

# ATKINS 40®

## Quick Start Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Vanilla Cream 16-ounce Shake &amp; 1 Blueberry Cloud Muffin*</b> 1 tbsp butter Net Carbs 9g • FV 0g	1 serving <b>Eggs Scrambled with Avocado, Onions and Tomato*</b> 1-ounce cheddar Net Carbs 7g • FV 6g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> topped with 1/2 avocado Net Carbs 6g • FV 3g	<b>Atkins Lemon Bar</b> 3/4 cup sliced strawberries 1 tbsp heavy cream, whipped Net Carbs 10g • FV 0g	1 serving <b>Antioxidant Berry Smoothie*</b> Net Carbs 7g • FV 0g	1 serving <b>Chocolate Cloud Muffin*</b> 1/2 cup blueberries Net Carbs 12g • FV 0g	<b>Atkins Vanilla Cream 16-ounce Shake</b> Net Carbs 3g • FV 0g
SNACK	<b>Atkins Lemon Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Chocolate Banana Shake</b> 24 roasted almonds Net Carbs 6g • FV 0g	<b>Atkins Chocolate Banana Shake</b> 24 roasted almonds Net Carbs 6g • FV 0g	<b>Atkins Cafe Caramel Shake</b> 10 roasted macadamia nuts Net Carbs 4g • FV 0g	<b>Atkins Blueberry Greek Yogurt Bar</b> 24 roasted almonds Net Carbs 7g • FV 0g	<b>Atkins Lemon Vanilla Proetin Wafer Crisp Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Lemon Vanilla Protein Wafer Crisp Bar</b> Net Carbs 4g • FV 0g
LUNCH	1 serving <b>Lemon Chicken and Shrimp Kabobs*</b> 1/2 cup sliced red peppers Net Carbs 12g • FV 9g	<b>Atkins Frozen Cheesy Chicken Risotto</b> Net Carbs 6g • FV 4g	1 serving <b>Canned Tuna with Snap Peas, Red Bell Pepper and Tomato*</b> over 1 cup spring mix salad 1/2 cup sliced cucumber 1 tbsp Creamy Italian Dressing* Net Carbs 9g • FV 9g	<b>Atkins Frozen Mexican-Style Chicken and Vegetables</b> topped with 1/2 avocado & 10 cherry tomatoes Net Carbs 12g • FV 9g	1 serving <b>Greek Salad with Chicken*</b> Net Carbs 10g • FV 9g	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> Net Carbs 5g • FV 3g	1 serving <b>Turkey Burger with Chipotle Aioli, Tomato and Pickled Onions over Greens*</b> Net Carbs 6g • FV 6g
SNACK	<b>Atkins Milk Chocolate Delight Shake</b> 24 roasted almonds Net Carbs 4g • FV 0g	<b>Atkins Lemon Vanilla Protein Wafer Crisp Bar</b> 4 strawberries Net Carbs 8g • FV 0g	<b>Atkins Blueberry Greek Yogurt Bar</b> Net Carbs 5g • FV 0g	1 serving <b>Black Olives with Cheddar*</b> Net Carbs 4g • FV 3g	<b>Atkins Chocolate Banana Shake</b> Net Carbs 4g • FV 0g	<b>Atkins Milk Chocolate Delight Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Café Caramel Shake</b> 10 strawberries Net Carbs 13g • FV 0g
DINNER	<b>Atkins Frozen Beef Teriyaki Stir-Fry</b> 1 serving Asian Style Coleslaw* 5 cherry tomatoes Net Carbs 11g • FV 7g	1 serving <b>Cauliflower Crust Pizza*</b> 1 cup chopped Romaine 1/4 cup cucumber 3/4 large tomato 1 slice red onion 2 tbsp Creamy Italian Dressing* Net Carbs 13g • FV 11g	1 serving <b>Pork Chops with Fresh Mushrooms, Tomatoes and Bell Pepper*</b> 1/2 cup blueberries 2 tbsp Extra Creamy Reddi Wip Net Carbs 13g • FV 2g	1 serving <b>Cajun Blackened Salmon with Cucumber Relish*</b> Net Carbs 10g • FV 7g	<b>Atkins Frozen Mongolian-Style Beef Cauliflower Bowl</b> 1 1/2 cup Romaine 1/2 cup sliced red pepper 1 slice red onion 2 tbsp Creamy Italian Dressing* Net Carbs 12g • FV 9g	1 serving <b>Baked Chicken with Artichokes*</b> 2 cups Romaine 1/2 cup sliced red pepper 1 slice red onion 2 pieces artichoke hearts 2 tbsp Creamy Italian Dressing* Net Carbs 16g • FV 14g	<b>Atkins Frozen Crustless Chicken Pot Pie &amp; 1 serving Cucumber, Tomato and Green Onion Salad*</b> Net Carbs 14g • FV 10g
	Total Net Carbs: 39g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 41g Foundation Vegetables: 19g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 39g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 16g

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

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## **Atkins Products**

- Atkins Frozen Beef Teriyaki Stir Fry
- Atkins Frozen Cheesy Chicken Risotto
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 2 Atkins Café Caramel Shakes
- 3 Atkins Chocolate Banana Shakes
- 2 Atkins Milk Chocolate Delight Shakes
- 2 Atkins Vanilla Cream Shakes (16-ounce)
- 2 Atkins Blueberry Greek Yogurt Bars
- 2 Atkins Lemon Bars
- 3 Atkins Lemon Vanilla Protein Wafer Crisps Bars

## **Cheese/Dairy**

- Cheddar cheese (2-ounces)
- Cream cheese (2-ounces)
- Eggs (5)
- Feta cheese (1-ounce)
- Heavy cream (1 tablespoon)
- Mozzarella cheese, whole milk (4-ounces)
- Parmesan cheese: shredded (4-ounces), grated (2-ounces)
- Reddi Wip, extra creamy (2 tablespoons)

## **Other**

- Almonds, roasted
- Artichoke hearts: marinated, frozen
- Chia seeds
- Chipotle en adobo
- Coconut milk, canned
- Macadamia nuts, roasted
- Olives: sliced black, whole black, Kalamata
- Sauvignon blanc wine
- Sesame oil, toasted
- Tamari soy sauce
- Tomato: canned paste, canned crushed

## **Produce**

- Avocado (2)
- Bell peppers: red (2 medium), green (1 small)
- Berries: strawberries (14- ounces), frozen mixed (2-ounces), blueberries (7-ounces)
- Bok choy (2-ounces)
- Carrots (1 small)
- Cauliflower: frozen riced (10-ounces), fresh (6-ounces)
- Cucumbers (2 medium)
- Garlic (6 cloves)
- Ginger root (1-inch knob)
- Lemon (1)
- Lettuce: Romaine (1 head), spring mix (1 cup), baby greens (3 cups)
- Lime (1)
- Mushrooms: Crimini (3-ounces), button (3-ounces)
- Onions: red (1 medium), yellow (1 medium), green/ scallions (1 medium)
- Shallots (1-ounce)
- Snow peas (3-ounces)
- Tomatoes: cherry (18), large (1), small (1), medium (2), plum (1), Italian (1)

## **Meat/Protein**

- Chicken: breast (10-ounces), boneless thigh (5-ounces)
- Pork chops (3-ounces with bone)
- Salmon (6-ounces)
- Shrimp (4 medium)
- Tuna, canned in water (4-ounces)
- Turkey, ground (6-ounces)

## **Herbs/Spices**

- Fresh dill
- Fresh parsley
- Fresh peppermint
- Fresh rosemary
- Fresh thyme

## **Pantry**

- Baking powder
- Black pepper
- Butter, salted
- Canola vegetable oil
- Cinnamon
- Cocoa powder
- Dried basil
- Dried oregano
- Fennel seed
- Flaxseed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- No calorie sweetener
- Nutmeg
- Olive oil: extra virgin & light
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Soy flour, whole grain
- Stevia: powdered & packets
- Sucralose based sweetener: packets & granulated
- Turmeric
- Vanilla extract
- Vinegar: sodium and sugar free rice, white wine, red wine
- Wheat bran
- Wheat gluten
- Whey protein powder, vanilla
- Xylitol

**Menu Notes:** Make 4 servings of the Creamy Italian dressing to use through the week.

# ATKINS 40<sup>®</sup>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>1 serving <b>Chia-Pecan Overnight Oats*</b></p> <p>Net Carbs 13g • FV 0g</p>	<p><b>Atkins Frozen Bacon Scramble</b></p> <p>Net Carbs 5g • FV 0g</p>	<p><b>Atkins Vanilla Cream 16-ounce Shake</b> blended with 1 cup frozen cauliflower</p> <p>Net Carbs 5g • FV 2g</p>	<p>1 serving <b>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato*</b></p> <p>Net Carbs 8g • FV 7g</p>	<p><b>Atkins Frozen Ham &amp; Cheese Omelet</b> 1/2 avocado</p> <p>Net Carbs 5g • FV 1g</p>	<p><b>Atkins Vanilla Cream 16-ounce Shake</b> blended with: 1 avocado 1 tbsp cocoa powder 1/4 tsp cinnamon</p> <p>Net Carbs 7g • FV 3g</p>	<p>1 serving <b>Chocolate Cloud Muffin*</b> 1 tbsp almond butter 5 strawberries</p> <p>Net Carbs 9g • FV 0g</p>
SNACK	<p><b>Atkins Milk Chocolate Delight Shake</b></p> <p>Net Carbs 2g • FV 0g</p>	<p><b>Atkins Café Caramel Shake</b> 10 strawberries</p> <p>Net Carbs 13g • FV 0g</p>	<p><b>Atkins Lemon Vanilla Protein Wafer Crisp Bar</b> 20 roasted macadamia nuts</p> <p>Net Carbs 7g • FV 0g</p>	<p><b>Atkins Milk Chocolate Delight Shake</b> 1/2 gala apple</p> <p>Net Carbs 10g • FV 0g</p>	<p><b>Atkins Lemon Bar</b> 5 strawberries</p> <p>Net Carbs 8g • FV 0g</p>	<p>1/2 medium cucumber 1/4 cup hummus</p> <p>Net Carbs 11g • FV 5g</p>	<p><b>Atkins Café Caramel Shake</b></p> <p>Net Carbs 3g • FV 0g</p>
LUNCH	<p><b>Atkins Frozen Asian-Style Chicken Stir Fry</b> 20 snow peas 1/2 cup sliced red pepper</p> <p>Net Carbs 13g • FV 11g</p>	<p>1 serving <b>Tuna-Celery Salad with Mixed Greens*</b> 1/2 cup sliced cucumbers</p> <p>Net Carbs 6g • FV 5g</p>	<p>1 serving <b>Roast Beef on Mixed Green Salad*</b> 1/2 cup sliced cucumbers 1 slice red onion</p> <p>Net Carbs 7g • FV 6g</p>	<p>4 oz chicken and dried tomato sausage 1 cup Romaine 1/4 cup cucumber 1/4 cup red pepper 1 tbsp sliced almonds 1 tbsp low-carb dressing</p> <p>Net Carbs 6g • FV 2g</p>	<p>1 serving <b>Feta, Sun-Dried Tomato, Olive and Basil Salad on Baby Greens*</b> 4 oz roasted chicken</p> <p>Net Carbs 10g • FV 7g</p>	<p><b>Atkins Frozen Chicken Margherita</b></p> <p>Net Carbs 6g • FV 2g</p>	<p>1 serving <b>Swiss Cheese, Turkey and Asparagus Roll-Ups*</b> &amp; 1 serving <b>Asparagus with Sun Dried Tomato Vinaigrette*</b></p> <p>Net Carbs 9g • FV 5g</p>
SNACK	<p><b>Atkins Blueberry Greek Yogurt Bar</b></p> <p>Net Carbs 5g • FV 0g</p>	<p><b>Atkins Lemon Bar</b></p> <p>Net Carbs 3g • FV 0g</p>	<p>1/2 gala apple 2 tbsp cream cheese</p> <p>Net Carbs 9g • FV 0g</p>	<p><b>Atkins Blueberry Greek Yogurt Bar</b></p> <p>Net Carbs 5g • FV 0g</p>	<p><b>Atkins Chocolate Banana Shake</b></p> <p>Net Carbs 4g • FV 0g</p>	<p><b>Atkins Lemon Vanilla Protein Wafer Crisp Bar</b></p> <p>Net Carbs 4g • FV 0g</p>	<p><b>Atkins Blueberry Greek Yogurt Bar</b></p> <p>Net Carbs 5g • FV 0g</p>
DINNER	<p>1 serving <b>Fish Fillets with Tomatoes and Black Olives*</b> 1 cup cauliflower rice 1 tbsp butter</p> <p>Net Carbs 7g • FV 6g</p>	<p>1 serving <b>Teriyaki Shrimp with Snow Peas*</b> 2 cups mixed greens 1/2 cup sliced red pepper 1 roma tomato 2 tbsp low-carb salad dressing</p> <p>Net Carbs 13g • FV 11g</p>	<p><b>Atkins Frozen Chicken Marsala</b> 2 cups Romaine 3/4 medium tomato 2 tbsp no-sugar Italian dressing</p> <p>Net Carbs 13g • FV 7g</p>	<p><b>Atkins Frozen Beef Merlot</b> 2 cups zucchini noodles 1 tbsp olive oil 1 oz fresh mozzarella</p> <p>Net Carbs 11g • FV 8g</p>	<p>1 serving <b>Salmon Fillet with Cucumber Ribbons*</b> &amp; 1 serving <b>Strawberry, Jicama, Toasted Almond and Watercress Salad*</b></p> <p>Net Carbs 13g • FV 8g</p>	<p>1 serving <b>Grilled Chicken with Asparagus and Tomato Salad*</b> 1/4 cup blueberries with 2 tbsp Extra Creamy Reddi Wip</p> <p>Net Carbs 12g • FV 5g</p>	<p><b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower &amp; Green Beans with Sun-Dried Tomatoes and Goat Cheese*</b></p> <p>Net Carbs 14g • FV 9g</p>
	<p>Total Net Carbs: 40g Foundation Vegetables: 17g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 15g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 15g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 17g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 16g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 14g</p>	<p>Total Net Carbs: 40g Foundation Vegetables: 14g</p>

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## Atkins Products

- Atkins Frozen Asian-Style Chicken Stir Fry
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Merlot
- Atkins Frozen Chicken Margherita
- Atkins Frozen Chicken Marsala
- Atkins Frozen Ham & Cheese Omelet
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 2 Atkins Café Caramel Shakes
- 1 Atkins Chocolate Banana Shake
- 2 Atkins Milk Chocolate Delight Shakes
- 2 Atkins Vanilla Cream Shakes 16-ounce
- 3 Atkins Blueberry Greek Yogurt Bars
- 2 Atkins Lemon Bars
- 2 Atkins Lemon Vanilla Protein Wafer Crisps Bars

## Other

- Almond butter
- Almonds, sliced
- Capers
- Chia seeds
- Coconut milk beverage: not canned
- Hummus (1/4 cup)
- Macadamia nuts, roasted
- Oats, old fashioned rolled
- Olives: black
- Pecans
- Raspberry jam, sugar free
- Red table wine
- Salad dressing, no added sugar (<2 net carbs)
- Sauvignon blanc wine
- Sesame oil: plain & toasted
- Sun dried tomatoes
- Tamari soy sauce
- Water chestnuts

## Produce

- Apple, gala (1)
- Asparagus (10-ounces)
- Avocado (2)
- Bell pepper: red (1 large), green (1 small)
- Berries: strawberries (2 pints), blueberries (2-ounces)
- Cauliflower: frozen (1 cup), frozen rice (1 cup)
- Celery (2 stalks)
- Cucumber (2 medium)
- Garlic (5 cloves)
- Ginger root (1-inch knob)
- Green beans (3-ounces)
- Jicama (1 small)
- Leeks (1)
- Lemon (1)
- Lettuce: baby greens (4 cups), Romaine (3 cups), spring mix (2 cups), mixed greens (2 cups), watercress (1 cup chopped)
- Lime (1)
- Onions: red (1), yellow (1 small), green/ scallions (1 medium)
- Radishes (3 large)
- Shallot (10 grams)
- Snow peas (30)
- Squash: zucchini (2 cups noodles)
- Tomatoes: Roma (1), med (1), large (1), cherry (5), plum (1)

## Meat/Protein

- Bacon (2 medium slices)
- Beef: bottom sirloin (5-ounces)
- Chicken: sausage with dried tomatoes (4-ounces), roasted (4-ounces), breast (6-ounces)
- Salmon (6-ounces)
- Shrimp, raw (6-ounces)
- Snapper fish (8-ounces)
- Tuna, canned in water (4-ounces)
- Turkey, cooked roasted (3-ounces)

## Herbs/Spices

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

## Cheese/Dairy

- Buttermilk (1 tablespoon)
- Cheddar cheese (1-ounce)
- Cream cheese (2-ounces)
- Cream fraiche (2-ounces)
- Eggs (3)
- Feta cheese (1-ounce)
- Goat cheese, soft (2-ounces)
- Mozzarella, fresh (1-ounce)
- Reddi Wip Extra Creamy (2 tablespoons)
- Swiss cheese (2-ounces)

## Pantry

- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola vegetable oil
- Cinnamon
- Cocoa powder
- Coconut oil
- Coriander seed
- Dijon mustard
- Dried tarragon
- Mayonnaise
- Olive oil: light & extra virgin
- Onion powder
- Red pepper flakes, crushed
- Salt
- Stevia: granulated, packet
- Sucralose based sweetener: packets,
- Thick-it-up
- Vinegar: Resvera sherry, sodium and sugar free rice, balsamic, red wine
- Whey protein powder, vanilla
- Xylitol