

# ATKINS 20<sup>®</sup>

## Foodie Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Tomato, Mozzarella and Turkey Sausage Stack*</b>  Net Carbs 5g • FV 3g	<b>Atkins Plus Chocolate Shake</b>  Net Carbs 2g • FV 0g	<b>Scrambled Eggs Denver Style*</b>  Net Carbs 6g • FV 5g	<b>Turkey Cauliflower Hash*</b>  Net Carbs 4g • FV 2g	<b>Peppery Breakfast Steaks over Wilted Spinach*</b>  Net Carbs 2g • FV 1g	<b>Herbed Smoked Salmon in Tomato Halves*</b>  Net Carbs 5g • FV 3g	<b>Belgian Waffles*</b>  Net Carbs 4g • FV 0g
SNACK	1 stalk celery 2 tbsp cream cheese  Net Carbs 2g • FV 1g	5 radishes ½ tsp butter sea salt to taste  Net Carbs 1g • FV 1g	2 celery stalks 1 oz Cheddar  Net Carbs 2g • FV 2g	<b>Atkins Chocolate Mint Protein Wafer Crisps</b>  Net Carbs 4g • FV 0g	<b>Chocolate Avocado Smoothie*</b>  Net Carbs 4g • FV 1g	½ medium zucchini cut into sticks 2 tbsp <b>Aioli*</b>  Net Carbs 3g • FV 2g	½ Hass avocado 2 tbsp <b>Ranch Dressing*</b>  Net Carbs 2g • FV 1g
LUNCH	<b>Fresh Salmon Cakes with Avocado Tartar Sauce*</b> 2 cups mixed greens 2 tbsp <b>Lemon-Dill Vinaigrette*</b>  Net Carbs 5g • FV 4g	6 oz deli ham 2 cups mixed greens ½ Hass avocado 5 large black olives ½ cup sliced cucumbers 2 tbsp <b>Blue Cheese Dressing*</b>  Net Carbs 6g • FV 5g	<b>Greek Hamburger with Feta and Roasted Zucchini Salad*</b>  Net Carbs 7g • FV 5g	<b>Chef Salad of Chicken, Bacon, Tomato, Avocado and Cheese*</b>  Net Carbs 4g • FV 3g	6 oz turkey cutlets 2 cups baby spinach ½ Hass avocado 2 tbsp <b>Creamy Italian Dressing*</b>  Net Carbs 2g • FV 2g	4 oz tuna 2 stalks celery 1 dill pickle spear 2 tbsp mayonnaise  Net Carbs 3g • FV 3g	6 oz shrimp 2 cups mixed greens 2 marinated artichoke hearts 2 tbsp <b>Lemon Vinaigrette*</b>  Net Carbs 6g • FV 4g
SNACK	<b>Atkins Strawberry Shake</b>  Net Carbs 1g • FV 0g	1 small tomato 1 oz cheddar cheese  Net Carbs 3g • FV 3g	½ cup sliced green bell pepper 2 tbsp <b>Creamy Italian Dressing*</b>  Net Carbs 2g • FV 2g	½ cup sliced cucumber 2 tbsp <b>Italian Dressing*</b>  Net Carbs 2g • FV 2g	¾ medium zucchini cut into sticks 2 oz provolone cheese  Net Carbs 5g • FV 3g	½ cup sliced cucumber 1 oz Cheddar cheese  Net Carbs 3g • FV 3g	5 radishes 2 oz Cheddar  Net Carbs 3g • FV 2g
DINNER	<b>Chicken Parmesan with Garlic Sautéed Baby Broccoli*</b>  Net Carbs 8g • FV 7g	<b>Chimichurri Steak and Cauliflower Mash*</b>  Net Carbs 10g • FV 8g	<b>Simple Tomato Salad*</b> 6 oz chicken  Net Carbs 3g • FV 3g	6 oz fillet of whitefish ½ cup Brussels sprouts 1 tbsp Herb-Butter Blend 2 cups arugula 5 large black olives 2 tbsp <b>Maple-Dijon Vinaigrette*</b>  Net Carbs 5g • FV 5g	<b>Balsamic Pork Loin and Cauliflower*</b>  Net Carbs 8g • FV 5g	<b>Atkins Frozen Beef Fiesta Taco Bowl</b> ½ Hass avocado 2 tbsp sour cream 1 oz cheddar  Net Carbs 8g • FV 6g	<b>Zucchini Chicken Alfredo*</b>  Net Carbs 7g • FV 4g
	Total Net Carbs: 21g Foundation Vegetables: 15g	Total Net Carbs: 22g Foundation Vegetables: 16g	Total Net Carbs: 21g Foundation Vegetables: 17g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 17g	Total Net Carbs: 20g Foundation Vegetables: 12g

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

## **Atkins Products**

- Atkins Frozen Beef Fiesta Taco Bowl
- Atkins Strawberry Shake
- Atkins Chocolate Mint Protein Wafer Crisps
- Atkins Milk Chocolate Protein Powder

## **Meat/Protein**

- Beef: inside skirt steak (5-ounces), 85% lean ground (4-ounces), boneless steak (8-ounces)
- Chicken (23-ounces)
- Pork: bacon (1 slice), boneless cooked fresh ham (4-ounces), deli ham (6-ounces), tenderloin (6-ounces)
- Salmon: boneless fillet (4-ounces), smoked chinook lox (2-ounces)
- Shrimp (6-ounces)
- Tuna (4-ounces)
- Turkey: cutlets (6-ounces), sausage (4-ounces)
- Whitefish fillet (6-ounces)

## **Cheese/Dairy**

- Blue cheese (1 tablespoon, crumbled)
- Butter: salted (1/2 tablespoon), unsalted (3 tablespoons)
- Cheddar cheese (6-ounces)
- Cream cheese (2 1/2 tablespoons)
- Feta cheese (1/2-ounce)
- Heavy cream (1/2 cup)
- 6 Eggs, large
- Monterey jack cheese (1/2 cup diced)
- Mozzarella cheese, whole milk (2-ounces)
- Parmesan cheese (5 tablespoons)
- Pepper jack cheese (2 tablespoons shredded)
- Provolone cheese (1-ounce)
- Sour cream (3 1/2 tablespoons)

## **Produce**

- Arugula (2 cups)
- 3 Avocados
- Bell peppers: green (1 cup sliced), 1/2 medium red
- Broccoli (1/2 cup chopped)
- Brussels sprouts (1/2 cup)
- Cauliflower (2 cups chopped)
- Celery (5 1/2 stalks)
- Cucumber (1 cup sliced)
- Garlic (1/2 clove)
- Lemons: 1, and 2 tablespoons fresh juice
- Lettuce: butterhead (2-ounces), mixed greens (6 cups), spring mix (1 cup)
- Onions: 1/2 small, 1/2 large green
- 10 Radishes
- Shallots (1/2 ounce)
- Spinach, baby (4 cups)
- Tomatoes: 1/2 Italian, 2 1/2 medium, 1 1/2 small, 1/2 pound
- 3 Zucchinis, medium

## **Condiments/Oils**

- Balsamic vinegar
- Canola vegetable oil
- Coconut oil
- Maple syrup, sugar free
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra-virgin & light
- Red wine vinegar
- Sriracha hot chili sauce
- White wine vinegar

## **Herbs/Spices**

- Cilantro
- Cinnamon
- Crushed red pepper flakes
- Dried ground basil
- Dried rosemary
- Dried thyme
- Dry mustard
- Fresh basil
- Fresh chives
- Fresh dill
- Fresh parsley
- Garlic
- Ground allspice
- Ground black pepper
- Ground nutmeg
- Italian seasoning
- Old Bay seasoning salt
- Oregano
- Red or cayenne pepper
- Salt

## **Other**

- Baking powder
- Black olives, large
- Capers
- Coconut milk beverage, plain and unsweetened
- Dill pickle spears
- Marinated artichoke hearts
- Soy flour, whole grain
- Sucralose based sweetener
- Sugar free syrup
- Tomato sauce, canned
- Xylitol

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Spinach and Swiss Cheese Omelet*</b>  Net Carbs 3g • FV 1g	<b>Turkey Sausage Saute with Green Bell Peppers and Onions*</b>  Net Carbs 4g • FV 3g	2 large eggs ¼ cup shredded Cheddar 4 tbsp <b>Salsa Cruda*</b>  Net Carbs 3g • FV 2g	<b>Atkins Chocolate Almond Caramel Bar</b>  Net Carbs 2g • FV 0g	2 large eggs ½ Hass avocado 2 oz pepper jack cheese  Net Carbs 4g • FV 1g	<b>Pumpkin Flax Pancakes*</b> 1 slice bacon  Net Carbs 3g • FV 1g	<b>Red Bell Pepper Filled with Creamy Eggs and Spinach*</b>  Net Carbs 5g • FV 3g
SNACK	1 celery stalk 1 oz Monterey Jack cheese  Net Carbs 1g • FV 1g	<b>Atkins Peanut Butter Fudge Crisp Bar</b>  Net Carbs 2g • FV 0g	2 stalks celery 2 tbsp <b>Blue Cheese Dressing*</b>  Net Carbs 3g • FV 2g	5 cherry tomatoes 1 oz Cheddar  Net Carbs 3g • FV 2g	5 Kalamata olives 1 oz feta cheese  Net Carbs 2g • FV 1g	5 cherry tomatoes 2 tbsp <b>Creamy Italian Dressing*</b>  Net Carbs 3g • FV 2g	<b>Atkins French Vanilla Shake</b>  Net Carbs 1g • FV 0g
LUNCH	<b>Grilled Chicken with Asparagus and Tomato Salad*</b>  Net Carbs 7g • FV 5g	5 oz hamburger 1 oz pepper jack cheese 1 small tomato ½ Hass avocado 2 Romaine lettuce leaves  Net Carbs 5g • FV 5g	4 oz canned salmon 1 ½ celery stalks 5 cherry tomatoes 2 tbsp mayonnaise ½ Hass avocado  Net Carbs 5g • FV 5g	6 oz chicken breast 2 cups Romaine hearts 5 radishes 2 tbsp <b>Creamy Italian Dressing*</b>  Net Carbs 3g • FV 3g	6 oz deli ham 2 cups mixed greens 1 small tomato 2 tbsp <b>Blue Cheese Dressing*</b>  Net Carbs 5g • FV 4g	6 oz grilled chicken 6 stalks asparagus 1 tsp butter 2 cups mixed greens ½ Hass avocado 2 tbsp <b>Maple-Dijon Vinaigrette*</b>  Net Carbs 5g • FV 5g	<b>Cheddar Burger with Sauteed Mushrooms and Onions*</b>  Net Carbs 8g • FV 6g
SNACK	5 cherry tomatoes 2 tbsp <b>Parmesan Peppercorn Dressing*</b>  Net Carbs 3g • FV 2g	½ cup sliced cucumber 2 tbsp <b>Creamy Italian Dressing*</b>  Net Carbs 2g • FV 2g	½ medium zucchini cut into sticks 1 oz Monterey Jack cheese  Net Carbs 3g • FV 2g	2 oz ham 2 tbsp cream cheese 2 dill pickle spears  Net Carbs 2g • FV 1g	½ cup sliced cucumber 2 tbsp <b>Ranch Dressing*</b>  Net Carbs 2g • FV 2g	½ cup sliced red bell pepper 2 tbsp <b>Ranch Dressing*</b>  Net Carbs 3g • FV 2g	1 stalk celery 2 oz Monterey Jack cheese  Net Carbs 1g • FV 1g
DINNER	5 oz Italian sausage ¼ medium onion, sliced ½ red bell pepper, sliced 2 cups baby spinach ½ cup sliced mushrooms 2 tbsp <b>Blue Cheese Dressing*</b>  Net Carbs 8g • FV 6g	<b>Chicken Cauliflower Mac and Cheese*</b>  Net Carbs 8g • FV 7g	<b>Quick Barbecued Pork*</b>  Net Carbs 8g • FV 3g	<b>Maple Mustard Glazed Salmon and Asparagus*</b>  Net Carbs 12g • FV 8g	<b>Atkins Frozen Crustless Chicken Pot Pie</b> ½ cup chopped zucchini ¼ cup chopped red bell pepper 2 tbsp butter  Net Carbs 6g • FV 5g	<b>Asian Steak Salad*</b>  Net Carbs 7g • FV 5g	6 oz chicken 1 cup green beans 1 tbsp <b>Herb-Butter Blend*</b>  Net Carbs 6g • FV 6g
	Total Net Carbs: 22g Foundation Vegetables: 15g	Total Net Carbs: 22g Foundation Vegetables: 16g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 20g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 21g Foundation Vegetables: 16g

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

## **Atkins Products**

- Atkins Frozen Crustless Chicken Pot Pie
- Atkins French Vanilla Shake
- Atkins Chocolate Almond Caramel Bar
- Atkins Peanut Butter Fudge Crisp Bar

## **Produce**

- Asparagus (6 stalks + 2 cups)
- 2 Avocados
- Bell peppers: green (1/2 cup chopped), 2 medium red
- Cauliflower (6-ounces)
- Celery (5 1/2 stalks)
- Cucumber (1 cup sliced)
- Fresh lemon juice (3 1/2 teaspoons)
- Garlic (2 cloves)
- Green beans (1 cup)
- Lettuce: mixed greens (4 cups), romaine hearts (2 cups), 2 romaine leaves
- 6 Mushrooms
- Onions: 1 large green, 1 medium
- 5 Radishes
- Shallot (1/2 ounce)
- Spinach, baby (7 1/2 cups)
- Tomatoes: 25 cherry, 1/2 medium, 2 small
- 1 Zucchini, medium

## **Meat/Protein**

- Beef: top sirloin (4-ounces), 80% lean ground (11-ounces)
- Chicken: breast (24-ounces), grilled (6-ounces)
- Pork: bacon (1 slice), deli ham (8-ounces), Italian sausage (5-ounces)
- Salmon: boneless fillet (6-ounces), canned (4-ounces)
- Turkey sausage (6-ounces)

## **Cheese/Dairy**

- Blue cheese (3 tablespoons)
- Butter (4 tablespoons)
- Cheddar cheese (4-ounces)
- Cream cheese (2 1/2 tablespoons)
- 9 Eggs, large
- Heavy cream (1 cup)
- Kraft Mexican style ceddar jack (1/2 cup finely shredded)
- Monterey jack cheese (6-ounces)
- Parmesan cheese (2 1/2 tablespoons grated)
- Pepper jack cheese (3-ounces)
- Sour cream (3 tablespoons)
- Swiss cheese (1-ounce)

## **Condiments/Oils**

- Balsamic vinegar
- Canola oil
- Cider vinegar
- Coconut oil
- Dijon mustard
- Ketchup, unsweetened
- Maple syrup, sugar free
- Mayonnaise
- Olive oil, extra virgin
- Red wine vinegar
- Rice wine vinegar, unseasoned
- Sesame oil
- Tabasco original pepper sauce
- Tamari
- Vegetable oil
- White wine vinegar
- Worcestershire sauce
- Vegetable oil

## **Herbs/Spices**

- Chili powder
- Chives
- Crushed red pepper flakes
- Cumin
- Curry powder
- Dry mustard
- Fresh basil
- Fresh dill
- Fresh ginger
- Garlic
- Ground allspice
- Ground black pepper
- Italian seasoning
- Oregano
- Parsley
- Pumpkin pie spice
- Red or cayenne pepper
- Salt

## **Other**

- Baking powder
- Canned pumpkin
- Coconut milk, unsweetened
- Coconut flour, high fiber
- Dill pickle spears
- Erythritol
- Flaxseed meal, ground golden
- Instant coffee powder
- Kalamata olives
- Roasted red peppers
- Sucralose based sweetener
- Tomato paste
- Vanilla extract
- Vanilla whey protein powder
- Xylitol