

ATKINS 20®

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Muffin in a Minute* 2 tbsp cream cheese Net Carbs 4g • FV 0g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* topped with 1/2 avocado Net Carbs 4g • FV 4g	1 serving Herbed Scrambled Eggs* topped with 1/2 avocado Net Carbs 3g • FV 1g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* Net Carbs 5g • FV 5g	1 serving Spinach and Swiss Cheese Omelet* Net Carbs 3g • FV 1g	1 serving Avocado Gazpacho Smoothie* Net Carbs 5g • FV 3g	1 serving Individual Cloud Muffin* Net Carbs 2g • FV 0g
SNACK	1/2 cup sliced cucumber 5 cherry tomatoes 20 green olives 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 4g	1 serving Chocolate-Cinnamon Smoothie* Net Carbs 2g • FV 0g	5 black olives 5 green olives Net Carbs 1g • FV 1g	6 spears steamed asparagus wrapped in 2 oz roasted turkey dipped in 1 tbsp Creamy Italian Dressing* Net Carbs 2g • FV 2g	Atkins Frozen Parmesan Garlic Cauliflower Bites Or 1 serving Air Fryer Buffalo Cauliflower* Net Carbs 4g • FV 3g	6 radishes 1 tbsp whipped butter Sea salt Net Carbs 1g • FV 1g	Atkins Lemon Vanilla Protein Wafer Crisp Net Carbs 4g • FV 0g
LUNCH	1 serving Roast Beef on Mixed Green Salad* Net Carbs 4g • FV 3g	1 serving Smoky Tuna Tomato* Net Carbs 2g • FV 2g	1 serving Skewered Spanish Chicken* & Cucumber Dill Salad* Net Carbs 6g • FV 5g	1 serving French Bistro Salad* Net Carbs 2g • FV 2g	1 serving Grilled Lamb Patties* & Tomato and Dilled Cucumber Salad* Net Carbs 6g • FV 4g	1 serving Chicken Salad* 2 cups Romaine 4 cherry tomatoes 2 tbsp Creamy Italian Dressing* Net Carbs 5g • FV 2g	1 serving Roast Beef, Red Bell Pepper and Provolone Lettuce Wraps* Net Carbs 3g • FV 1g
SNACK	Atkins Lemon Vanilla Protein Wafer Crisp Bar Net Carbs 4g • FV 0g	5 cherry tomatoes 7 radishes 1 oz Swiss cheese Net Carbs 5g • FV 3g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1 serving Coconut Muffin in a Cup* 1 stick string cheese Net Carbs 4g • FV 0g	20 green olives Net Carbs 0g • FV 0g	4 pieces marinated artichoke hearts 10 black olives Net Carbs 5g • FV 5g	1/2 cup sliced cucumber 5 sliced cherry tomatoes 3/4 avocado 10 sliced radishes 2 tbsp Creamy Italian Dressing* Net Carbs 8g • FV 7g
DINNER	1 serving Steak Grilled with Peppers and Onions* Net Carbs 5g • FV 5g	1 serving Turkey Burger with Chipotle Aioli, Tomato and Pickle Onions over Greens* Net Carbs 6g • FV 6g	1 serving Southwestern Garden Salad* topped with: 4 oz grilled salmon 5 cherry tomatoes Net Carbs 9g • FV 7g	1 serving Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* Net Carbs 6g • FV 4g	1 serving Shrimp, Bacon and Avocado Salad* Net Carbs 8g • FV 5g	1 serving Steak with Asparagus and Mixed Green Salad* dressed with 2 tbsp of Creamy Italian Dressing* instead of the blue cheese dressing in the recipe Net Carbs 5g • FV 4g	1 serving Cajun Pork Chops* & String Bean Salad* Net Carbs 4g • FV 3g
	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 16g	Total Net Carbs: 20g Foundation Vegetables: 14g	Total Net Carbs: 19g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 16g	Total Net Carbs: 21g Foundation Vegetables: 12g

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

Atkins Products

- 1 Atkins Dark Chocolate Royale Shake
- Atkins Frozen Parmesan Garlic Cauliflower Bites (1 serving)
- 2 Atkins Lemon Vanilla Protein Wafer Crisp

Meat/Protein

- Beef: bottom sirloin (5-ounces), tenderloin (5-ounces), top sirloin (6-ounces), cooked roast beef (4-ounces)
- Chicken: thighs (2 bone-in), spicy chorizo sausage (1 link at 1 net carb), breast (6-ounces)
- Lamb, ground (6-ounces)
- Pork: bacon (4 medium slices), bone-in chops (6-ounces)
- Salmon (5-ounces)
- Shrimp (12 medium)
- Tuna, canned in water (3-ounces)
- Turkey: breakfast sausage (4 links), ground--93% lean (6-ounces), roasted (2-ounces)

Cheese/Dairy

- Buttermilk (3 tablespoons)
- Cream cheese (3 tablespoons)
- Eggs (9)
- Feta cheese (1-ounce)
- Goat cheese, soft (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (3 tablespoons)
- Monterey jack cheese (5-ounces)
- Parmesan cheese (1-ounce)
- Provolone cheese (2-ounces)
- Sour cream (1 tablespoon)
- String cheese (1 stick)
- Swiss cheese (2-ounces)

Produce

- Asparagus (11 spears)
- Avocado (4)
- Bell peppers: red (1 medium), green (1 large), yellow (1 small)
- Cauliflower (1 cup)
- Celery (1 medium stalk)
- Cucumbers (2 medium)
- Garlic (2 cloves)
- Green snap beans (3-ounces)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: mixed salad greens (4 cups), mixed baby greens (3 cups), Romaine (1 head), spring mix (5 cups)
- Limes (2)
- Onions, red (1 small)
- Radishes (26)
- Shallots (1 small)
- Spinach, baby (4 cups)
- Tomatoes: cherry (30), small (3)

Other

- Artichoke hearts, marinated
- Bacon bits
- Chipotle en adobo
- Coconut extract
- Coconut milk (not canned)
- Horseradish
- Red salsa
- Whey protein powder: chocolate, vanilla

Herbs/Spices

- Chives
- Fresh cilantro
- Fresh dill
- Fresh parsley
- Fresh peppermint
- Fresh tarragon

Pantry

- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Cinnamon
- Cocoa powder
- Coconut flour
- Coconut: unsweetened shredded
- Cumin
- Dijon mustard
- Dried thyme
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin & light
- Olives: green & black
- Onion powder
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Sage, ground
- Salt
- Sucralose: packets, granulated
- Truvia
- Vinegar: white wine, sherry, red wine
- Xylitol

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

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Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 slice toasted Low Carb Coconut Bread* 1/4 avocado 1/2 Roma tomato (sliced) 1 sliced radish 1 poached egg Net Carbs 3g • FV 2g	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	1 serving Muffin in a Minute* 2 tsp cream cheese Net Carbs 4g • FV 0g	1 serving Eggs Scrambled with Sautéed Onions and Cheddar Cheese* topped with 1/2 avocado Net Carbs 6g • FV 5g	1 serving Turkey-Cauliflower Hash* Net Carbs 4g • FV 4g	1 slice toasted Low Carb Coconut Bread* spread with 1/2 avocado 2 slices nitrate-free Canadian bacon Net Carbs 4g • FV 1g	1 serving Wild Mushroom and Gruyere Omelet* & 1 serving Muffin in a Minute* Net Carbs 5g • FV 2g
SNACK	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	7 spears steamed asparagus wrapped in 2-ounces prosciutto Net Carbs 2g • FV 2g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1/2 cup sliced cucumber 2 oz soft goat cheese Net Carbs 2g • FV 2g	5 radishes 1 tbsp Maple-Dijon Vinaigrette* Net Carbs 1g • FV 1g	10 large black olives 10 green olives Net Carbs 1g • FV 1g
LUNCH	1 serving Chicken Salad for Two* 2 cups baby greens 1/2 Roma tomato 1/4 cup sliced cucumber Net Carbs 5g • FV 4g	4 oz sliced turkey breast 1 slice onion 4 slices dill pickle 2 Romaine leaves 2 slices tomato 1 tbsp mayonnaise 1 slice toasted Low Carb Coconut Bread* Net Carbs 5g • FV 4g	1 serving Tuna-Celery Salad with Mixed Greens* dressed with 2 tablespoons Maple-Dijon Vinaigrette* instead of the vinaigrette called for in the recipe. Net Carbs 3g • FV 3g	1 serving leftover Sautéed Chicken Thighs* & 1 serving Tomato-Mozzarella Melt* Net Carbs 6g • FV 4g	1 serving Curried Shrimp Salad* served over: 1 cup shredded Romaine 5 halved cherry tomatoes 1 tbsp olive oil Net Carbs 8g • FV 6g	1 serving Swiss Cheese, Turkey, and Asparagus Roll-ups with Aioli* Net Carbs 4g • FV 1g	1 serving Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese* 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g
SNACK	1/2 cup sliced green pepper 7 spears steamed asparagus 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 4g • FV 4g	10 radishes dipped in 2 tablespoons whipped butter with sea salt Net Carbs 2g • FV 2g	1 slice Low Carb Coconut Bread* spread with 1 oz soft goat cheese 1/2 cup sliced cucumber Net Carbs 3g • FV 2g	20 green olives 5 black olives Net Carbs 1g • FV 1g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Frozen Parmesan Garlic Cauliflower Bites Or 1 serving Air Fryer Buffalo Cauliflower* Net Carbs 4g • FV 3g	3/4 cup sliced cucumber 1 stick string cheese Net Carbs 2g • FV 2g
DINNER	1 serving Grilled Pork and Mushroom Salad* Net Carbs 5g • FV 2g	1 serving Taco Salad* topped with: 10 black olives 1/2 avocado Net Carbs 7g • FV 5g	1 serving Grilled Sesame Salmon over Cucumber Salad* 5 cherry tomatoes Net Carbs 8g • FV 6g	1 serving Spinach and Feta Turkey Burgers* 2 cups Romaine 1/2 cup sliced cucumber 1/2 cup sliced red pepper 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 5g • FV 5g	1 serving Grilled Chicken Chimichurri* 8 spears steamed asparagus 1 tbsp butter Net Carbs 3g • FV 3g	1 serving Cod with Olives and Lemon* 1/2 cup sliced red pepper 5 radishes 2 tbsp Maple Dijon Vinaigrette* Net Carbs 8g • FV 7g	1 serving Beef, Scallions and Red Bell Pepper Sauté* 1 cup cauliflower rice 1 tsp butter Net Carbs 6g • FV 6g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 19g Foundation Vegetables: 15g

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

Atkins Products

- Atkins Frozen Parmesan Garlic Cauliflower Bites (1 serving)
- 2 Atkins Chocolate Chip Granola Bars
- 2 Atkins Dark Chocolate Royale Shakes

Meat/Protein

- Beef: ground (4-ounces), steak (5-ounces)
- Chicken: breast (3-ounces cooked & 13-ounces raw), thigh (8-ounces)
- Cod (6-ounces)
- Pork: prosciutto (2-ounces), bone-in chops (6-ounces), Canadian bacon (2 slices), bacon (1 medium slice)
- Salmon (6-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: sliced roasted (7-ounces), ground (20-ounces), cooked meat (4-ounces)

Cheese/Dairy

- Cheddar cheese (2-ounces)
- Cream cheese (2 tablespoons)
- Eggs (17)
- Feta cheese (1-ounce)
- Goat cheese, soft (3-ounces)
- Gruyere cheese (1-ounce)
- Heavy cream (3 tablespoons)
- Monterey jack cheese (5-ounces)
- Mozzarella cheese (2-ounces)
- Sour cream (1 tablespoon)
- String cheese (1 stick)
- Swiss cheese (2-ounces)

Produce

- Asparagus (25 spears)
- Avocado (3)
- Bell peppers: green (1 small), red (2 medium)
- Broccoli (2 cups florets)
- Cauliflower: whole (1 cup), riced (1 cup)
- Celery (3 medium stalks)
- Cucumbers (2 medium)
- Garlic (4 clove)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: mixed baby greens (2 cups), romaine (1 head), spring mix (6 cups)
- Mushrooms: Portobello caps (2-ounces), button pieces (2-ounces)
- Onion: red (1 medium slice), green/scallions (1 large), yellow (1 medium)
- Radishes (21)
- Spinach: baby (2 cups), frozen (3-ounces)
- Tomatoes: roma (1), cherry (10), medium (2)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

Other

- Chicken broth
- Green tomato chile sauce (salsa verde)
- Maple syrup, sugar-free
- Pecans
- Pickles, dill
- Poppy seeds
- Sambal Oelek ground fresh chili paste

Pantry

- Avocado oil
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chili powder
- Cinnamon
- Coconut flour, high fiber
- Cumin
- Curry powder
- Dijon mustard
- Dried basil
- Dried oregano
- Dried thyme
- Flax seed meal
- Garlic powder
- Mayonnaise
- Olive oil, extra virgin
- Olives: green, black, Kalamata
- Onion powder
- Red pepper, crushed flakes
- Salt
- Sesame oil
- Sesame seeds, dried
- Tamari soy sauce, reduced sodium
- Thick-it-up
- Truvia
- Vinegar: cider, red wine, balsamic, unseasoned rice wine, white wine
- Xylitol

Menu Notes: Make the full coconut bread recipe (Monday), slice and store in the freezer until needed. You will use 4 of the 16 slices this week. Make 7 servings of the Maple-Dijon Vinaigrette to use throughout the week.