# Quick-Start Guide

## Atkins Raspberry Chia Bar

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Atkins Products
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Stone Fired Pepperoni Pizza
- 1 Atkins Mocha Latte Shake
- 1 Atkins Peanut Fudge Granola Bar

Meat/Protein
- Beef: ground (4-ounces), cooked roast (4-ounces)
- Chicken: roasted (2-ounces), breast (10-ounces)
- Meatless burger (2 patties with 0 net carbs each)
- Pork tenderloin (7-ounces)
- Salami (1-ounce)
- Salmon: smoked chinook (3-ounces), boneless (6-ounces)
- Tuna, canned in water (4-ounces)

Other
- Almond butter
- Artichoke hearts: marinated & canned
- Chia seed
- Coconut milk, canned
- Corn tortillas (6-inch diameter)
- Green tomato chili sauce (salsa verde)
- Horseradish
- Hummus (10-ounces)
- Macadamia nuts, roasted
- Maple syrup, sugar free
- Oats, old-fashioned rolled
- Pecans
- Pickles, dill
- Salsa
- Strawberry jam, sugar free
- Walnuts

Herbs/Spices
- Chives
- Fresh basil
- Fresh cilantro
- Fresh dill

Produce
- Apple, gala (1)
- Asparagus (6-ounces)
- Avocado (2)
- Bell peppers, red (1 medium & 1 large)
- Berries: strawberries (2-ounces), raspberries (5-ounces), frozen mixed (1 cup)
- Carrots (2 small)
- Cauliflower, rice (2 cups)
- Celery (1 stalk)
- Cucumbers (2 small)
- Garlic (4 cloves)
- Green beans (8-ounces)
- Jalapeno (1)
- Jicama (1-ounce)
- Leek (1)
- Lemons (2)
- Lettuce: butterhead (1 small head), Romaine (1 pound head)
- Lime (1)
- Mushrooms, Portobello caps (3)
- Onion: red (1 small), yellow (1 small), green/scallions (1 medium)
- Shallots (1-ounce)
- Snap peas (1 cup)
- Spinach, baby (3 cups)
- Squash: zucchini (1 medium & 1 large), yellow summer (2-ounces)
- Tomatoes: medium (3), cherry (8), small (2), Italian (1)

Cheese/Dairy
- Cheddar cheese (6-ounces)
- Cream cheese (2 tablespoons)
- Eggs (12)
- Goat cheese, soft (1-ounce)
- Heavy cream (3 tablespoons)
- Monterey jack cheese (3-ounces)
- Mozzarella, fresh (1-ounce) & whole milk (3-ounces)
- Parmesan cheese (1-ounce)
- Provolone cheese (2-ounces)
- Sour cream (3 tablespoons)

Pantry
- Almond meal
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chicken stock cubes
- Chili powder
- Cinnamon
- Cumin
- Dijon mustard
- Dried oregano
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin
- Onion powder
- Salt
- Sucralose based sweetener: granulated, packets
- Thick-it-up
- Truvia
- Turmeric
- Vanilla extract
- Vinegar, red wine
- Whey protein powder, vanilla

Menu Notes: Make 2 servings of Greek Vinaigrette to use through the week.
### Atkins Foodie Menu Plan

**Monday**
- **Breakfast:**
  - 1 serving Veggie Breakfast Sausage Stacked with Avocado and Cheddar*
  - Net Carbs 6g • FV 2g
- **Snack:**
  - 1 serving Atkins Mocha Latte Shake
  - 12 walnut halves
  - Net Carbs 5g • FV 0g
- **Lunch:**
  - 1/4 honey crisp apple
  - 1 oz cheddar
  - 7 cherry tomatoes
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 5g
- **Dinner:**
  - 1 serving Sesame Tofu and Asian Slaw*
  - Net Carbs 13g • FV 5g

**Tuesday**
- **Breakfast:**
  - 1 serving Crustless Broccoli Quiche*
  - Net Carbs 7g • FV 4g
- **Snack:**
  - 1 serving Carrot-Nut Muffin*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 5g • FV 0g
- **Lunch:**
  - 1 serving Tomato Mozzarella Melt*
  - 2 cooked chicken thighs
  - Net Carbs 6g • FV 3g
- **Dinner:**
  - 1 serving Roasted Portobello Mushroom Melts with Gruyere*
  - 1 cup Romaine
  - 1/4 cup chopped red pepper
  - 7 cherry tomatoes
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 6g

**Wednesday**
- **Breakfast:**
  - 1 serving Eggs Scrambled with Sautéed Onions and Cheddar Cheese*
  - 1/2 avocado
  - Net Carbs 6g • FV 3g
- **Snack:**
  - 1 serving Carrot-Nut Muffin*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 5g • FV 0g
- **Lunch:**
  - 1 serving Tuna-Celery Salad with Mixed Greens*
  - 1/2 cup sliced cucumber
  - 2 cooked chicken thighs
  - Net Carbs 6g • FV 5g
- **Dinner:**
  - 1 serving Chicken Cauliflower Mac and Cheese*
  - 1 cup green beans
  - 1 tbsp butter
  - 2 servings Pizza Margherita*
  - 2 cups spring mix
  - 1/2 cup cucumber
  - 2 tbsp chopped red onion
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 13g • FV 11g

**Thursday**
- **Breakfast:**
  - 1 serving Chocolate Banana Protein Overnight Oats*
  - 1/4 avocado
  - Net Carbs 5g • FV 1g
- **Snack:**
  - 1 serving Egg Salad with Chipotle and Tomatoes*
  - 1 multigrain Flatout wrap
  - 3 oz roasted chicken
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 6g
- **Lunch:**
  - 1 serving Roast Beef on Mixed Green Salad* instead of the dressing called for in the recipe
  - 2 tbsp roasted peanuts
  - 2 tbsp chive cream cheese
  - Net Carbs 8g • FV 0g
- **Dinner:**
  - 1 serving Salad with Chipotle and Tomatoes* with 2 tbsp Sherry Vinaigrette*
  - 3 oz roasted chicken
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 6g

**Friday**
- **Breakfast:**
  - Atkins Frozen Ham & Cheese Omelet
  - 1/4 avocado
  - Net Carbs 5g • FV 0g
- **Snack:**
  - 1 serving Ham, Cream Cheese, and Dill Pickle Roll-Up*
  - 1/4 head Romaine
  - 1/2 cup bean sprouts
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 4g • FV 3g
- **Lunch:**
  - 1 serving No-Cook Zucchini and Red Bell Pepper with Pesto*
  - 1/4 avocado
  - 1/2 cup sliced strawberries
  - 12 walnut halves
  - 2 tbsp almond butter
  - Net Carbs 6g • FV 6g
- **Dinner:**
  - 1 serving Sesame Tofu and Asian Slaw*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 6g • FV 6g

**Saturday**
- **Breakfast:**
  - Atkins Frozen Ham & Cheese Omelet
  - 1/4 avocado
  - Net Carbs 5g • FV 0g
- **Snack:**
  - 1 serving Carrot-Nut Muffin*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 5g • FV 0g
- **Lunch:**
  - 1 serving Ham, Cream Cheese, and Dill Pickle Roll-Up*
  - 1/4 head Romaine
  - 1/2 cup bean sprouts
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 6g
- **Dinner:**
  - 1 serving Sesame Tofu and Asian Slaw*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 6g • FV 6g

**Sunday**
- **Breakfast:**
  - Atkins Mocha Latte Shake
  - 12 walnut halves
  - Net Carbs 5g • FV 0g
- **Snack:**
  - 1 serving Roasted Portobello Mushroom Melts with Gruyere*
  - 1 cup Romaine
  - 1/4 cup chopped red pepper
  - 7 cherry tomatoes
  - 2 tbsp Sherry Vinaigrette*
  - Net Carbs 6g • FV 6g
- **Lunch:**
  - 1 serving Carrot-Nut Muffin*
  - 1/2 red grapefruit
  - 12 walnuts
  - Net Carbs 5g • FV 0g
- **Dinner:**
  - 1 serving No-Cook Zucchini and Red Bell Pepper with Pesto*
  - 1/4 avocado
  - 1/2 cup sliced strawberries
  - 12 walnut halves
  - 2 tbsp almond butter
  - Net Carbs 6g • FV 6g

*Go to Atkins.com/recipes for recipes!

Can’t find Atkins frozen entrees? Try our standard meal plans or search Atkins.com/recipes for substitute meals with similar net carb and foundational vegetable counts.
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<td>Atkins Frozen Ham &amp; Cheese Omelet</td>
<td>Apple, honey crisp (1) Avocado (3) Bell peppers, red (2 medium) Broccoli (1 pound) Cabbage, green (8-ounces) Carrots (4-ounces) Cauliflower (6-ounces) Celery (6 medium stalks) Cucumber (1 medium) Daikon radish (2-ounces) Garlic (3 cloves) Ginger root (1-inch knob) Grapefruit, red (1) Green beans (5-ounces) Lemon (1) Lettuce: Romaine (1 small head), spring mix (4 cups), arugula (1 cup), baby greens (2 cups), mixed greens (2 cups) Lime (1) Mung bean sprouts (1 cup) Mushrooms: Portobello caps (1), button (2-ounces) Onions: green/scallion (1 small), yellow (1 medium), red (1 medium) Radicchio (1-ounce) Radishes (9) Shallots (1-ounce) Snow peas (10) Strawberries: fresh (5-ounces), frozen unsweetened (1 cup) Squash, zucchini (3-ounces) Tomatoes: cherry (17), medium (1), plum (3), Italian (1)</td>
<td>Chives Fresh basil Fresh cilantro Fresh parsley</td>
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<tr>
<td>Atkins Frozen Turkey with Garlic Mashed Cauliflower</td>
<td>Beef: cooked bottom sirloin (5-ounces), flank steak (6-ounces) Chicken: cooked thighs (2), roasted (9-ounces), breast (12-ounces) Ham, cooked (2-ounces) Shrimp, raw (6-ounces) Tofu: firm silken (4-ounces) Tuna, canned in water (4-ounces) Veggie breakfast sausage patties (2 at 2 net carbs per patty)</td>
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<td>1 Atkins Chocolate Banana Shake</td>
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**Cheese/Dairy**
- Buttermilk (6 tablespoons)
- Cheddar cheese (7-ounces)
- Cheddar jack shreds (1-ounce)
- Cream cheese: plain (3-ounces), chive (1-ounce)
- Eggs (15)
- Feta cheese (1-ounce)
- Gruyere cheese (2-ounces)
- Half and half (1 cup)
- Heavy cream (3-fl ounces)
- Mozzarella cheese, whole milk (14-ounces)
- Parmesan cheese, grated (3-ounces)

**Other**
- Almond butter
- Almonds, sliced
- Artichoke hearts, marinated
- Capers
- Chia seeds
- Chipotle en adobo
- Coconut milk beverage, plain unsweetened (not canned)
- Coconut shreds, unsweetened
- Flat Out wrap, multigrain (Flat Out brand, 9 g net carbs each)
- French vanilla syrup, sugar free
- Hemp hearts
- Oats, rolled quick cooking
- Olives: Kalamata, black
- Peanuts, roasted
- Pickles, dill
- Pine nuts, dried
- Roasted red peppers
- Sesame oil: toasted & plain
- Sun dried tomatoes
- Tamari soy sauce
- Walnuts

**Meat/Protein**
- Beef: cooked bottom sirloin (5-ounces), flank steak (6-ounces)
- Chicken: cooked thighs (2), roasted (9-ounces), breast (12-ounces)
- Ham, cooked (2-ounces)
- Shrimp, raw (6-ounces)
- Tofu: firm silken (4-ounces)
- Tuna, canned in water (4-ounces)
- Veggie breakfast sausage patties (2 at 2 net carbs per patty)

**Produce**
- Apple, honey crisp (1)
- Avocado (3)
- Bell peppers, red (2 medium)
- Broccoli (1 pound)
- Cabbage, green (8-ounces)
- Carrots (4-ounces)
- Cauliflower (6-ounces)
- Celery (6 medium stalks)
- Cucumber (1 medium)
- Daikon radish (2-ounces)
- Garlic (3 cloves)
- Ginger root (1-inch knob)
- Grapefruit, red (1)
- Green beans (5-ounces)
- Lemon (1)
- Lettuce: Romaine (1 small head), spring mix (4 cups), arugula (1 cup), baby greens (2 cups), mixed greens (2 cups)
- Lime (1)
- Mung bean sprouts (1 cup)
- Mushrooms: Portobello caps (1), button (2-ounces)
- Onions: green/scallion (1 small), yellow (1 medium), red (1 medium)
- Radicchio (1-ounce)
- Radishes (9)
- Shallots (1-ounce)
- Snow peas (10)
- Strawberries: fresh (5-ounces), frozen unsweetened (1 cup)
- Squash, zucchini (3-ounces)
- Tomatoes: cherry (17), medium (1), plum (3), Italian (1)

**Pantry**
- Almond four: blanched & meal
- Baking powder
- Baking soda
- Black pepper
- Butter: salted & unsalted
- Canola: vegetable oil & cooking spray
- Chili powder
- Cinnamon
- Cocoa powder, unsweetened
- Cumin
- Dijon mustard
- Dried basil
- Dried dill
- Dried oregano
- Dried rosemary
- Dried thyme
- Dry mustard
- Dried basil
- Dried dill
- Dried oregano
- Dried rosemary
- Dried thyme
- Dry mustard
- Mayonnaise
- Olive oil, extra virgin
- Onion powder
- Pepper sauce (Tabasco or similar)
- Red pepper flakes, crushed
- Salt
- Soy flour, whole grain
- Stevia extract powder
- Sucralose based sweetener: granulated
- Thick-it-up
- Vanilla extract
- Vinegar: Resvera sherry, red wine, unseasoned unsweetened rice, apple cider
- Whey protein powder, chocolate
- Xylitol

**Menu Notes:** Make 6 servings of the Sherry Vinaigrette for the week. You will use 5 Carrot-Nut Muffins through the week.