

ATKINS 20[®]

Quick Start Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble topped with 3/4 avocado Net Carbs 7g • FV 4g	2 hardboiled eggs Net Carbs 1g • FV 0g	Atkins Plus Vanilla Shake 1 oz cheddar Net Carbs 1g • FV 0g	Atkins Frozen Bacon Scramble topped with 1/2 avocado Net Carbs 6g • FV 1g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	1 serving Green Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 3g • FV 2g	Atkins Plus Chocolate Shake Net Carbs 2g • FV 0g
SNACK	Atkins Honey Almond Vanilla Crunch Bites (1 serving) Net Carbs 2g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	20 green olives Net Carbs 0g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	1 oz cheddar cheese 1/2 cup sliced cucumber Net Carbs 2g • FV 2g
LUNCH	1 serving Mixed Greens with Roasted Red Pepper* 4 oz cooked chicken 2 tbsp Italian Dressing* Net Carbs 5g • FV 4g	Atkins Frozen Beef Merlot over: 1 cup cauliflower rice 1 tbsp butter Net Carbs 8g • FV 5g	1 serving Tuna Celery Salad in Avocado Halves* 1/2 cup sliced red peppers Net Carbs 7g • FV 7g	1 serving Portobello Mushroom Pizza* Net Carbs 3g • FV 3g	1 serving Cheddar Burger with Sautéed Mushrooms and Onions* 2 cups mixed greens 1 tsp red wine vinegar 1 tbsp olive oil Net Carbs 6g • FV 6g	Atkins Frozen Beef Teriyaki Stir-Fry 1 cup cauliflower rice 1 1/2 tbsp olive oil Net Carbs 8g • FV 5g	1 serving French Bistro Salad* 5 cherry tomatoes 1/2 cup sliced red pepper & 1/2 avocado mixed in Net Carbs 8g • FV 6g
SNACK	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving) Net Carbs 4g • FV 3g	Atkins Honey Almond Vanilla Crunch Bites (1 serving) Net Carbs 2g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g
DINNER	1 serving Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* Net Carbs 5g • FV 5g	6 oz cooked salmon over: 2 cups baby greens 8 cherry tomatoes 1/2 cup sliced red peppers 2 tbsp olive oil 1 tsp red wine vinegar Net Carbs 8g • FV 8g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl topped with: 2 oz kimchi 1/4 cup mung bean sprouts Net Carbs 9g • FV 6g	1 serving Skirt Steak with Chimichurri Sauce* 2 cups baby greens 5 black olives 2 tbsp Italian Dressing* Net Carbs 6g • FV 5g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 13 spears steamed asparagus 2 tbsp butter Net Carbs 10g • FV 6g	5-ounces cooked shrimp over: 1 1/2 cups baby greens 4 cherry tomatoes 1/2 cup sliced cucumber 2 tbsp Italian Dressing* Net Carbs 6g • FV 5g	Atkins Frozen Mexican-Style Chicken and Vegetables 1 cup cauliflower rice 1 tbsp olive oil Net Carbs 8g • FV 5g
	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g

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

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Atkins Products

- Atkins Frozen Bacon and Cheddar Cauliflower Bites
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Merlot
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 3 Atkins Creamy Vanilla Shakes
- 1 Atkins Plus Chocolate Shake
- 1 Atkins Plus Vanilla Shake
- 4 Atkins Strawberry Shakes
- 2 Atkins Chocolate Chip Granola Bars
- 1 Atkins Chocolate Peanut Butter Bar
- 2 servings Atkins Honey Almond Vanilla Crunch Bites

Meat/Protein

- Beef: inside skirt steak (6-ounces), ground (6-ounces)
- Chicken: cooked breast with skin (4-ounces), leg quarter (1)
- Pork, bacon (2 medium slices)
- Salmon (6-ounces)
- Shrimp (5-ounces)
- Tuna, canned in water (4-ounces)

Cheese/Dairy

- Cheddar cheese (4-ounces)
- Eggs (5)
- Gruyere cheese (1-ounce)
- Mozzarella cheese, whole milk (1-ounce)
- Pepper jack cheese (1-ounce)

Produce

- Asparagus (13 spears)
- Avocado (3)
- Bell peppers: red (1 large), green (1 small)
- Cauliflower, riced (3 cups)
- Celery (2 stalks)
- Cucumber (1 small)
- Garlic (6 cloves)
- Lemons (2)
- Lettuce: mixed baby greens (9 cups), spring mix (2 cups)
- Mung bean sprouts (1 cup)
- Mushrooms: Portobello caps (1), button (4 each)
- Onions: red (1 small), yellow (1 small)
- Serrano pepper (1)
- Spinach, baby (1 cup)
- Tomatillos (1 cup chopped)
- Tomatoes, cherry (17)

Other

- Kimchi
- Roasted red peppers (in jar) (2-ounces)
- Tomato sauce, canned

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh oregano
- Fresh parsley

Pantry

- Black pepper
- Butter
- Dijon mustard
- Dried oregano
- Mayonnaise
- Olive oil, extra virgin
- Olives: black, green
- Red pepper flakes, crushed
- Salt
- Sucralose based sweetener
- Vinegar: red wine

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Plus Chocolate Shake blended with: 1/2 cup frozen spinach 1 avocado 1/2 cup ice Net Carbs 5g • FV 3g	Atkins Frozen Ham & Cheese Omelet topped with 3/4 avocado Net Carbs 6g • FV 2g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* Net Carbs 3g • FV 3g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	1 serving Eggs and Spinach* 20 green olives Net Carbs 2g • FV 1g	Atkins Plus Chocolate Shake Net Carbs 2g • FV 0g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g
SNACK	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Café Caramel Shake Net Carbs 3g • FV 0g	6 Atkins Frozen Bacon and Cheddar Cauliflower Bites (1 serving) Net Carbs 4g • FV 3g	Atkins Café Caramel Shake Net Carbs 3g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	20 green olives Net Carbs 0g • FV 0g
LUNCH	Atkins Frozen Asian-Style Chicken Stir Fry Net Carbs 7g • FV 5g	1 serving Smoky Tuna Tomato* & Fresh Broccoli Salad* Net Carbs 7g • FV 6g	Atkins Frozen Chicken and Broccoli Alfredo Net Carbs 5g • FV 3g	4 oz lean burger 1 serving Roasted Red Pepper Salad with Olives and Fresh Basil* 1 cup Romaine 1 tsp olive oil Net Carbs 4g • FV 4g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl Net Carbs 7g • FV 4g	1 serving Chicken Salad Wraps* 6 halved cherry tomatoes 1/2 cup sliced cucumber 2 tsp red wine vinegar and 2 tbsp olive oil Net Carbs 5g • FV 5g	Atkins Frozen Crustless Chicken Pot Pie 1/2 cup sliced red pepper Net Carbs 8g • FV 5g
SNACK	20 green olives Net Carbs 0g • FV 0g	Atkins Honey Almond Vanilla Crunch Bites (1 serving) Net Carbs 2g • FV 0g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g	Atkins Chocolate Peanut Butter Bar Net Carbs 3g • FV 0g	Atkins Chocolate Almond Caramel Bar Net Carbs 3g • FV 0g	1/2 cup sliced red pepper Net Carbs 2g • FV 2g	Atkins Chocolate Chip Granola Bar Net Carbs 3g • FV 0g
DINNER	1 serving Spicy Chicken Legs* & Mixed Greens with Roasted Red Peppers* 1 tbsp olive oil 2 tsp red wine vinegar Net Carbs 5g • FV 4g	1 serving Baked Salmon with Bok Choy and Red Bell Pepper Puree* Net Carbs 4g • FV 4g	1 serving Crispy Nacho Chicken Thighs* & Simple Southwest Slaw* topped with 3/4 avocado Net Carbs 7g • FV 7g	Atkins Frozen Cheesy Chicken Risotto 1/2 cup Brussels sprouts 2 tbsp butter Net Carbs 9g • FV 7g	1 serving Italian Grilled Chicken with Yellow Squash* 2 cups baby greens 1/2 avocado 1/2 cup sliced red pepper 1 tbsp olive oil 2 tsp red wine vinegar Net Carbs 8g • FV 7g	Atkins Frozen Chicken Margherita 1 1/2 cups zucchini noodles 1 tbsp olive oil Net Carbs 10g • FV 6g	1 serving Cheddar Burger with Sautéed Mushrooms and Onions* 1 cup Romaine 1/2 medium tomato 1/2 cup sliced cucumber 2 tsp vinegar 2 tbsp olive oil Net Carbs 8g • FV 8g
	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 13g

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Atkins Products

- Atkins Frozen Asian-Style Chicken Stir Fry
- Atkins Frozen Bacon Cheddar Cauliflower Bites
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chicken Margherita
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 2 Atkins Café Caramel Shakes
- 1 Atkins Creamy Vanilla Shake
- 2 Atkins Plus Chocolate Shakes
- 2 Atkins Plus Vanilla Shakes
- 1 Atkins Chocolate Almond Caramel Bar
- 2 Atkins Chocolate Chip Granola Bars
- 3 Atkins Chocolate Peanut Butter Bars
- 1 serving Atkins Honey Almond Vanilla Crunch Bites

Meat/Protein

- Bacon (1 medium slice)
- Beef, ground (10-ounces)
- Chicken: leg quarter (1), breast (12-ounces), bone-in thighs (8-ounces)
- Salmon (5-ounces)
- Tuna, canned in water (3-ounces)
- Turkey, breakfast sausage (4 links with 0 net carbs)

Cheese/Dairy

- Cheddar cheese (1-ounce)
- Eggs (3)
- Monterey jack cheese (1-ounce)
- Sour cream (1 tablespoon)

Produce

- Avocado (3)
- Bell peppers: red (1 large), green (1 small)
- Bok choy (6-ounces)
- Broccoli (1 cup flowerets)
- Brussels sprouts (3-ounces)
- Cabbage, red (2-ounces shredded)
- Celery (1 medium stalk)
- Cucumber (1 medium)
- Garlic (3 cloves)
- Lemon (1)
- Lettuce: spring mix (1 cup), Romaine (2 cups), mixed baby greens (2 cups), butterhead (2 medium leaves)
- Lime (1)
- Mushrooms, button (4 whole)
- Onion: red (1 small), yellow (1 small)
- Radishes (2)
- Spinach: frozen (1 cup), baby (2 cups)
- Squash: yellow (1 medium), zucchini noodles (2 cups)
- Tomatoes: medium (1), cherry (6)

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh parsley

Other

- Bacon bits
- Capers
- Chipotle en adobo
- Ketchup, unsweetened
- Parmesan crisps
- Pickled jalapeno
- Roasted red peppers (in jar) (6-ounces)
- Salsa

Pantry

- Black pepper
- Butter: salted and unsalted
- Canola oil
- Chili powder
- Cumin
- Dijon mustard
- Dried oregano
- Dried thyme
- Garlic powder
- Mayonnaise
- Nutmeg, ground
- Olive oil, extra virgin & light
- Olives: green, black
- Paprika
- Red pepper flakes, crushed
- Salt
- Sucralose based sweetener
- Vinegar: red wine, cider