

ATKINS 20®

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Atkins Plus Vanilla Shake</p> <p>Net Carbs 1g • FV 0g</p>	<p>2 hardboiled eggs 1 stick string cheese</p> <p>Net Carbs 1g • FV 0g</p>	<p>1 serving Smoked Salmon, Tomato and Cream Cheese*</p> <p>Net Carbs 4g • FV 3g</p>	<p>1 serving Cheddar Omelet with Sautéed Tomato and Zucchini*</p> <p>Net Carbs 5g • FV 3g</p>	<p>1 serving Poached Eggs with Cheddar and Tomato*</p> <p>Net Carbs 2g • FV 1g</p>	<p>1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*</p> <p>Net Carbs 6g • FV 5g</p>	<p>1 serving Fluffy Flax Waffles* 1 tbsp butter 1/8 tsp cinnamon</p> <p>Net Carbs 2g • FV 0g</p>
SNACK	<p>1/2 cup sliced red pepper 1/2 cup sliced cucumber 2 tbsp cream cheese</p> <p>Net Carbs 5g • FV 4g</p>	<p>Atkins Plus Chocolate Shake</p> <p>Net Carbs 2g • FV 1g</p>	<p>Atkins Strawberry Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Chocolate Almond Caramel Bar</p> <p>Net Carbs 3g • FV 0g</p>	<p>Atkins Strawberry Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Dark Chocolate Royale Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Lemon Bar</p> <p>Net Carbs 3g • FV 0g</p>
LUNCH	<p>2 servings Classic Egg Salad* on top of: 1 cup baby spinach 1 tbsp grated parmesan cheese</p> <p>Net Carbs 4g • FV 1g</p>	<p>2 oz Havarti cheese over: 2 cups baby greens 1/2 cup sliced red pepper 1/2 cup sliced cucumber 1/2 avocado 2 tbsp Ranch Dressing*</p> <p>Net Carbs 8g • FV 7g</p>	<p>1 serving Lemon Zest Tuna Salad*</p> <p>Net Carbs 5g • FV 2g</p>	<p>1 serving Chicken-Portobello Broilers* 1/2 cup sliced cucumber</p> <p>Net Carbs 4g • FV 4g</p>	<p>1 serving Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese* dressed with 2 tbsp Ranch Dressing*</p> <p>Net Carbs 5g • FV 4g</p>	<p>1 serving Ham, Muenster, and Asparagus Roll-ups* 1/2 cup sliced cucumber</p> <p>Net Carbs 3g • FV 2g</p>	<p>1 serving Lettuce Wrapped Chicken Burger with Avocado and Tomato* 1/2 medium red pepper</p> <p>Net Carbs 7g • FV 7g</p>
SNACK	<p>Atkins Chocolate Almond Caramel Bar</p> <p>Net Carbs 3g • FV 0g</p>	<p>Atkins Peanut Fudge Granola Bar</p> <p>Net Carbs 4g • FV 0g</p>	<p>Atkins Honey Almond Vanilla Crunch Bites (1 serving)</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Dark Chocolate Royale Shake</p> <p>Net Carbs 2g • FV 0g</p>	<p>Atkins Peanut Fudge Granola Bar</p> <p>Net Carbs 4g • FV 0g</p>	<p>Atkins Chocolate Almond Caramel Bar</p> <p>Net Carbs 3g • FV 0g</p>	<p>Atkins Strawberry Shake</p> <p>Net Carbs 2g • FV 0g</p>
DINNER	<p>1 serving Grilled Chicken with Asparagus and Tomato Salad* 2 cups baby greens 2 tbsp olive oil</p> <p>Net Carbs 9g • FV 7g</p>	<p>1 serving Grilled Steak with Peppers and Onions*</p> <p>Net Carbs 5g • FV 5g</p>	<p>1 serving Turkey Burger with Chipotle Aioli, Tomato and Pickled Onions over Greens*</p> <p>Net Carbs 6g • FV 6g</p>	<p>1 serving Mackerel Fillets with Mustard-Rosemary Mayonnaise* 2 cups baby greens 1/2 cup sliced red pepper 1 tomato slice 2 tbsp Ranch Dressing*</p> <p>Net Carbs 6g • FV 5g</p>	<p>1 serving Five Spice Chicken with Gingered Zucchini Noodles and Mushrooms* with 1 stalk celery added</p> <p>Net Carbs 9g • FV 8g</p>	<p>1 serving Lamb Chops with Moroccan Rub* & Grilled Asparagus with Lemon* 5 cherry tomatoes</p> <p>Net Carbs 8g • FV 5g</p>	<p>1 serving Asian Steak Salad*</p> <p>Net Carbs 6g • FV 6g</p>
	<p>Total Net Carbs: 22g Foundation Vegetables: 12g</p>	<p>Total Net Carbs: 21g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 19g Foundation Vegetables: 12g</p>	<p>Total Net Carbs: 20g Foundation Vegetables: 12g</p>	<p>Total Net Carbs: 22g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 21g Foundation Vegetables: 13g</p>	<p>Total Net Carbs: 21g Foundation Vegetables: 12g</p>

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

Atkins Products

- 2 Atkins Dark Chocolate Royale Shakes
- 1 Atkins Plus Vanilla Shake
- 1 Atkins Plus Chocolate Shake
- 3 Atkins Strawberry Shakes
- 3 Atkins Chocolate Almond Caramel Bars
- 1 serving Atkins Honey Almond Vanilla Crunch Bites
- 1 Atkins Lemon Bar
- 2 Atkins Peanut Fudge Granola Bars

Meat/Protein

- Beef: tenderloin (5-ounces), top sirloin (4-ounces)
- Chicken: breast (20-ounces), ground (7-ounces)
- Lamb leg chops (5-ounces)
- Mackerel, Atlantic (8-ounces)
- Pork: bacon (1 medium slice), breakfast sausage (3-ounces), cooked ham (2-ounces)
- Salmon, smoked chinook (3-ounces)
- Tuna, canned in water (6-ounces)
- Turkey, ground (6-ounces)

Cheese/Dairy

- Cheddar cheese (5-ounces)
- Cream cheese (4 tablespoons)
- Eggs (9)
- Havarti cheese (2-ounces)
- Heavy cream (4-ounces)
- Monterey jack cheese (2-ounces)
- Mozzarella cheese, whole milk (1-ounce)
- Muenster cheese (1-ounce)
- Parmesan cheese, grated (1 tablespoon)
- String cheese (1 stick)

Produce

- Asparagus (12-ounces)
- Avocado (2)
- Bell peppers: red (2 large), green (1 large)
- Celery (1 large stalk)
- Cucumbers (2 small)
- Garlic (3 cloves)
- Ginger root, fresh (2-inch knob)
- Lemon (2)
- Lettuce: mixed baby greens (9 cups), butterhead (1 small), arugula (2 cups), spring mix (1 cup)
- Mushrooms: Portobello caps (1), button (2-ounces)
- Onions: red (1 small), scallions/ green (2 medium)
- Shallot (1-ounce)
- Spinach, baby (4 cups)
- Tomatoes: cherry (10), medium (2), large (1)
- Zucchini (1 medium)

Other

- Chipotle en adobo
- Coconut milk, unsweetened
- Tamari soy sauce

Herbs/Spices

- Chives
- Fresh basil
- Fresh dill
- Fresh parsley

Pantry

- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chinese five spice blend
- Cinnamon
- Cumin
- Curry powder
- Dijon mustard
- Dried coriander leaf
- Dried oregano
- Dried rosemary
- Flaxseed meal, golden
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Nutmeg, ground
- Olive oil: extra virgin & light
- Salt
- Sesame oil
- Sucralose based sweetener: packets, granulated
- Vanilla extract
- Vinegar: balsamic, red wine, unseasoned rice wine
- Whey protein powder, vanilla
- Xylitol

Menu Notes: Make the full recipe of ranch dressing to use throughout the week.

ATKINS 20[®]

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	1 serving Poached Eggs over Tomato, Avocado and Muenster* Net Carbs 4g • FV 3g	1 serving Chocolate Cloud Muffin* Net Carbs 3g • FV 0g	Atkins Plus Chocolate Shake Net Carbs 2g • FV 0g	1 serving Eggs Scrambled with Zucchini, Cheddar and Sour Cream* Net Carbs 4g • FV 1g	1 serving Avocado Gazpacho Smoothie* Net Carbs 5g • FV 3g	1 serving Cheesy Bacon Cloud Muffin* 1/2 avocado Net Carbs 4g • FV 1g
SNACK	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Café Caramel Shake Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Peanut Fudge Granola Bar Net Carbs 4g • FV 0g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g
LUNCH	1 serving Egg Salad with Chipotle and Tomatoes* & 1 serving Mixed Greens with Cucumber, Red Pepper and Creamy Italian* Net Carbs 6g • FV 5g	1 serving Zucchini Noodles with Spicy Chicken Sausage* Net Carbs 7g • FV 5g	1 serving Canned Tuna and Celery Salad on Baby Spinach* topped with 1/2 avocado 5 cherry tomatoes Net Carbs 5g • FV 5g	1 serving Zucchini "Spaghetti" with Lemon-Chive Dressing* 2 oz Havarti cheese Net Carbs 4g • FV 3g	1 serving French Bistro Salad* topped with 1/2 avocado Net Carbs 4g • FV 2g	1 serving Swiss Cheese, Turkey, and Asparagus Roll-ups with Aioli* 1/2 cup sliced cucumber Net Carbs 5g • FV 2g	1 serving Cobb Salad* 1/2 cup sliced cucumber 3 cherry tomatoes Net Carbs 7g • FV 6g
SNACK	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chocolate Almond Caramel Bar Net Carbs 3g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	4 pieces marinated artichoke heart 6 green or black olives Net Carbs 5g • FV 5g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	Atkins Honey Almond Vanilla Crunch Bites (1 serving) Net Carbs 2g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g
DINNER	1 serving Italian Grilled Chicken with Yellow Squash* & 1 serving Zucchini Ribbons with Lemon and Parmesan* Net Carbs 6g • FV 4g	1 serving Grilled Sesame Salmon over Cucumber Salad* Net Carbs 5g • FV 4g	1 serving Spinach and Feta Turkey Burgers* & 1 serving Greek Salad* 3 pieces marinated artichoke heart Net Carbs 9g • FV 8g	1 serving Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* 2 cups spring mix 2 tbsp Italian Dressing* Net Carbs 6g • FV 6g	1 serving Cauliflower Salad with Salmon* 1/2 cup sliced red pepper Net Carbs 9g • FV 9g	1 serving Flank Steaks with Smoky Cilantro Sauce and Zucchini* Net Carbs 8g • FV 7g	1 serving Grilled Chicken with Asparagus and Tomato Salad* Net Carbs 7g • FV 5g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g

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- 1 Atkins Café Caramel Shake
- 2 Atkins Dark Chocolate Royale Shakes
- 2 Atkins Plus Vanilla Shakes
- 1 Atkins Plus Chocolate Shake
- 1 Atkins Strawberry Shake
- 1 Atkins Chocolate Almond Caramel Bar
- 1 serving Atkins Honey Almond Vanilla Crunch Bites
- 4 Atkins Lemon Bars
- 1 Atkins Peanut Fudge Granola Bar

Meat/Protein

- Bacon (5 medium slices)
- Beef, flank steak (7-ounces)
- Chicken: breast (10-ounces), sausage (4-ounces), leg quarter (1)
- Salmon: fresh (6-ounces), canned (4-ounces)
- Tuna, canned in water (5-ounces)
- Turkey: ground (20-ounces), cooked breast (3-ounces)

Cheese/Dairy

- Blue cheese (1-ounce)
- Cheddar cheese (2-ounces)
- Cream cheese (2-ounces)
- Eggs (14)
- Feta cheese (2-ounces)
- Goat cheese, soft (1-ounce)
- Gruyere cheese (1-ounce)
- Havarti cheese (2-ounces)
- Heavy cream (5 tablespoons)
- Monterey jack cheese (1-ounce)
- Muenster cheese (1-ounce)
- Parmesan cheese, grated (2-ounces)
- Sour cream (2 tablespoons)
- Swiss cheese (1-ounce)

Produce

- Asparagus (7-ounces)
- Avocado (4)
- Bell peppers, red (2 medium)
- Cauliflower (1 cup)
- Celery (1 large stalk)
- Cucumber (1 large)
- Garlic (10 cloves)
- Lemons (2)
- Lettuce: spring mix (5 cups), arugula (1 cup), iceberg (1 small head)
- Lime (1)
- Onions: yellow (1 small), red (1 small), green/ scallions (1 medium)
- Serrano pepper (1)
- Spinach: baby (4 cups), frozen (3-ounces)
- Squash: yellow summer (1 small), zucchini (3 medium)
- Tomatoes: medium (1), cherry (17), plumb (1), tomatillos (1 medium)

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh parsley

Other

- Artichoke hearts, marinated
- Capers
- Chipotle en adobo
- Ketchup, unsweetened
- Sambal Oelek ground fresh chili paste
- Sun-dried tomatoes
- Tomatoes: canned with green chilies, paste

Pantry

- Baking powder
- Black pepper
- Canola vegetable oil
- Chili powder
- Cinnamon
- Cocoa powder
- Cumin
- Dijon mustard
- Dried dill
- Dried oregano
- Dried thyme
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin
- Olives: black, green, Kalamata
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil
- Sesame seeds
- Sucralose based sweetener: granulated, packet
- Tamari soy sauce
- Vinegar: white wine, red wine, unseasoned rice wine, balsamic
- Whey protein, vanilla
- Xylitol

Menu Notes: Make 6 servings of the Italian Dressing to use throughout the week.