

# ATKINS 20<sup>®</sup>

## Quick Start Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Frozen Ham and Cheese Omelet</b>  Net Carbs 4g • FV 0g	<b>Atkins Chocolate Almond Caramel Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Frozen Bacon Scramble</b>  Net Carbs 5g • FV 0g	<b>Atkins Plus Chocolate Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>  Net Carbs 5g • FV 2g	<b>Atkins Peanut Fudge Granola Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Frozen Ham and Cheese Omelet</b>  Net Carbs 4g • FV 0g
SNACK	<b>Atkins Peanut Butter Fudge Crisp Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Milk Chocolate Delight Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins Lemon Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins French Vanilla Shake</b>  Net Carbs 1g • FV 0g	<b>Atkins Cafe Caramel Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Peanut Butter Fudge Crisp Bar</b>  Net Carbs 2g • FV 0g
LUNCH	6 oz fillet of salmon 4 cups spinach & arugula ¼ cup chopped red bell pepper ½ Hass avocado 2 tbsp Maple-Dijon Vinaigrette*  Net Carbs 5g • FV 5g	<b>Atkins Frozen Chili Con Carne</b> 2 cups mixed greens 5 radishes ½ Hass avocado 2 tbsp Ranch Dressing*  Net Carbs 10g • FV 7g	5 oz hamburger 1 oz cheddar 1 large tomato ½ Hass avocado 1 bibb lettuce leaf  Net Carbs 7g • FV 7g	<b>Atkins Frozen Chicken &amp; Broccoli Alfredo</b> 2 cups mixed greens ¼ cup chopped green bell pepper 7 cherry tomatoes 2 tbsp Ranch Dressing*  Net Carbs 11g • FV 8g	<b>Atkins Frozen Beef Teriyaki Stir-Fry</b> 1 cup Napa cabbage 2 tbsp Sweet Mustard Dressing*  Net Carbs 8g • FV 4g	<b>Tuna-Celery Salad in Avocado Halves*</b>  Net Carbs 5g • FV 5g	<b>Atkins Frozen Chili Con Carne</b> 2 cups mixed greens 1 medium tomato ½ Hass avocado ¼ cup chpd red bell pepper 2 tbsp Blue Cheese Dressing*  Net Carbs 13g • FV 10g
SNACK	<b>Atkins Strawberry Shake</b>  Net Carbs 1g • FV 0g	<b>Atkins Cranberry Almond Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins French Vanilla Shake</b>  Net Carbs 1g • FV 0g	<b>Atkins Strawberry Shake</b>  Net Carbs 1g • FV 0g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b>  Net Carbs 2g • FV 0g	<b>Atkins French Vanilla Shake</b>  Net Carbs 1g • FV 0g	<b>Atkins Strawberry Shake</b>  Net Carbs 1g • FV 0g
DINNER	<b>Atkins Frozen Chicken &amp; Broccoli Alfredo</b> ¾ cup Brussels sprouts 1 tbsp olive oil  Net Carbs 9g • FV 7g	6 oz steak 1 tbsp Herb Butter Blend* 2 cups broccoli and cauliflower, roasted 1 tbsp olive oil  Net Carbs 5g • FV 5g	<b>Atkins Frozen Crustless Chicken Pot Pie</b> ½ cup chopped zucchini  Net Carbs 8g • FV 5g	6 oz fillet of whitefish 1 cup green beans 1 tbsp Herb-Butter Blend*  Net Carbs 4g • FV 4g	6 oz steak, 2/3 cup sliced mushrooms 1 tbsp butter 6 stalks asparagus 2 cups baby spinach 2 tbsp Creamy Italian Dressing*  Net Carbs 6g • FV 6g	<b>Atkins Frozen Orange Chicken</b> 1 cup broccoli florets 1 tbsp butter  Net Carbs 11g • FV 7g	<b>Cauliflower-Cheddar Mash*</b> 7 oz bone-in pork chop  Net Carbs 3g • FV 3g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g

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

## **Atkins Products**

- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Teriyaki Stir-Fry
- 2 Atkins Frozen Chicken & Broccoli Alfredo
- 2 Atkins Frozen Chili Con Carne
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- 2 Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Orange Chicken
- Atkins Café Caramel Shake
- 3 Atkins French Vanilla Shake
- Atkins Milk Chocolate Delight Shake
- Atkins Plus Chocolate Shake
- 3 Atkins Strawberry Shakes
- 2 Atkins Caramel Chocolate Peanut Nougat Bar
- Atkins Chocolate Almond Caramel Bar
- Atkins Cranberry Almond Bar
- Atkins Lemon Bar
- 2 Atkins Peanut Butter Fudge Crisp Bar
- Atkins Peanut Fudge Granola Bar

## **Meat/Protein**

- Beef: hamburger (5-ounces), 2 steaks (6-ounces each)
- Pork chop, bone-in (7-ounces)
- Salmon fillet (6-ounces)
- Tuna, canned in water (4-ounces)
- Whitefish fillet (6-ounces)

## **Produce**

- Arugula (2 cups)
- Asparagus (6 stalks)
- 3 Avocados
- Bell peppers: green (1/2 cup chopped), red (1 cup chopped)
- Broccoli (2 cups)
- Brussels sprouts (1 cup)
- Cauliflower (2 cups)
- Celery (2 medium stalks)
- Cucumber (2 tablespoons)
- Fresh lemon juice (1 teaspoon)
- Green beans (1 cup)
- Lettuce: 1 bibb leaf, mixed greens (6 cups)
- Mushrooms (1 cup sliced)
- Napa cabbage (1 cup)
- 5 Radishes
- Spinach, baby (4 cups)
- Tomatoes: 7 cherry, 1 large, 1 medium
- Zucchini (1/2 cup chopped)

## **Cheese/Dairy**

- Blue cheese (1 tablespoon)
- Butter: salted (2 tablespoons), unsalted (2 tablespoons)
- Cheddar cheese (1/2 cup)
- Heavy cream (3 tablespoons)
- Parmesan cheese (1 tablespoon grated)
- Sour cream (1 tablespoon)

## **Herbs/Spices**

- Crushed red pepper flakes
- Dried garlic
- Fresh basil
- Fresh chives
- Fresh dill weed
- Fresh oregano
- Fresh parsley
- Ground black pepper
- Italian seasoning
- Salt

## **Condiments/Oils**

- Canola oil
- Cider vinegar
- Coconut oil
- Maple syrup, sugar free
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil, extra virgin
- Red wine vinegar
- White wine vinegar

## **Other**

- Xylitol

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Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Peanut Fudge Granola Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Frozen Bacon Scramble</b> Net Carbs 5g • FV 0g	<b>Atkins Plus Chocolate Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Almond Coconut Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Frozen Ham and Cheese Omelet</b> Net Carbs 4g • FV 0g	<b>Atkins Blueberry Greek Yogurt Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> Net Carbs 5g • FV 2g
SNACK	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Plus Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g
LUNCH	<b>Tuna-Celery Salad with Mixed Greens*</b> Net Carbs 5g • FV 5g	5 oz hamburger 1 oz Monterey Jack cheese 2 tbsp Salsa Cruda* 1/2 Hass Avocado Net Carbs 2g • FV 2g	<b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b> 1/2 cup Brussels sprouts 1 tbsp butter Net Carbs 10g • FV 7g	<b>Atkins Frozen Chicken Margherita</b> 2 cups cauliflower rice 2 tbsp chopped onion 1 tbsp Herb-Butter Blend* Net Carbs 11g • FV 7g	<b>Cucumber-Avocado Salad with Toasted Cumin Dressing*</b> 5 oz ham Net Carbs 7g • FV 6g	<b>Cauliflower Salad with Salmon*</b> Net Carbs 8g • FV 7g	<b>Atkins Frozen Crustless Chicken Pot Pie</b> 2 cups mixed greens 2 tbsp Creamy Italian Dressing* Net Carbs 7g • FV 4g
SNACK	<b>Atkins Peanut Butter Fudge Crisp Bar</b> Net Carbs 2g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Caramel Chocolate Nut Roll Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Peanut Butter Fudge Crisp Bar</b> Net Carbs 2g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b> Net Carbs 2g • FV 0g
DINNER	<b>Atkins Frozen Beef Merlot</b> 2 cups baby spinach 1/2 cup sliced cucumber 1 tbsp chopped onion 5 cherry tomatoes 2 tbsp Ranch Dressing* Net Carbs 13g • FV 8g	<b>Atkins Frozen Chicken &amp; Broccoli Alfredo</b> 1 1/4 cups steamed broccoli 1 tbsp butter 2 tbsp Parmesan cheese Net Carbs 12g • FV 10g	<b>Creamy Chicken and Vegetable Stew*</b> Net Carbs 6g • FV 5g	7 oz bone-in pork chop 10 snap peas 1/2 cup chopped red bell pepper 1 tbsp olive oil Net Carbs 5g • FV 5g	<b>Atkins Frozen Chili Con Carne</b> 5 oz zucchini noodles 1 tbsp butter Net Carbs 9g • FV 6g	<b>Atkins Frozen Mexican-Style Chicken and Vegetables</b> 2 cups baby spinach 1/2 hass avocado 2 tbsp Italian Dressing* Net Carbs 9g • FV 5g	<b>Beef Satueed with Vegetables over Romaine*</b> Net Carbs 8g • FV 7g
	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 11g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g

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

## **Atkins Products**

- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Merlot
- Atkins Frozen Chicken Margherita
- Atkins Frozen Chicken & Broccoli Alfredo
- Atkins Frozen Chili Con Carne
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 3 Atkins French Vanilla Shakes
- Atkins Plus Chocolate Shake
- Atkins Plus Vanilla Shake
- 4 Atkins Strawberry Shakes
- Atkins Almond Coconut Bar
- Atkins Blueberry Greek Yogurt Bar
- Atkins Caramel Chocolate Nut Roll Bar
- 3 Atkins Caramel Chocolate Peanut Nougat Bars
- 2 Atkins Peanut Butter Fudge Crisp Bars
- Atkins Peanut Fudge Granola Bar

## **Meat/Protein**

- Beef, 80% lean ground (9-ounces)
- Chicken (skin not eaten; 6-ounces)
- Pork: ham (5-ounce), chop, bone-in (7-ounce)
- Salmon, canned (4-ounces)
- Tuna, canned in water (4-ounces)

## **Produce**

- Asparagus (3-ounces, about 1 cup)
- 2 Avocados, Hass
- Bell peppers: green (1 tablespoon chopped), red (1 cup chopped)
- Broccoli (1 1/2 cups)
- Brussels sprouts (1/2 cup)
- Cauliflower: florets (1 cup), rice (2 cups)
- Celery (2 medium stalks)
- 1 Cucumber
- Fresh lemon juice (2 teaspoons)
- Garlic (1 clove)
- Green snap beans (1/2 cup)
- Onions: yellow (7 tablespoons chopped), red (1 tablespoon chopped)
- Lettuce: Cos or Romaine (1 cup shredded), mixed greens (3 1/2 cups), spring mix salad (2 cups)
- Mushroom pieces (1/2 cup)
- Shallot (1 teaspoon chopped)
- 10 snap peas
- Spinach, baby (4 cups)
- Tomatoes: 5 cherry, 1 medium
- Zucchini noodles (5-ounces, about 1 cup)

## **Cheese/Dairy**

- Butter: salted (4 tablespoons), unsalted (1/2 tablespoon)
- Cheddar cheese (1-ounce)
- Heavy cream
- Monterey Jack cheese (1-ounce)
- Parmesan cheese (3 tablespoons)
- Whipping cream (2 tablespoons)

## **Herbs/Spices**

- Bay leaf
- Chili powder
- Cumin
- Crushed red pepper flakes
- Dried oregano
- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh dill
- Fresh parsley
- Garlic powder
- Ground black pepper
- Italian seasoning
- Paprika
- Red or cayenne pepper
- Salt
- Thyme

## **Condiments/Oils**

- Coconut oil
- Dijon mustard
- Mayonnaise
- Olive oil, extra virgin
- Red wine vinegar
- Sherry Vinegar
- White wine vinegar

## **Other**

- Chicken broth
- Sucralose based sweetener
- Tomatoes: canned with green chilies, canned sauce, & paste
- Xylitol