# ATKINS 20®
## Standard Menu Plan

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Atkins Frozen Ham and Cheese Omelet</td>
<td>Atkins Caramel Chocolate Peanut Nougat Bar</td>
<td>Atkins Frozen Chili Con Carne</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</td>
<td>Atkins Frozen Bacon Scramble</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 4g • FV 0g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 7g • FV 5g</strong></td>
<td><strong>Net Carbs 1g • FV 0g</strong></td>
<td><strong>Net Carbs 6g • FV 5g</strong></td>
<td><strong>Net Carbs 5g • FV 0g</strong></td>
<td></td>
</tr>
<tr>
<td>1 cup sliced red bell pepper 2 tbsp Ranch Dressing*</td>
<td>Atkins Caramel Chocolate Peanut Nougat Bar</td>
<td>Atkins Creamy Chocolate Shake</td>
<td>Atkins Frozen Beef Fiesta Taco Bowl</td>
<td>Atkins Milk Chocolate Delight Shake</td>
<td>Atkins Peanut Butter Fudge Crisp Bar</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 4g • FV 4g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 3g • FV 6g</strong></td>
<td><strong>Net Carbs 4g • FV 3g</strong></td>
<td><strong>Net Carbs 2g • FV 2g</strong></td>
<td><strong>Net Carbs 2g • FV 2g</strong></td>
<td></td>
</tr>
<tr>
<td>Atkins Strawberry Shake</td>
<td>Atkins Caramel Chocolate Peanut Nougat Bar</td>
<td>Atkins Frozen Beef Merlot</td>
<td>Fish with Artichoke Sauce*</td>
<td>Atkins Frozen Crustless Chicken Pot Pie</td>
<td>Atkins French Vanilla Shake</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 1g • FV 0g</strong></td>
<td><strong>Net Carbs 2g • FV 1g</strong></td>
<td><strong>Net Carbs 6g • FV 5g</strong></td>
<td><strong>Net Carbs 6g • FV 5g</strong></td>
<td><strong>Net Carbs 4g • FV 3g</strong></td>
<td><strong>Net Carbs 2g • FV 2g</strong></td>
<td></td>
</tr>
<tr>
<td>5 whole snap peas 2 oz Cheddar</td>
<td>Atkins Caramel Chocolate Nut Roll Bar</td>
<td>Atkins Caramel Chocolate Nut Roll Bar</td>
<td>1 cup sliced cucumber 1 tbsp Ranch Dressing*</td>
<td>Atkins Frozen Bacon Scramble</td>
<td>Atkins Frozen Beef Fiesta Taco Bowl</td>
<td></td>
</tr>
<tr>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td><strong>Net Carbs 4g • FV 0g</strong></td>
<td><strong>Net Carbs 7g • FV 11g</strong></td>
<td><strong>Net Carbs 2g • FV 1g</strong></td>
<td></td>
</tr>
</tbody>
</table>

*Go to Atkins.com for recipes!*
Atkins Products
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Fiesta Taco Bowl
- Atkins Frozen Beef Merlot
- Atkins Frozen Chili Con Carne
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Meatloaf with Portobello Mushroom Gravy
- Atkins Frozen Orange Chicken
- Atkins Creamy Chocolate Shake
- 2 Atkins French Vanilla Shakes
- Atkins Milk Chocolate Delight Shake
- Atkins Strawberry Shake
- Atkins Caramel Chocolate Nut Roll Bar
- Atkins Caramel Chocolate Peanut Nougat Bar
- Atkins Chocolate Almond Caramel Bar
- Atkins Chocolate Peanut Butter Bar
- Atkins Peanut Butter Fudge Crisp Bar

Produce
- Frozen artichoke (1/2 cup)
- 3 Avocados
- Brussels sprouts (1/2 cup)
- Cauliflower (1 cup)
- Celery (6 stalks)
- Cucumber (1 cup sliced)
- Eggplant (1/2 pound)
- Fennel bulb (1/2 cup sliced)
- Fresh lemon juice (2 teaspoons)
- Lettuce: Cos or Romaine (1/2 head), iceberg (1/2 head), mixed greens/ spring mix (4 cups)
- Onions: yellow (1 medium), scallions/ green (1 medium)
- Red bell pepper (3 cups sliced)
- Shallots (1 tablespoon)
- 5 Snap peas
- Spinach, baby (4 cups)
- Tomatoes: 1 cherry, 1 1/2 Small

Meat/Protein
- Beef, 90% lean ground (6-ounces)
- Chicken: breast, cooked (3-ounces), spicy chorizo sausage (1 link)
- Mortadella sausage (2 slices)
- Pork: chop, bone-in (5-ounces), bacon (1 1/2 medium slices)
- Tuna, canned in water (4-ounces)
- Turkey, ground (1/2 pound)
- Sea Bass (6-ounces)

Cheese/Dairy
- Blue cheese (1 ounce)
- Cheddar cheese (6 ounces)
- Cream cheese (2 tablespoons)
- 6 Eggs, large
- Fontina cheese (2 tablespoons)
- Heavy cream (5 tablespoons)
- Monterey jack cheese (3 ounces)
- Mozzarella cheese- whole milk (1/2 cup shredded)
- Parmesan cheese (1 tablespoon grated)
- Sour cream (1 tablespoon)
- Unsalted butter (1 teaspoon)

Herbs/Spices
- Cinnamon
- Crushed red pepper flakes
- Dried parsley
- Fresh basil
- Fresh chives
- Fresh dill
- Fresh parsley
- Garlic
- Ground black pepper
- Ground sage
- Oregano
- Salt
- Tarragon

Condiments/Oils
- Canola oil
- Dijon mustard
- Mayonnaise
- Olive oil, extra virgin
- Red salsa
- Red wine vinegar
- Sherry vinegar
- White wine vinegar

Other
- Baking powder
- Chicken broth
- Flax seed meal
- Sucralose based sweetener
- Tomato sauce
# Atkins 20® Standard Menu Plan

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Atkins Vanilla Pecan Crisp Bar</td>
<td>Atkins Frozen Bacon Scramble</td>
<td>Atkins French Vanilla Shake</td>
<td>Atkins Chocolate Almond Caramel Bar</td>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble</td>
<td>Atkins Peanut Fudge Granola Bar</td>
<td>Atkins Frozen Chili Con Carne</td>
</tr>
<tr>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 1g • FV 0g</td>
</tr>
<tr>
<td>Atkins Strawberry Shake</td>
<td>Atkins French Vanilla Shake</td>
<td>Atkins Almond Coconut Bar</td>
<td>Atkins Frozen Mexican-Style Chicken and Vegetables Fresh Broccoli Salad*</td>
<td>Atkins Plus Vanilla Shake</td>
<td>Atkins Frozen Crustless Chicken Pot Pie</td>
<td>Atkins Frozen Beef Fiesta Taco Bowl</td>
</tr>
<tr>
<td>Net Carbs 4g • FV 3g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 2g • FV 1g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 1g • FV 2g</td>
</tr>
<tr>
<td>Atkins Frozen Chili Con Carne</td>
<td>Grilled Chicken over Baby Spinach, Tomato and Avocado Salad*</td>
<td>Atkins Almond Coconut Bar</td>
<td>Atkins Frozen Mexican-Style Chicken and Vegetables Fresh Broccoli Salad*</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Chocolate Almond Caramel Bar</td>
<td>Atkins Strawberry Shake</td>
</tr>
<tr>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 10g • FV 7g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 5g • FV 4g</td>
<td>Net Carbs 1g • FV 0g</td>
</tr>
<tr>
<td>Atkins Peanut Butter Fudge Crisp Bar</td>
<td>1 portobello mushroom cap 1/4 Hass avocado</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Chocolate Almond Caramel Bar</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Strawberry Shake</td>
</tr>
<tr>
<td>Net Carbs 2g • FV 1g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
</tr>
<tr>
<td>Atkins Frozen Chicken and Broccoli Alfredo</td>
<td>Asian Veggie and Pork Bowl*</td>
<td>6 oz salmon 6 stalks asparagus 2 cups mixed greens 5 cherry tomatoes 2 tbsp Ranch Dressing*</td>
<td>Cajun Pork Chops* Cauli Mac and Cheese*</td>
<td>Flank Steaks with Smokey Chimichurri Sauce and Zucchini*</td>
<td>Baked Salmon with Charmoula Over Broccoli*</td>
<td>Zucchini Chicken Alfredo*</td>
</tr>
<tr>
<td>Net Carbs 8g • FV 5g</td>
<td>Net Carbs 7g • FV 7g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 7g • FV 4g</td>
<td>Net Carbs 8g • FV 7g</td>
<td>Net Carbs 10g • FV 7g</td>
<td>Net Carbs 7g • FV 4g</td>
</tr>
<tr>
<td>Total Net Carbs: 22g Foundation Vegetables: 12g</td>
<td>Total Net Carbs: 21g Foundation Vegetables: 12g</td>
<td>Total Net Carbs: 19g Foundation Vegetables: 13g</td>
<td>Total Net Carbs: 22g Foundation Vegetables: 13g</td>
<td>Total Net Carbs: 20g Foundation Vegetables: 13g</td>
<td>Total Net Carbs: 22g Foundation Vegetables: 13g</td>
<td>Total Net Carbs: 21g Foundation Vegetables: 13g</td>
</tr>
</tbody>
</table>

*Go to Atkins.com for recipes!"
### Atkins Products
- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Fiesta Taco Bowl
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Chili Con Carne
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Mexican-Style Chicken and Vegetables
- 2 Atkins French Vanilla Shakes
- Atkins Plus Vanilla Shake
- 3 Atkins Strawberry Shakes
- Atkins Almond Coconut Bar
- 2 Atkins Chocolate Almond Caramel Bars
- 2 Atkins Peanut Butter Fudge Crisp Bars
- Atkins Peanut Fudge Granola Bar
- Atkins Vanilla Pecan Crisp Bar

### Meat/Protein
- Chicken breast fillet, skinless (12-ounces)
- Beef flank, lean (7-ounces)
- Pork: bacon (1 slice), bone-in chop (6-ounces), loin (4-ounces)
- Salmon (12-ounces)

### Cheese/Dairy
- Buttermilk, reduced fat (1 tablespoon)
- Cheddar cheese (2-ounces)
- Cream cheese (1/2-ounce)
- 2 Eggs, large
- Heavy cream (1 cup)
- Monterey Jack cheese (2-ounces)
- Parmesan cheese (4 tablespoons)
- Pepper jack cheese (1-ounce)
- Unsalted butter (1 tablespoon)

### Produce
- Asparagus (6 stalks)
- 3 Avocados
- Bok choy (2 1/2 ounces)
- Broccoli florets (1 cup)
- Cauliflower (1/2 large head)
- Celery (1/2 cup chopped)
- Crimini mushrooms (2 ounces)
- Lemons: 1/2, and juice (1 1/2 teaspoons)
- Garlic (3 cloves)
- 2 Green onions
- Lettuce: mixed greens (2 cups), romaine lettuce (2 cups)
- 1 Portobello mushroom cap
- Serrano pepper (1/2 pepper)
- Spinach, baby (4 cups)
- Tomatoes: 5 cherry, 1/2 Italian, 1/2 large, 2 1/2 medium, 1 small
- 2 Zucchini, medium

### Condiments/Oils
- Anchovy paste
- Canola oil
- Cider vinegar
- Maple flavored syrup, sugar free
- Mayonnaise
- Mustard: regular, Dijon, & stone ground
- Olive oil, extra virgin
- Red wine vinegar
- Rice vinegar, sodium free, sugar free
- Tabasco original pepper sauce
- Tamari
- Vegetable oil
- Worcestershire sauce

### Herbs/Spices
- Coriander seed
- Cumin
- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh dill
- Fresh ginger
- Fresh parsley
- Garlic
- Ground black pepper
- Ground sage
- Nutmeg
- Onion powder
- Paprika
- Pumpkin pie spice
- Red or cayenne pepper
- Salt
- Spanish paprika
- Vanilla extract
- White pepper

### Other
- Baking powder
- Black olives
- Canned pumpkin without salt
- Chicken stock cube
- Chipotle en Adobo, canned
- Coconut flour, high fiber
- Coconut milk
- Erythritol
- Flaxseed meal, ground golden
- Marinated artichoke hearts
- Prepared salsa
- Sucralose based sweetener
- Tomato paste
- Vanilla whey protein
- Xylitol