

ATKINS 100[®]

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Almond-Pineapple Smoothie* Net Carbs 16g • FV 0g	1 serving Garden Frittata* ½ medium apple Net Carbs 19g • FV 8g	Atkins Dark Chocolate Royale Shake blended with: 3/4 cup frozen riced cauliflower 1/2 cup blueberries 1/4 cup chilled cooked steel cut oats Net Carbs 24g • FV 2g	1 serving Protein Powered Oatmeal* 1/3 cup blueberries Net Carbs 24g • FV 0g	Atkins Cranberry Almond Bar 1/2 cup plain unsweetened Greek yogurt 1/2 cup cubed cantaloupe Net Carbs 26g • FV 0g	1 serving Almond Protein Pancakes with Blueberries* 1 canned peach (no sugar added) Net Carbs 16g • FV 0g	1 serving Crustless Broccoli Quiche* 1/3 cup cooked steel cut oats Net Carbs 22g • FV 4g
SNACK	Atkins Lemon Vanilla Protein Wafer Crisp Bar 1/2 cup grapes Net Carbs 18g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Cranberry Almond Bar 1/2 cup plain, unsweetened Greek yogurt Net Carbs 8g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisp Bar Net Carbs 4g • FV 0g	1 serving Blueberry Cloud Muffin* Net Carbs 6g • FV 0g	Atkins Mocha Latte Shake & 1 Banana Coconut Muffin* Net Carbs 12g • FV 0g	Atkins Dark Chocolate Royale Shake & 1 Banana Coconut Muffin* Net Carbs 10g • FV 0g
LUNCH	1 serving Lettuce-Wrapped Cheddar Veggie Burger with Tomato and Hummus* 1 tbsp mayonnaise 9 pieces baked sweet potato fries Net Carbs 23g • FV 4g	1 serving Tarragon Shrimp Salad* 1 leaf butterhead lettuce 1 large whole grain pita bread Net Carbs 32g • FV 0g	1 serving Chicken Salad Sandwich with Grapes and Walnuts* 3/4 cup sliced cucumber 10 cherry tomatoes 1 tbsp bottled Italian dressing Net Carbs 15g • FV 9g	1 serving Chicken, Red Onion and Blueberry Pasta Salad* 1/2 medium cucumber Net Carbs 22g • FV 6g	1 serving Tuna-Celery Salad* with 1/2 medium cucumber 2 tbsp Creamy Italian Dressing* 1/2 cup steamed sweet potato 1 whole wheat tortilla Net Carbs 41g • FV 6g	1 serving Broccoli Florets with Lemon Butter Sauce* 4 oz roasted chicken 1/2 cup brown rice Net Carbs 28g • FV 7g	1 serving Warm Asian Beef Salad* Net Carbs 15g • FV 14g
SNACK	Atkins Mocha Latte Shake 1 oz cheddar Net Carbs 4g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	1/2 medium sweet potato, baked and sliced 1/4 cup sour cream 1 tbsp chopped green onions Net Carbs 15g • FV 10g	Atkins Dark Chocolate Royale Shake 1 small apple Net Carbs 15g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Chocolate Banana Shake 1/3 cup grapes Net Carbs 13g • FV 0g	Atkins Lemon Bar 1 small apple Net Carbs 16g • FV 0g
DINNER	1 serving Spiced Bok Choy and Tofu* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 38g • FV 13g	1 serving Sausage and Peppers over Penne* 2 cups shredded Romaine 7 cherry tomatoes 1 slice red onion 2 pepperoncini 2 tbsp bottled Italian dressing Net Carbs 37g • FV 14g	1 serving Egg Roll Bowl with Shrimp* 1/2 cup brown rice Net Carbs 36g • FV 8g	1 serving Fajita Steak and Fresh Guacamole* 1/2 cup cooked brown rice Net Carbs 34g • FV 9g	1 serving Grilled Fennel, Sausage and Tomato Pasta* & 1 serving Easy Pepper and Zucchini Sauté* Net Carbs 25g • FV 9g	1 serving Tamari-Lemon Pork Loin with Snap Peas* & 1 serving Asian Vegetable Noodles* Net Carbs 30g • FV 10g	1 serving Beef Enchilada Topped with an Egg over Spaghetti Squash* 2 6-inch corn tortillas Net Carbs 34g • FV 12g
	Total Net Carbs: 99g Foundation Vegetables: 17g	Total Net Carbs: 93g Foundation Vegetables: 22g	Total Net Carbs: 98g Foundation Vegetables: 29g	Total Net Carbs: 99g Foundation Vegetables: 15g	Total Net Carbs: 100g Foundation Vegetables: 15g	Total Net Carbs: 99g Foundation Vegetables: 17g	Total Net Carbs: 97g Foundation Vegetables: 31g

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

Atkins Products

- 1 Atkins Chocolate Banana Shake
- 2 Atkins Creamy Vanilla Shakes
- 3 Atkins Dark Chocolate Royale Shakes
- 2 Atkins Mocha Latte Shakes
- 2 Atkins Cranberry Almond Bars
- 2 Atkins Lemon Bars
- 2 Atkins Lemon Vanilla Protein Wafer Crisp

Meat/Protein

- Beef: flank (6-ounces), top sirloin (6-ounces), ground (4-ounces)
- Chicken: breast (9-ounces), roasted (4-ounces)
- Meatless burger (1 at 0 net carbs per patty)
- Pork: Andouille sausage (1 link at 1 net carb each), Italian sausage (4-ounces), tenderloin (7-ounces)
- Shrimp (10-ounces)
- Tofu, firm silken (4-ounces)
- Tuna, canned in water (5-ounces)

Cheese/Dairy

- Blue/ roquefort cheese (1-ounce)
- Cheddar cheese (7-ounces)
- Cottage cheese (1-ounce)
- Cream cheese (1-ounce)
- Eggs (18)
- Half and half (1 cup)
- Parmesan cheese, grated (2-ounces)
- Sour cream (2-ounces)
- Yogurt: plain whole milk (5-ounces), plain unsweetened Greek (9-ounces)

Produce

- Apples (2 medium & 1 small)
- Avocado (1)
- Bananas (2 medium)
- Bell peppers: green (1 large), red (1 medium)
- Blueberries (8-ounces)
- Bok choy (10-ounces)
- Broccoli (20-ounces)
- Cantaloupe (9-ounces)
- Carrot (1 small)
- Cauliflower: head (1 small), frozen riced (2 cups)
- Celery (3 medium stalks)
- Coleslaw mix, bagged (2 cups)
- Cucumbers (2 small)
- Fennel (1)
- Garlic (7 cloves)
- Ginger (1-inch knob)
- Grapes (6-ounces)
- Jalapeno pepper (1)
- Leeks (2)
- Lemon (1)
- Lettuce: butterhead (1 small head), Romaine (1 small head), spring mix (2 cups)
- Lime (1)
- Mushrooms: shiitake (3-ounces), button (5 whole), oyster (2-ounces)
- Onions: red (1 medium), green/scallions (2 large), yellow (1 large)
- Peach, canned (no sugar added) (1 whole)
- Pineapple (3-ounces)
- Shallots (5 grams)
- Snow peas (or sugar snap) (3-ounces)
- Spaghetti squash (5-ounces)
- Sweet potato: frozen fries (9 pieces), medium (1)
- Tomatoes: cherry (17), medium (1), small (1)
- Zucchini (2-ounces)

Other

- Almond butter
- Almond milk, plain unsweetened
- Almonds, blanched and slivered
- Anchovy
- Capers
- Enchilada sauce
- Fish sauce
- Green chili, canned
- Hummus (2 tablespoons)
- Italian salad dressing (1 net carb per 2 tablespoons)
- Oats: steel cut, rolled
- Peanuts, dry roasted, unsalted
- Penne pasta: brown rice, whole wheat & chick pea
- Pepperoncini
- Pita bread, whole grain
- Sauvignon blanc wine
- Teriyaki sauce (11 net carbs for 2 ounces)
- Tortilla: whole wheat, low carb (3 net carbs each), corn (6-inch)
- Walnuts
- Water chestnuts
- Whole wheat noodles
- Worcestershire sauce (1 net carb per teaspoon)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh thyme

Pantry

- Almond flour, blanched
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chili powder
- Chinese five spice
- Cinnamon
- Cloves, ground
- Coconut flour, high fiber
- Coconut oil, virgin
- Cumin
- Curry powder
- Dijon mustard
- Dred oregano
- Dried rosemary
- Dried tarragon
- Dried thyme
- Italian seasoning
- Mayonnaise
- Mirin rice cooking wine
- Nutmeg, ground
- Olive oil, extra virgin & light
- Peanut oil
- Red pepper flakes, crushed
- Rice, brown
- Salt
- Sesame oil, toasted & plain
- Sesame seeds
- Soy flour, whole grain
- Stevia, packets
- Sucralose based sweetener, granulated
- Tamari soy sauce
- Vanilla extract
- Vinegar: white wine, balsamic, sodium and sugar free rice
- Whey protein, vanilla
- White pepper
- Xylitol

Menu Notes: You will use 2 Banana Coconut Muffins this week.

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Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Cheddar Omelet with Sautéed Onions* & 1 serving Brown Rice Porridge* Net Carbs 27g • FV 5g	1 serving Canadian Bacon, Cheddar and Tomato Stacks* Net Carbs 6g • FV 6g	Atkins Dark Chocolate Royale Shake blended with: 1 small banana 1/2 cup frozen cauliflower 1 tbsp peanut butter Net Carbs 26g • FV 2g	1 serving Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* 1 cup cubed cantaloupe Net Carbs 20g • FV 7g	Parfait of: 1/2 cup plain, unsweetened Greek yogurt 1 Atkins Lemon Vanilla Protein Wafer Crisp Bar 1/2 cup sliced strawberries Net Carbs 14g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1/2 cup cooked rolled oats 1/2 cup cherries 1 tsp cinnamon Net Carbs 25g • FV 0g	1 serving Breakfast Mexi Peppers* 1/2 cup prepared grits Net Carbs 20g • FV 4g
SNACK	Atkins Chocolate Banana Shake Net Carbs 4g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1/2 cup cooked millet 1/2 cup fresh cherries Net Carbs 32g • FV 0g	Atkins Cranberry Almond Bar Net Carbs 3g • FV 0g	Atkins Mocha Latte Shake 1 cup blueberries Net Carbs 22g • FV 0g	1/3 cup black bean dip 1 medium red bell pepper Net Carbs 15g • FV 5g	2 puffed spelt cakes 1/2 avocado 1/2 cup sliced cucumber Net Carbs 11g • FV 3g	Atkins Lemon Vanilla Protein Wafer Crisp Bar 5 large strawberries Net Carbs 9g • FV 0g
LUNCH	4 oz veggie "meatballs" 1 1/2 cups spaghetti squash 1/2 cup prepared pasta sauce Net Carbs 24g • FV 4g	4 oz roasted chicken 2 tbsp barbecue sauce 2 servings Classic Coleslaw* 1 medium slice red onion 1/2 medium sweet potato 1 tbsp butter Net Carbs 28g • FV 9g	1 serving Pasta Salad with Tuna, Capers and Lemon* 1 oz feta cheese Net Carbs 25g • FV 2g	1 serving Open-Faced Cheddar Sandwiches Topped with Balsamic Red Onions* 1/4 cup hummus 1/2 medium cucumber Net Carbs 22g • FV 6g	6 oz beef burger 1/2 cup cooked quinoa 2 1/2 cups baby spinach 1/2 cup sliced cucumber 10 cherry tomatoes 2 tbsp Feta Ranch Dressing* Net Carbs 25g • FV 7g	1 serving Cauliflower Salad with Salmon* 1/2 cup cooked quinoa 1 tsp olive oil Net Carbs 25g • FV 7g	6 oz roasted chicken 2 cups baby spinach 15 cherry tomatoes 1 medium bell pepper 2 tbsp Feta Ranch Dressing* Net Carbs 13g • FV 12g
SNACK	Atkins Lemon Vanilla Protein Wafer Crisp Bar 2 small plums Net Carbs 17g • FV 0g	Atkins Peanut Butter Fudge Crisp Bar 1/2 cup plain, unsweetened Greek yogurt Net Carbs 8g • FV 0g	1/4 medium baked sweet potato 1/3 cup black bean dip 1 oz cheddar cheese 20 black olives Net Carbs 19g • FV 3g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 1 small apple Net Carbs 17g • FV 0g	Atkins Peanut Butter Fudge Crisp Bar Net Carbs 3g • FV 0g	Atkins Mocha Latte Shake 1 oz 8 grain & seed pretzels Net Carbs 21g • FV 0g
DINNER	1 serving Vegetarian "Sausage" Saute with Cabbage and Scallions* 3/4 oz Thai rice noodles 1 cup snow peas 1 serving Ginger, Soy and Sesame Dipping Sauce* Net Carbs 28g • FV 7g	1 serving Pork Chops with Fresh Mushrooms, Tomatoes and Bell Pepper* 2 cups Romaine 1/2 cup sliced cucumber 1/2 cup steamed beet slices 1/4 cup chickpeas 2 tbsp Feta Ranch Dressing* Net Carbs 24g • FV 5g	1 serving Lemon Chicken and Shrimp Kabobs* 1 cup frozen stir-fry vegetable blend 1/4 cup brown rice 1 tbsp butter Net Carbs 27g • FV 11g	1 serving Curried Fish and Red Peppers Over Broccoli* 1 piece whole grain naan bread Net Carbs 33g • FV 6g	1 serving Penne with Chicken, Mushrooms and Tarragon Cream Sauce* Net Carbs 25g • FV 2g	1 serving Sausages with Baby Kale and Mustard Sauce* 1/2 cup brown rice 1 tbsp butter Net Carbs 31g • FV 4g	1 serving Spicy Shrimp Diablo* 1/2 cup cooked brown rice 1 tbsp butter Net Carbs 31g • FV 7g
	Total Net Carbs: 100g Foundation Vegetables: 16g	Total Net Carbs: 98g Foundation Vegetables: 20g	Total Net Carbs: 99g Foundation Vegetables: 17g	Total Net Carbs: 100g Foundation Vegetables: 19g	Total Net Carbs: 96g Foundation Vegetables: 14g	Total Net Carbs: 95g Foundation Vegetables: 14g	Total Net Carbs: 95g Foundation Vegetables: 23g

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- 2 Atkins Chocolate Banana Shakes
- 2 Atkins Creamy Vanilla Shakes
- 1 Atkins Dark Chocolate Royale Shake
- 2 Atkins Mocha Latte Shakes
- 1 Atkins Cranberry Almond Bar
- 1 Atkins Lemon Bar
- 3 Atkins Lemon Vanilla Protein Wafer Crisp
- 2 Atkins Peanut Butter Fudge Crisp Bars

Cheese/Dairy

- Cheddar cheese (5-ounces), sharp (2-ounces)
- Eggs (5)
- Feta cheese (3-ounces)
- Heavy cream (3-ounces)
- Sour cream (5-ounces)
- Yogurt, Greek plain & unsweetened (1 cup)

Meat/Protein

- Beef: burger (6-ounces), ground (1-ounce)
- Chicken: roasted (10-ounces), breast (10-ounces)
- Chorizo pork and beef sausage (1-ounce)
- Meatless: "meatballs" (4-ounces at 4 net carbs), veggie breakfast sausage patties (2 at 2 net carbs per patty)
- Pork: Canadian bacon (2 slices), chop (1 thin cut), bacon (2 medium slices), Italian sausage (4-ounces)
- Salmon, canned (4-ounces)
- Shrimp (4 medium + 6 large)
- Tilapia (6-ounces)
- Tuna, canned in water (3-ounces)

Produce

- Apple (1 small)
- Avocado (1)
- Banana (1 small)
- Beet (1)
- Bell peppers: green (1 large), red (3 medium)
- Blueberries (6-ounces)
- Broccoli (3-ounces flowerets)
- Cabbage, red (8-ounces)
- Cantaloupe (6-ounces)
- Carrot (1 small)
- Cauliflower: frozen riced (1 cup), fresh (3-ounces)
- Celery (1 medium stalk)
- Cherries (1 cup)
- Cucumber (1 large)
- Garlic (4 cloves)
- Ginger (1-inch knob)
- Jalapeno pepper (1)
- Kale (2 leaves)
- Lemons (2)
- Lettuce: Romaine (1 small head)
- Lime (1)
- Mushrooms: button (1-ounce), Crimini (6-ounces)
- Onions: red (1 small), yellow (1 large), green/scallions (1 large)
- Plums (2 small)
- Snow peas (1 cup)
- Spinach, baby (6-ounces)
- Squash, spaghetti (2 cups)
- Stir fry blend, frozen (1 cup)
- Strawberries (7-ounces)
- Sweet potato (1 medium)
- Tomatoes: large (2), plum (1), cherry (17-ounces)

Other

- All fruit preserves (8 net carbs per tablespoon)
- Almond milk, plain & unsweetened
- Barbecue sauce (7 net carbs for 2 tbsp)
- Black bean dip (6-ounces)
- Capers
- Chickpeas
- Coconut cream
- Fish sauce
- Grits
- Hummus (2-ounces)
- Millet
- Naan bread, whole grain
- Oats: rolled
- Pasta: brown rice, brown rice penne
- Pasta sauce, jarred (8 net carbs per ½ cup)
- Peanut butter
- Pretzels, 8 grain & seed (Snyder's of Hanover brand)
- Puffed spelt cakes (Suzie's brand- 4 net carbs per cake)
- Quinoa
- Red chili paste, roasted
- Roasted red peppers, jarred
- Sauvignon blanc wine
- Thai rice noodles
- Tomatoes: canned with green chilies, canned diced

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh tarragon
- Fresh thyme

Pantry

- Baking powder
- Black pepper
- Brown rice
- Butter: salted & unsalted
- Celery seed
- Chicken broth
- Chili powder
- Cinnamon
- Cumin
- Dijon mustard
- Dried dill
- Dried oregano
- Flax seed meal
- Garlic powder
- Mayonnaise
- Olive oil: extra virgin & light
- Olives: black, Kalamata
- Onion powder
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil
- Soy flour
- Sucralose based sweetener, granulated & packets
- Tamari soy sauce
- Truvia (erythritol stevia blend)
- Vanilla extract
- Vinegar: sodium and sugar free rice, cider, white wine, balsamic, red wine
- Wheat bran
- Wheat gluten
- Whey protein powder, vanilla
- Yeast, active dry