

# ATKINS 100<sup>®</sup>

## Standard Menu Plan week 1

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato*</b> ½ whole wheat bagel Net Carbs 30g • FV 7g	<b>Milk Chocolate Protein Muffin*</b> 1 small banana Net Carbs 24g • FV 0g	<b>Atkins Farmhouse-Style Sausage Scramble</b> ½ cup cubed honeydew melon Net Carbs 12g • FV 2g	<b>Protein Powered Oatmeal*</b> ½ cup blueberries Net Carbs 24g • FV 0g	<b>Atkins Frozen Ham and Cheese Omelet</b> Net Carbs 4g • FV 0g	<b>French Toast Loaf*</b> ¼ cup blueberries 10 pecan halves Net Carbs 15g • FV 0g	<b>Orange-Sour Cream Waffles with Fresh Blueberry Sauce*</b> Net Carbs 14g • FV 0g
SNACK	1 oz cheddar 1 small apple Net Carbs 17g • FV 0g	<b>Atkins Mocha Latte Shake</b> Net Carbs 3g • FV 0g	<b>Atkins Dark Chocolate Royale Shake</b> Net Carbs 2g • FV 0g	1 small tomato ½ cup cottage cheese Net Carbs 6g • FV 3g	<b>Atkins Mocha Latte Shake</b> 1 small banana Net Carbs 23g • FV 0g	½ medium cucumber 4 tbsp black bean dip Net Carbs 17g • FV 3g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g
LUNCH	<b>Atkins Frozen Meat Lasagna</b> 2 cups mixed greens ½ cup sliced cucumber 5 cherry tomatoes 1/3 cup shredded carrot 2 tbsp Creamy Italian Dressing* Net Carbs 21g • FV 8g	<b>Macaroni and Cauliflower Salad*</b> 5 oz hamburger 2 tbsp onions 2 tbsp Barbecue Sauce* 1 whole wheat bun Net Carbs 38g • FV 6g	<b>Atkins Frozen Chicken Marsala</b> 2 cups mixed greens ½ cup sliced red bell pepper 2 tbsp Parmesan Peppercorn Dressing* Net Carbs 12g • FV 5g	<b>Daikon and Celery Salad*</b> 3.2 oz Italian sausage link 1 cup prepared whole wheat macaroni ½ cup Basic Tomato Sauce* Net Carbs 43g • FV 9g	<b>Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* &amp; Sweet Cherry Pie*</b> Net Carbs 22g • FV 8g	<b>Chicken Salad Sandwich with Grapes and Walnuts*</b> Net Carbs 13g • FV 2g	<b>Atkins Frozen Mexican-Style Chicken and Vegetables</b> ½ cup wild rice Net Carbs 22g • FV 2g
SNACK	<b>Atkins White Chocolate Macadamia Nut Bar</b> Net Carbs 4g • FV 0g	4 oz Greek yogurt ½ cup sliced strawberries Net Carbs 8g • FV 0g	4 tbsp black bean dip 15 corn tortilla chips Net Carbs 41g • FV 0g	<b>Atkins Dark Chocolate Almond Coconut Crunch Bar</b> Net Carbs 4g • FV 0g	1 large tomato 4 tbsp hummus Net Carbs 8g • FV 5g	<b>Atkins Peanut Butter Fudge Crisp Bar</b> 1 small apple Net Carbs 19g • FV 0g	½ whole wheat bagel 1 tbsp cream cheese Net Carbs 22g • FV 0g
DINNER	<b>Popcorn Garlic Shrimp*</b> 2 cups broccoli and cauliflower, steamed ½ cup brown rice Net Carbs 27g • FV 5g	6 oz chicken breast 2 tbsp Cajun Rub* ¼ baked acorn squash 2 cups mixed greens 5 cherry tomatoes ¼ cup chick peas 2 tbsp Blue Cheese Dressing* Net Carbs 25g • FV 7g	6 oz flank steak 2 tbsp Barbecue Rub* 1 medium sweet potato 2 cups baby kale 1 small tomato ¼ cup shredded carrot 2 tbsp Maple-Dijon Dressing* Net Carbs 32g • FV 5g	<b>Atkins Frozen Orange Chicken</b> ¼ cup brown rice ½ cup green pea Net Carbs 24g • FV 4g	<b>Quick Barbecued Pork* &amp; Classic Coleslaw*</b> whole wheat bun ¼ whole acorn squash Net Carbs 40g • FV 9g	<b>Atkins Frozen Stone Fired Three Meat Pizza</b> 2 cups mixed greens ½ cup sliced green bell pepper 1/3 cup chickpeas 2 tbsp Garlic Ranch Dressing* Cinnamon-Almond Meringues* Net Carbs 34g • FV 8g	<b>Fajita Steak and Fresh Guacamole*</b> ¼ cup black beans ¼ cup Salsa Cruda* two 6-inch corn tortillas Net Carbs 41g • FV 11g
	Total Net Carbs: 100g Foundation Vegetables: 20g	Total Net Carbs: 95g Foundation Vegetables: 13g	Total Net Carbs: 100g Foundation Vegetables: 12g	Total Net Carbs: 100g Foundation Vegetables: 15g	Total Net Carbs: 97g Foundation Vegetables: 22g	Total Net Carbs: 98g Foundation Vegetables: 12g	Total Net Carbs: 100g Foundation Vegetables: 13g

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

## **Atkins Products**

- Atkins Frozen Chicken Marsala
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Meat Lasagna
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Orange Chicken
- Atkins Frozen Stone Fired Three Meat Pizza
- Atkins Dark Chocolate Royale Shake
- Atkins French Vanilla Shake
- 2 Atkins Mocha Latte Shake
- Atkins Dark Chocolate Almond Coconut Crunch Bar
- Atkins Peanut Butter Fudge Crisp Bar
- Atkins White Chocolate Macadamia Nut Bar
- Atkins Milk Chocolate Protein Powder (3 tablespoons)

## **Meat/Protein**

- Pork: bacon (2 medium slices), Italian sausage link (3.2-ounces), chops or roast (1/2 pound)
- Beef: flank steak (12-ounces), hamburger (5-ounces)
- Chicken breast (17-ounces)
- Shrimp (1/2 pound)
- Turkey bacon (1 slice)

## **Cheese/Dairy**

- Blue cheese (1 tablespoon)
- Buttermilk (1 1/2 cups)
- Cheddar cheese (2-ounces)
- Cottage cheese (1/2 cup)
- Cream cheese (3 tablespoons)
- 11 Eggs, large
- Feta cheese (1 tablespoon crumbled)
- Greek yogurt (4-ounces)
- Heavy cream (1 teaspoon)
- Parmesan cheese (1 1/2 tablespoons grated)
- Sour cream (5 tablespoons)
- Unsalted butter (1 cup)

## **Produce**

- 1/2 Acorn squash
- 2 Apples, small
- 1/2 Avocado, California
- 2 Bananas, small
- Bell peppers: 1/2 medium, 1 medium green, 1/2 medium red
- Blueberries (1 1/2 cups)
- Broccoli (1 cup)
- Cabbage (1/4 pound)
- 1 1/2 Carrots, medium
- Cauliflower (1 1/2 cups)
- Celery (1 1/2 medium stalks)
- 1 Cucumber, medium
- 1 Daikon, 7-inches
- Fresh lemon juice (1 1/2 tablespoons)
- Garlic (1 clove)
- Grapes, seedless (1/2 cup)
- Green peas (1/2 cup)
- Honeydew melon (1/2 cup cubed)
- Kale, baby (2 cups)
- Limes: 1/2, juice (1-ounce)
- Mixed greens (8 cups)
- Mushrooms (1/2 cup pieces)
- Onions: 1 medium yellow, 1 medium red
- Orange zest (1 teaspoon)
- Spinach, baby (3 cups)
- Strawberries (1/2 cup sliced)
- Sweet cherries, without pits (4 cups)
- 1 Sweet potato, medium
- Tomatoes: 15 cherry, 2 large, 1/2 medium, 2 small

## **Other**

- Almond butter
- Almonds, whole
- Baking powder
- Baking soda
- Black bean dip
- Black beans
- Brown rice pasta
- Canned crushed tomatoes
- Chickpeas
- Corn tortilla chips
- Corn tortillas, 6-inch
- Cream of tartar
- English walnuts
- Flaxseed meal, whole ground golden
- Hummus
- Instant coffee powder
- Ketchup, unsweetened
- Mama Lupes Low Carb Tortillas
- Oatmeal
- Pecan halves
- Pure almond extract
- Rice: brown & wild
- Soy flour, whole grain
- Stevia sweetener, 100% natural
- Sucralose based sweetener
- Thick-it-up
- Tomato paste
- Vanilla extract
- Vanilla whey protein powder
- Wheat bran
- Wheat gluten
- Whole wheat bagel
- Whole wheat buns
- Whole wheat flour
- Whole wheat macaroni
- Xylitol

## **Herbs/Spices**

- Celery seed
- Chili powder
- Chives
- Cinnamon
- Crushed red pepper flakes
- Cumim
- Dried basil
- Dried dill
- Dried thyme leaf
- Fresh basil
- Fresh cilantro
- Fresh parsley
- Garlic
- Ground allspice
- Ground black pepper
- Ground mustard
- Italian seasoning
- Onion powder
- Oregano
- Paprika
- Red or cayenne pepper
- Salt

## **Condiments/Oils**

- Canola vegetable oil
- Cider vinegar
- Dijon mustard
- Maple syrup, sugar free
- Mayonnaise
- Olive oil: extra virgin & light
- Red wine vinegar
- White wine vinegar
- Worcestershire sauce

# ATKINS 100<sup>®</sup>

## Standard Menu Plan week 2

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Frozen Bacon Scramble</b> 1 wedge honeydew melon  Net Carbs 15g • FV 0g	<b>Crunchy Tropical Berry and Almond Breakfast Parfait*</b>  Net Carbs 11g • FV 0g	<b>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* &amp; Mixed Fruit Salad*</b>  Net Carbs 23g • FV 6g	<b>Blueberry Almond Smoothie*</b>  Net Carbs 10g • FV 0g	<b>Atkins French Vanilla Shake</b> ½ whole wheat bagel 1 tbsp butter 2 tbsp sugar-free jam  Net Carbs 27g • FV 0g	<b>Zucchini Frittata*</b> ½ cup raspberries ½ cup cooked oatmeal  Net Carbs 19g • FV 2g	<b>Double Chocolate Protein Pancakes*</b> ½ cup sliced strawberries ½ small banana, sliced  Net Carbs 22g • FV 0g
SNACK	<b>Atkins Caramel Double Chocolate Crunch Bar</b>  Net Carbs 4g • FV 0g	<b>Atkins Chocolate Banana Energy Shake</b>  Net Carbs 4g • FV 0g	1 stalk celery 4 tbsp hummus  Net Carbs 6g • FV 1g	4 oz vegetable juice cocktail 1 oz Cheddar cheese 5 whole wheat crackers  Net Carbs 18g • FV 4g	<b>Atkins Peanut Fudge Granola Bar</b>  Net Carbs 2g • FV 0g	5 whole wheat crackers 1 oz Gouda cheese  Net Carbs 14g • FV 0g	<b>Atkins Mocha Latte Shake</b>  Net Carbs 3g • FV 0g
LUNCH	<b>Pasta Salad with Tuna, Capers, and Lemon*</b>  Net Carbs 24g • FV 1g	<b>Hearts of Lettuce with Shrimp and Green Goddess Dressing*</b>  Net Carbs 9g • FV 7g	<b>Atkins Frozen Stone Fired Pepperoni Pizza</b> 2 cups baby spinach ½ cup snap peas ½ cup sliced red bell pepper 2 tbsp Creamy Italian Dressing*  Net Carbs 16g • FV 4g	<b>Warm Asian Beef Salad*</b>  Net Carbs 15g • FV 10g	<b>Atkins Frozen Chicken Marsala</b> 2 cups mixed greens 5 cherry tomatoes 5 black olives 2 tbsp Parmesan Peppercorn Dressing*  Net Carbs 12g • FV 6g	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> 2 cups mixed greens ½ Hass avocado ¼ cup chick peas 2 tbsp Ranch Dressing*  Net Carbs 20g • FV 6g	<b>Cucumber, Onion and Tomato Salad with Creamy Feta Dressing*</b>  <b>Spinach and Feta Turkey Burger*</b> 1 whole wheat bun  Net Carbs 27g • FV 6g
SNACK	1 medium carrot 4 tbsp hummus 10 corn tortilla chips  Net Carbs 27g • FV 4g	1 whole wheat bagel 2 tbsp cream cheese  Net Carbs 44g • FV 0g	½ cup cottage cheese 1 small apple  Net Carbs 20g • FV 0g	<b>Atkins Caramel Peanut Butter Fudge Crisp Bar</b> ½ small banana  Net Carbs 12g • FV 0g	2 tbsp Salsa Cruda* ¼ cup shredded Cheddar 15 corn tortilla chips  Net Carbs 28g • FV 1g	2 tbsp peanut butter 1 small apple  Net Carbs 21g • FV 0g	4 oz Greek yogurt ½ cup sliced mango  Net Carbs 16g • FV 0g
DINNER	<b>Atkins Frozen Pork Verde Chopped Cucumber and Tomato Salad*</b> ¼ cup great northern beans ¼ cup sweet corn  Net Carbs 31g • FV 7g	<b>Atkins Frozen Orange Chicken Spring Salad*</b> ½ cup brown rice  Net Carbs 31g • FV 6g	<b>Sea Scallops and Lemon Pasta*</b>  <b>Baby Spinach, Pickled Beets and Tomato Salad*</b> 2 tbsp Fresh Raspberry Vinaigrette*  Net Carbs 34g • FV 9g	<b>Roasted Ginger Tamari Salmon Steaks*</b> ¾ cup brown rice 6 stalks asparagus  Net Carbs 42g • FV 2g	5 oz steak 1 small baked potato 1 tbsp butter 2 cups broccoli and cauliflower, steamed  Net Carbs 31g • FV 5g	6 oz Tilapia filet ½ cup cooked quinoa ½ medium zucchini & 1 carrot diced and sauteed with 1 tbsp butter  Net Carbs 23g • FV 6g	<b>Atkins Frozen Meat Lasagna</b> 4 cups arugula & baby spinach 1/3 cup cubed sweet potato ½ cup chopped red bell pepper ½ cup diced beets 2 tbsp Creamy Italian Dressing*  Net Carbs 30g • FV 6g
	Total Net Carbs: 101g Foundation Vegetables: 13g	Total Net Carbs: 99g Foundation Vegetables: 13g	Total Net Carbs: 100g Foundation Vegetables: 20g	Total Net Carbs: 98g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 12g	Total Net Carbs: 98g Foundation Vegetables: 15g	Total Net Carbs: 97g Foundation Vegetables: 12g

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- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chicken Marsala
- Atkins Frozen Meat Lasagna
- Atkins Frozen Orange Chicken
- Atkins Frozen Pork Verde
- Atkins Frozen Stone Fired Pepperoni Pizza
- Atkins Chocolate Banana Energy Shake
- Atkins Mocha Latte Shake
- Atkins French Vanilla Shake
- Atkins Caramel Double Chocolate Crunch Bar
- Atkins Caramel Peanut Butter Fudge Crisp Bar
- Atkins Peanut Fudge Granola Bar
- Atkins Milk Chocolate Protein Powder (1 scoop)
- Atkins Vanilla Protein Powder (1 scoop)

## **Meat/Protein**

- Bacon (2 medium slices)
- Beef: top sirloin (1/2 pound), steak (5-ounces)
- Salmon, boneless (7-ounces)
- Scallops (1/2 pound)
- Shrimp (1/2 pound)
- Tilapia fillet (6-ounces)
- Tuna, canned in water (3-ounces)
- Turkey, ground (5-ounces)

## **Cheese/Dairy**

- Butter (3 tablespoons)
- Cheddar cheese (2 1/2-ounces)
- Cottage cheese (1/2 cup)
- Cream cheese (2 tablespoons)
- 6 Eggs, large
- Feta cheese (2 tablespoons crumbled)
- Greek yogurt (1 cup)
- Goat cheese, soft (1-ounce)
- Gouda cheese (1-ounce)
- Heavy cream (3 tablespoons)
- Parmesan cheese (1 1/2 tablespoons grated)
- Ricotta cheese, whole milk (1/2 cup)
- Sour cream (2 tablespoons)

## **Produce**

- 2 1/2 Apples, small
- Arugula (2 cups)
- Asparagus (6 stalks)
- 1/2 Avocado, Hass
- 1 1/2 Bananas, small
- Beets (1/2 cup diced)
- Bell peppers: green (1/2 cup chopped), 1 1/2 medium red, 1/2 large yellow
- Blueberries (1 cup)
- Broccoli (1 cup)
- 2 Carrots, medium
- Cauliflower (1 cup)
- Celery (1 1/2 medium stalks)
- 1 Cucumber, medium
- Garlic (1 clove)
- Ginger (1/2-ounce)
- Honeydew melon (1 wedge)
- 1/2 Kiwi fruit
- Lemon: fresh juice (1 1/2 tablespoons), zest (1 teaspoon)
- Lettuce: 1 butterhead, 1/2 head Cos or Romaine lettuce, mixed greens (4 cups), spring mix salad (1 1/2 cups)
- Mango (1/2 cup sliced)
- Onions: green/ scallions (2 tablespoons chopped), 1/2 thin slice yellow, 1/2 medium red
- Orange, fresh juice (1/2 cup)
- 1 Potato, small
- Radishes: 1 large, 2 medium
- Raspberries (1 1/2 cups)
- Shallots (1/2 tablespoon diced)
- Snap peas (1/2 cup)
- Spinach: baby (5 1/2 cups), frozen chopped (1/2 cup)
- Strawberries (1/2 cup sliced)
- Sweet corn (1/2 cup)
- Sweet potato (1/2 cup cubed)
- Tomatoes: 10 cherry, 1 1/2 large, 1 1/2 medium
- Watercress (1 cup chopped)
- 1 Zucchini, medium

## **Other**

- Almond butter
- Almonds, whole
- Baking powder
- Black olives
- Brown rice
- Brown rice penne pasta
- Capers
- Chickpeas
- Coconut extract
- Coconut milk beverage, plain, unsweetened
- Corn tortilla chips
- Dried coconut
- Great Northern Beans
- Hummus
- Jam, sugar free
- Kalamata olives
- Lily's sugar free chocolate chips
- Oatmeal
- Peanut butter
- Pickled beets
- Quinoa
- Sucralose based sweetener
- Vegetable juice cocktail
- Water chestnuts
- Whole wheat bagel
- Whole wheat crackers
- Whole wheat bun
- Xylitol

## **Herbs/Spices**

- Chives
- Cinnamon
- Crushed red pepper flakes
- Curry powder
- Fresh basil
- Fresh dill
- Fresh mint
- Fresh parsley
- Garlic
- Ginger
- Ground black pepper
- Italian seasoning
- Salt
- Tarragon

## **Condiments/Oils**

- Canola vegetable oil
- Coconut oil
- Dijon mustard
- Mayonnaise
- Olive oil, extra virgin
- Red wine vinegar
- Rice vinegar, sodium and sugar free
- Sesame oil, toasted
- Tamari soybean sauce
- White wine vinegar