## Atkins 100
### Standard Menu Plan
#### Week 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Scrambled Eggs with Bacon, Green Bell Peppers and Tomato*</td>
<td>Milk Chocolate Protein Muffin*</td>
<td>Atkins Farmhouse-Style Sausage Scramble</td>
<td>Protein Powered Oatmeal*</td>
<td>Atkins Frozen Ham and Cheese Omelet</td>
<td>French Toast Loaf*</td>
<td>Orange-Sour Cream Waffles with Fresh Blueberry Sauce*</td>
</tr>
<tr>
<td>½ whole wheat bagel</td>
<td>1 small banana</td>
<td>½ cup cubed honeydew melon</td>
<td>½ cup blueberries</td>
<td>¼ small tomato</td>
<td>½ cup cottage cheese</td>
<td>15 medium cucumber</td>
</tr>
<tr>
<td>Net Carbs 30g • FV 7g</td>
<td>Net Carbs 24g • FV 9g</td>
<td>Net Carbs 12g • FV 2g</td>
<td>Net Carbs 24g • FV 7g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 14g • FV 9g</td>
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<tr>
<td><strong>Snack</strong></td>
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<tr>
<td>Atkins Mocha Latte Shake</td>
<td>Atkins Dark Chocolate Royale Shake</td>
<td>Atkins Frozen Chicken Marsala</td>
<td>Daikon and Celery Salad*</td>
<td>Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* &amp; Sweet Cherry Pie*</td>
<td>Chicken Salad Sandwich with Grapes and Walnuts*</td>
<td>Atkins Frozen Mexican-Style Chicken and Vegetables</td>
</tr>
<tr>
<td>1 oz cheddar</td>
<td>5 oz cheddar</td>
<td>2 cups mixed greens</td>
<td>3.2 oz Italian sausage link</td>
<td>1 medium tomato</td>
<td>½ cup Basic Tomato Sauce*</td>
<td>½ cup wild rice</td>
</tr>
<tr>
<td>1 small apple</td>
<td>2 tbsp Barbecue Sauce*</td>
<td>1 whole wheat bun</td>
<td>1 tsp Parmesan Peppercorn Dressing*</td>
<td>4 tbsp black bean dip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net Carbs 17g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 6g • FV 3g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>2 cups mixed greens</td>
<td>5 oz hamburger</td>
<td>1 large tomato</td>
<td>1 small tomato</td>
<td>1¼ cup brown rice</td>
<td>1 small apple</td>
<td>2 cups mixed meats</td>
</tr>
<tr>
<td>½ cup sliced cucumber</td>
<td>2 tbsp onions</td>
<td>4 tbsp hummus</td>
<td>1 small tomato</td>
<td>½ cup green pea</td>
<td>1 tsp black pepper</td>
<td>1 tsp garlic and tomato dressing</td>
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<tr>
<td>5 cherry tomatoes</td>
<td>2 tbsp Barbecue Rub*</td>
<td></td>
<td>¼ cup shredded carrot</td>
<td></td>
<td></td>
<td>2 tsp Garlic Ranch Dressing*</td>
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<tr>
<td>1¼ cup shredded carrot</td>
<td>2 tbsp Parmesan Peppercorn Dressing*</td>
<td></td>
<td>2 tbsp Maple-Dijon Dressing*</td>
<td></td>
<td></td>
<td>Cinnamon-Almond Meringues*</td>
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<tr>
<td>Net Carbs 21g • FV 8g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 43g • FV 9g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 35g • FV 5g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 34g • FV 8g</td>
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<td><strong>Snack</strong></td>
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<tr>
<td>Popcorn Garlic Shrimp*</td>
<td>Atkins Mocha Latte Shake</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Quick Barbecued Pork* &amp; Classic Coleslaw*</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Atkins French Vanilla Shake</td>
<td>Atkins French Garlic Shrimp</td>
</tr>
<tr>
<td>2 cups broccoli and cauliflower, steamed</td>
<td>1 small banana</td>
<td>¼ cup brown rice</td>
<td>whole wheat bun</td>
<td>¼ cup brown rice</td>
<td></td>
<td>½ whole wheat bagel</td>
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<tr>
<td>½ cup brown rice</td>
<td></td>
<td>½ whole acorn squash</td>
<td>½ whole acorn squash</td>
<td></td>
<td>1 tsp black pepper</td>
<td>1 tsp garlic and tomato dressing</td>
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<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 24g • FV 4g</td>
<td>Net Carbs 40g • FV 5g</td>
<td>Net Carbs 35g • FV 5g</td>
<td>Net Carbs 22g • FV 0g</td>
<td>Net Carbs 34g • FV 8g</td>
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<td><strong>Dinner</strong></td>
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<tr>
<td>Atkins Frozen Meat Lasagna</td>
<td>Atkins Frozen Mexican-Style Chicken and Vegetables</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Atkins Frozen Orange Chicken</td>
<td>Atkins Frozen Orange Chicken</td>
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<tr>
<td>2 cups mixed greens</td>
<td>½ cup wild rice</td>
<td>¼ cup brown rice</td>
<td>2 cups mixed greens</td>
<td>2 cups mixed greens</td>
<td>2 cups mixed greens</td>
<td>2 cups mixed greens</td>
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<tr>
<td>½ cup sliced cucumber</td>
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<td>½ cup green pea</td>
<td>¼ cup green pea</td>
<td>¼ cup green pea</td>
<td>¼ cup green pea</td>
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<tr>
<td>5 cherry tomatoes</td>
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<td>1 medium sweet potato</td>
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<tr>
<td>½ cup shredded carrot</td>
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<tr>
<td>2 tbsp Barbecue Rub*</td>
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<tr>
<td>2 tbsp Parmesan Peppercorn Dressing*</td>
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<tr>
<td>2 tbsp Maple-Dijon Dressing*</td>
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<tr>
<td>Net Carbs 25g • FV 7g</td>
<td>Net Carbs 22g • FV 0g</td>
<td>Net Carbs 24g • FV 4g</td>
<td>Net Carbs 40g • FV 5g</td>
<td>Net Carbs 35g • FV 5g</td>
<td>Net Carbs 22g • FV 0g</td>
<td>Net Carbs 34g • FV 8g</td>
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</tbody>
</table>

**Net Carbs**
- *Week 1: Total Net Carbs: 100g
- Foundation Vegetables: 20g
- Week 2: Total Net Carbs: 95g
- Foundation Vegetables: 13g
- Week 3: Total Net Carbs: 100g
- Foundation Vegetables: 15g
- Week 4: Total Net Carbs: 97g
- Foundation Vegetables: 22g
- Week 5: Total Net Carbs: 98g
- Foundation Vegetables: 12g
- Week 6: Total Net Carbs: 100g
- Foundation Vegetables: 13g

*Go to 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 Fire 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)

### Pork/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 Dikon, 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: ½, 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
- Cumin
- 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® Standard Menu Plan
#### Week 2

#### Monday
- **Breakfast**: Atkins Frozen Bacon Scramble
  - 1 wedge honeydew melon
- **Snack**: Atkins Caramel Double Chocolate Crunch Bar
- **Lunch**: Pasta Salad with Tuna, Capers, and Lemon*
- **Dinner**: Atkins Frozen Pork Verde Chopped Cucumber and Tomato Salad*

#### Tuesday
- **Breakfast**: Crunchy Tropical Berry and Almond Breakfast Parfait*
- **Snack**: Atkins Chocolate Banana Energy Shake
- **Lunch**: Hearts of Lettuce with Shrimp and Green Goddess Dressing*
- **Dinner**: Atkins Frozen Bacon Scramble
  - 1 stalk celery
  - 4 tbsp hummus

#### Wednesday
- **Breakfast**: Scrambled Eggs with Bacon, Green Bell Peppers and Tomato* & Mixed Fruit Salad*
- **Snack**: 1 whole wheat bagel
  - 4 tbsp cream cheese
- **Lunch**: Warm Asian Beef Salad*
- **Dinner**: Atkins Frozen Chicken Marsala
  - 2 cups mixed greens
  - 5 cherry tomatoes
  - 5 black olives
  - 2 tbsp Creamy Italian Dressing*

#### Thursday
- **Breakfast**: Blueberry Almond Smoothie*
- **Snack**: 4 oz vegetable juice cocktail
  - 1 oz Cheddar cheese
  - 5 whole wheat crackers
- **Lunch**: Atkins Peanut Fudge Granola Bar
  - 5 whole wheat crackers
  - 1 oz Gouda cheese
- **Dinner**: Atkins Frozen Chicken and Broccoli Alfredo
  - 2 cups mixed greens
  - 1/4 Hass avocado
  - 1/4 cup chick peas
  - 2 tbsp Ranch Dressing*

#### Friday
- **Breakfast**: Atkins French Vanilla Shake
- **Snack**: 2 tbsp peanut butter
  - 1 small apple
- **Lunch**: Sea Scallops and Lemon Pasta
- **Dinner**: Zucchini Frittata*
  - 6 oz Tilapia filet
  - 1/4 cup cooked quinoa
  - 1/4 medium zucchini & 1 carrot diced and sauteed with 1 tbsp butter

#### Saturday
- **Breakfast**: Atkins Caramel Peanut Butter Fudge Crisp Bar
  - 1/2 small banana
- **Lunch**: Warm Asian Beef Salad*
  - 4 oz Greek yogurt
  - 1/2 cup sliced mango
- **Dinner**: Double Chocolate Protein Pancakes*
  - 1 whole wheat bun

#### Sunday
- **Breakfast**: Atkins Caramel Double Chocolate Crunch Bar
  - 1 stalk celery
  - 4 tbsp hummus
- **Snack**: Atkins Caramel Peanut Butter Fudge Crisp Bar
  - 1/2 small banana
- **Lunch**: 4 oz vegetable juice cocktail
  - 1 oz Cheddar cheese
  - 5 whole wheat crackers
- **Dinner**: Atkins Frozen Meat Lasagna
  - 1/4 cup great northern beans
  - 1/4 cup sweet corn

### Notes:
- Net Carbs: 10g • FV: 0g
- Net Carbs: 15g • FV: 0g
- Net Carbs: 20g • FV: 0g
- Net Carbs: 25g • FV: 0g
- Net Carbs: 30g • FV: 0g

### Foundation Vegetables:
- 13g
- 13g
- 16g
- 12g

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*Go to Atkins.com for more recipes!"
### Atkins Products
- Atkins Frozen Bacon Scramble
- 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)

### 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