

# ATKINS 20<sup>®</sup>

## Standard 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>Beef Sauteed with Peppers and Onions Topped with Cheese*</b> Net Carbs 10g • FV 10g	<b>Eggs Scrambled with Sauteed Onions and Cheddar Cheese*</b> Net Carbs 5g • FV 3g	<b>Atkins Chocolate Almond Caramel Bar</b> Net Carbs 2g • FV 0g	<b>Red Bell Pepper Filled with Creamy Eggs and Spinach*</b> Net Carbs 5g • FV 4g	<b>Tomato, Avocado, Spinach and Monterey Jack Stacks*</b> Net Carbs 5g • FV 5g	<b>Atkins Frozen Bacon Scramble</b> Net Carbs 5g • FV 0g
SNACK	1 cup sliced red bell pepper 2 tbsp <b>Ranch Dressing*</b> Net Carbs 4g • FV 4g	<b>Atkins Caramel Chocolate Peanut Nougat Bar</b> Net Carbs 2g • FV 0g	<b>Muffin in a Minute*</b> Net Carbs 2g • FV 0g	½ cup chopped red bell pepper 2 tbsp <b>Ranch Dressing*</b> Net Carbs 5g • FV 4g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	2 stalks celery 2 tbsp cream cheese Net Carbs 3g • FV 2g	<b>Atkins Peanut Butter Fudge Crisp Bar</b> Net Carbs 2g • FV 0g
LUNCH	<b>Atkins Frozen Chili Con Carne</b> 2 cups mixed greens 2 tbsp <b>Italian Dressing*</b> Net Carbs 7g • FV 3g	<b>Atkins Creamy Chocolate Shake</b> Net Carbs 3g • FV 0g	<b>Atkins Frozen Beef Fiesta Taco Bowl</b> ½ Hass avocado Net Carbs 7g • FV 6g	<b>Cobb Salad*</b> Net Carbs 4g • FV 3g	<b>Atkins Chocolate Peanut Butter Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Frozen Orange Chicken</b> Net Carbs 7g • FV 4g	<b>Tuna-Celery Salad with Mixed Greens*</b> Net Carbs 2g • FV 2g
SNACK	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	5 whole snap peas 2 oz Cheddar Net Carbs 2g • FV 1g	<b>Atkins Caramel Chocolate Nut Roll Bar</b> Net Carbs 3g • FV 0g	2 celery stalks 2 oz Cheddar Net Carbs 3g • FV 2g	1 cup sliced cucumber 2 tbsp <b>Green Goddess Dressing*</b> Net Carbs 4g • FV 3g	<b>Atkins Milk Chocolate Delight Shake</b> Net Carbs 2g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g
DINNER	<b>Chicken Chorizo and Cauliflower Saute with Cheese and Sausage*</b> Net Carbs 6g • FV 5g	<b>Atkins Frozen Beef Merlot</b> Net Carbs 6g • FV 2g	<b>Fish with Artichoke Sauce*</b> Net Carbs 5g • FV 5g	<b>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</b> Net Carbs 7g • FV 3g	<b>Atkins Frozen Crustless Chicken Pot Pie</b> ½ cup Brussels sprouts 1 tbsp olive oil Net Carbs 9g • FV 6g	<b>Stuffed Pork Chops with Fonduta and Fennel Gratinata*</b> Net Carbs 4g • FV 3g	<b>Stuffed Eggplant*</b> Net Carbs 12g • FV 11g
	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 14g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 14g

\*Go to [Atkins.com](https://www.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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Vanilla Pecan Crisp Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Frozen Bacon Scramble</b> Net Carbs 5g • FV 0g	<b>Cheese and Spinach Omelet Topped with Avocado and Salsa*</b> Net Carbs 5g • FV 4g	<b>Atkins Chocolate Almond Caramel Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> Net Carbs 5g • FV 2g	<b>Cheddar Omelet with Avocado and Salsa*</b> Net Carbs 4g • FV 3g	<b>Pumpkin Flax Pancakes*</b> Net Carbs 3g • FV 1g
SNACK	1 medium tomato 2 tbsp Aioli* Net Carbs 4g • FV 3g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	10 black olives 1 oz Monterey Jack Cheese Net Carbs 2g • FV 1g	<b>Atkins Peanut Fudge Granola Bar</b> Net Carbs 2g • FV 0g	<b>Atkins French Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Peanut Butter Fudge Crisp Bar</b> Net Carbs 2g • FV 0g
LUNCH	<b>Atkins Frozen Chili Con Carne</b> Net Carbs 5g • FV 2g	<b>Grilled Chicken over Baby Spinach, Tomato and Avocado Salad*</b> Net Carbs 6g • FV 5g	<b>Atkins Almond Coconut Bar</b> Net Carbs 3g • FV 0g	<b>Atkins Frozen Mexican-Style Chicken and Vegetables Fresh Broccoli Salad*</b> Net Carbs 10g • FV 7g	<b>Atkins Plus Vanilla Shake</b> Net Carbs 1g • FV 0g	<b>Atkins Frozen Crustless Chicken Pot Pie</b> Net Carbs 5g • FV 2g	<b>Atkins Frozen Beef Fiesta Taco Bowl</b> ½ Hass avocado ¼ cup Salsa Cruda* Net Carbs 9g • FV 7g
SNACK	½ Hass avocado 2 tbsp Garlic Ranch Dressing* Net Carbs 2g • FV 1g	<b>Atkins Peanut Butter Fudge Crisp Bar</b> Net Carbs 2g • FV 0g	1 portobello mushroom cap ¼ cup Salsa Cruda* 1 oz pepper jack cheese Net Carbs 5g • FV 4g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g	1 small tomato ½ Hass avocado 2 tbsp Roasted Garlic Basil Dressing* Net Carbs 5g • FV 4g	<b>Atkins Chocolate Almond Caramel Bar</b> Net Carbs 2g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 1g • FV 0g
DINNER	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> 2 cups Romaine lettuce 2 marinated artichoke hearts 2 tbsp Caesar Dressing* Net Carbs 8g • FV 5g	<b>Asian Veggie and Pork Bowl*</b> Net Carbs 7g • FV 7g	6 oz salmon 6 stalks asparagus 2 cups mixed greens 5 cherry tomatoes 2 tbsp Ranch Dressing* Net Carbs 6g • FV 6g	<b>Cajun Pork Chops* Cauli Mac and Cheese*</b> Net Carbs 7g • FV 4g	<b>Flank Steaks with Smokey Cilantro Sauce and Zucchini*</b> Net Carbs 8g • FV 7g	<b>Baked Salmon with Charmoula Over Broccoli*</b> Net Carbs 10g • FV 7g	<b>Zucchini Chicken Alfredo*</b> Net Carbs 7g • FV 4g
	<b>Total Net Carbs: 22g</b> <b>Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 21g</b> <b>Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 19g</b> <b>Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 22g</b> <b>Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 20g</b> <b>Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 22g</b> <b>Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 21g</b> <b>Foundation Vegetables: 13g</b>

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## **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

## **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

## **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)

## **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