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

**Notes: Visit 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
- 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.
### Atkins Raspberry Chia Bar

**THURSDAY**
- 2 eggs
- 1/2 tbsp chopped yellow onion
- 1 cup sliced yellow squash
- 1 tbsp canola oil

**FRIDAY**
- 2 eggs
- 1/2 cup cooked rolled oats
- 1 Roma tomato

**SATURDAY**
- 2 hardboiled eggs
- 1/2 cup cooked oats
- 1/2 medium red delicious apple

**SUNDAY**
- Atkins Creamy Vanilla Shake
  - blended with:
  - 1/4 cup spinach
  - 1 tsp cinnamon

---

### Notes:
- **Net Carbs**
  - 14g
  - 3g
  - 6g
  - 11g
  - 8g
  - 4g
  - 3g
  - 20g
  - 3g
  - 2g
  - 3g
  - 17g
  - 3g
  - 16g
  - 2g
  - 14g
  - 16g
  - 2g
  - 16g
  - 3g
  - 2g
  - 6g

- **Foundation Vegetables**
  - 12g
  - 12g
  - 23g
  - 14g
  - 13g
  - 12g
  - 12g
  - 12g

---

*Visit 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
- 3 from Mocha Latte Value Pack (8) Atkins Mocha Latte Shake
- 4 from Vanilla Value Pack (8) Atkins Creamy Vanilla Shake
- 3 from Value Pack (8) Atkins Chocolate Chip Granola Bar
- 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 teaspoon)
- 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.