounces)
- ☐ Olive oil (5 tablespoons)
- ☐ Onion powder
- ☐ Paprika (2 teaspoons)
- ☐ Red or cayenne pepper
- ☐ Red pepper flakes, crushed
- ☐ Salt (2 teaspoons)
- ☐ Sucralose based sweetener (1 packet)
- ☐ Swerve brown
- ☐ Vinegar: white wine (4 teaspoons), cider (2 tablespoons)

Menu Notes: Prepare 2 servings of Creamy Italian Dressing, 2 servings of Instant Pot® Barbecue Pulled Pork through this week (and one more serving of pork in the next week), and 2 servings Simple Marinated Kale.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Creamy Vanilla Shake 1/2 cup cooked rolled oats Net Carbs 14g • FV 0g	3 oz pork breakfast sausage 1/2 cup mushrooms 1/2 tbsp chopped yellow onion 1 1/4 cup spinach 1 slice Ezekiel bread Net Carbs 14g • FV 2g	2 eggs 1/2 tbsp chopped yellow onion 1 cup sliced yellow squash 1 tbsp canola oil Net Carbs 4g • FV 3g	Atkins Mocha Latte Shake 1/2 cup cooked rolled oats Net Carbs 16g • FV 0g	2 eggs 1 tbsp canola oil 1 Roma tomato Net Carbs 2g • FV 2g	2 hardboiled eggs 1/2 cup cooked oats 1/2 medium red delicious apple Net Carbs 20g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1 1/4 cup spinach 1 tsp cinnamon Net Carbs 3g • FV 1g
SNACK	10 Kalamata olives 1 oz cheddar Net Carbs 3g • FV 3g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	2/3 cup zucchini 1 oz cheddar Net Carbs 2g • FV 2g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	1/2 medium red delicious apple 1 stalk celery 2 tbsp cream cheese Net Carbs 10g • FV 1g
LUNCH	1 serving Basic Egg Salad* 2 cups chopped butterhead lettuce 4 radishes 1 Roma tomato 2 tbsp Ranch Dressing* Net Carbs 6g • FV 4g	3.5 oz kielbasa 1/2 cup sauerkraut 1/4 cup chopped zucchini 1 Roma tomato Net Carbs 6g • FV 4g	4 oz ground turkey 2 tbsp olive oil 1/2 cup sliced mushrooms 1 clove garlic 1/4 cup canned crushed tomatoes 1 1/2 cup spaghetti squash Net Carbs 16g • FV 16g	6 oz tuna 1 1/2 cup spinach 2 1/4 cups green leaf lettuce 1 Roma tomato 1/2 cup sliced canned beets 2 tbsp Ranch Dressing* Net Carbs 9g • FV 4g	6 oz roasted turkey breast 1 tbsp mayonnaise 1 slice Ezekiel bread 3 pickle spears 1/2 cup chopped jicama 4 radishes Net Carbs 17g • FV 5g	4 oz canned salmon 1 tbsp mayonnaise 3/4 cup green beans 1 Roma tomato 2 tbsp Ranch Dressing* Net Carbs 6g • FV 5g	6 oz roasted turkey breast 1 oz cheddar 2 1/4 cups chopped lettuce 2 radishes 2 tbsp chopped onion 1/2 cup canned sliced beet 2 tbsp Ranch Dressing* Net Carbs 8g • FV 3g
SNACK	Atkins Lemon Bar 1 clementine Net Carbs 11g • FV 0g	Atkins Mocha Latte Shake 1 small plum Net Carbs 11g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Mocha Latte Shake Net Carbs 4g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g
DINNER	1 serving Instant Pot® Barbecue Pulled Pork* 1 1/4 cup Brussels sprouts 2 tbsp butter Net Carbs 7g • FV 6g	1 serving Spicy Grilled Chicken Thighs* 2 cups broccoli, steamed 1 tbsp butter Net Carbs 8g • FV 7g	1 serving Salmon and Asparagus Sheet Pan* 1/2 medium sweet potato Net Carbs 14g • FV 3g	1 serving Greek Style Chicken with Zucchini and Mushrooms* 1/2 cup green beans Net Carbs 11g • FV 8g	4 oz ham 1/3 medium baked sweet potato 1 cup broccoli, steamed 1 1/2 cups shredded cabbage, steamed 2 tbsp butter 1 oz cheddar Net Carbs 16g • FV 7g	1 serving Indian Spiced Chicken and Vegetables* Net Carbs 9g • FV 7g	1 serving Grilled Chicken with Asparagus and Tomato Salad* 9 spears asparagus 2 tbsp canned great northern beans 1 tbsp olive oil Net Carbs 15g • FV 8g
	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 23g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 12g

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- ☐ 4 from Value Pack (8) Atkins Lemon Bar

Meat/Protein

- ☐ Chicken: thigh (13-ounces), breast (12-ounces)
- ☐ Kielbasa (4-ounces)
- ☐ Pork: breakfast sausage (3-ounces), ham (4-ounces)
- ☐ Salmon: frozen (4-ounces), canned (4-ounces)
- ☐ Tuna, canned in oil (6-ounces)
- ☐ Turkey: ground (4-ounces), roasted breast (12-ounces)

Cheese/Dairy

- ☐ Cheddar (4-ounces)
- ☐ Cream cheese (1-ounce)
- ☐ Eggs (8)
- ☐ Heavy cream (2-ounces)
- ☐ Parmesan cheese, grated (2 teaspoons)

Other

- ☐ Beet, canned (6-ounces)
- ☐ Ezekiel bread (2 slices)
- ☐ Great northern beans, canned (2 tablespoons)
- ☐ Olives, Kalamata (12)
- ☐ Pickles, dill spears (3)
- ☐ Sauerkraut (3-ounces)
- ☐ Tomatoes, canned crushed (3-ounces)

Produce

- ☐ Apple, red delicious (1 medium)
- ☐ Asparagus (15-ounces)
- ☐ Broccoli (10-ounces)
- ☐ Brussels sprouts (4-ounces)
- ☐ Cabbage (5-ounces)
- ☐ Celery (2 medium stalks)
- ☐ Clementine (1)
- ☐ Garlic (5 cloves)
- ☐ Green beans (5-ounces)
- ☐ Jicama (3-ounces)
- ☐ Lemon (1)
- ☐ Lettuce: butterhead/bibb (4-ounces), green leaf (6-ounces)
- ☐ Mushrooms (5-ounces)
- ☐ Onion, yellow (4-ounces)
- ☐ Plum (1 small)
- ☐ Radishes (10)
- ☐ Spinach (4-ounces)
- ☐ Squash: zucchini (12-ounces), yellow summer (4-ounces), spaghetti (6-ounces)
- ☐ Sweet potato (4-ounces)
- ☐ Tomatoes: Roma (4), cherry (5)

Herbs/Spices

- ☐ Chives (1 tablespoons)
- ☐ Fresh basil (5 leaves)
- ☐ Fresh dill (1 gram)
- ☐ Fresh parsley (1 tablespoon)
- ☐ Fresh peppermint (4 grams)

Pantry

If there is no measurement listed, amount needed is less than 1 teaspoon

- ☐ Black pepper
- ☐ Butter (5 tablespoons)
- ☐ Canola oil (2 tablespoons)
- ☐ Cayenne pepper
- ☐ Chicken broth (2 tablespoons)
- ☐ Chili powder
- ☐ Chipotle pepper, ground
- ☐ Cinnamon (2 teaspoons)
- ☐ Coriander seed
- ☐ Cumin
- ☐ Dijon mustard (3 teaspoons)
- ☐ Dried oregano
- ☐ Mayonnaise (12 tablespoons)
- ☐ Oats, rolled (3-ounces)
- ☐ Olive oil (5 tablespoons)
- ☐ Paprika
- ☐ Salt
- ☐ Sucralose based sweetener, packets (1)
- ☐ Vegetable oil (1 tablespoon)
- ☐ Vinegar: apple cider (1 tablespoon), balsamic (2 teaspoons)

Menu Notes: Make 4 servings of Ranch Dressing to use throughout the week.