

ATKINS 30[®]

— Vegetarian Menu Plan —

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cheddar Omelet with Swiss Chard and Onions* Net Carbs 6g • FV 6g	Creamy Lemon Smoothie* Net Carbs 4g • FV 0g	Cheese and Spinach Omelet Topped with Avocado and Salsa* Net Carbs 5g • FV 3g	2 tofu sausage links 2 oz pepper jack cheese 1 medium tomato 1/4 whole avocado Net Carbs 10g • FV 4g	Muffin in a Minute* 2 tbsp cream cheese Net Carbs 3g • FV 0g	Portobello Breakfast Broilers* Net Carbs 12g • FV 7g	Top of the Morning Spinach Pancakes* Net Carbs 6g • FV 0g
SNACK	2 stalks celery 2 tbsp cream cheese Net Carbs 3g • FV 2g	Atkins Chocolate Almond Caramel Bar Net Carbs 2g • FV 0g	1 cup broccoli florets 2 tbsp Ranch Dressing* Net Carbs 2g • FV 2g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	3/4 medium zucchini 2 oz provolone cheese Net Carbs 5g • FV 3g	Snickerdoodle Protein Muffin* Net Carbs 3g • FV 0g	Atkins Cafe Caramel Shake Net Carbs 2g • FV 0g
LUNCH	4 slices veggie ham (52g) Confetti Salad with Ranch Dressing* Net Carbs 7g • FV 4g	4-5 veggie meatballs 1/2 cup Basic Tomato Sauce* 2 cups mixed salad greens 1/2 cup sliced white mushrooms 2 tbsp Ranch Dressing* Net Carbs 13g • FV 9g	Grillers Original veggie burger (64g) 1 oz Cheddar cheese 1 medium tomato 1 tbsp mayonnaise 1 Romaine lettuce leaf Net Carbs 8g • FV 4g	Feta, Sun-Dried Tomato, Olive and Basil Salad over Baby Greens* 2 oz veggie pepperoni slices Net Carbs 11g • FV 6g	Baked Tofu with Spaghetti Squash and Sun-Dried Tomato* Net Carbs 10g • FV 7g	3 oz Garden Veggie tempeh 2 cups baby spinach 1/2 cup sliced red bell pepper 2 tbsp Creamy Italian Dressing* Net Carbs 5g • FV 3g	Fresh Mozzarella, Haricots Vert, and Tomato Salad* Net Carbs 9g • FV 8g
SNACK	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1 medium tomato 1/2 whole avocado 1/4 cup shredded Cheddar cheese Net Carbs 5g • FV 5g	Atkins Chocolate Banana Energy Shake Net Carbs 4g • FV 0g	1/2 cup sliced cucumbers 3 tbsp Sesame-Tofu Dip* Net Carbs 3g • FV 2g	Atkins Almond Coconut Bar Net Carbs 3g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	3 tbsp macadamia nuts Net Carbs 3g • FV 0g
DINNER	Grilled Tofu with Peanut Sauce* 2 cups baby spinach 1/2 cup sliced cucumbers 2 tbsp Sherry Vinaigrette* Net Carbs 13g • FV 3g	Quorn meatless roast (113.5g) 2 cups steamed broccoli and cauliflower 2 tbsp olive oil Net Carbs 5g • FV 5g	Mediterranean Grilled Tofu* Net Carbs 13g • FV 9g	1 piece chicken-style seitan 1/2 cup green beans 1 tbsp butter 2 cups baby spinach 2 tbsp Italian Salad Dressing* Net Carbs 6g • FV 3g	Italian-style tofu sausage (85g) 1/2 cup steamed Brussels Sprouts w/ 2 tbsp butter 2 cups mixed greens 1/2 cup sliced cucumbers 2 tbsp Sherry Vinaigrette* Net Carbs 8g • FV 7g	Walnut Crusted Tofu Cutlets* 2 cups arugula 1/2 cup sliced cucumbers 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 10g • FV 2g	Cauli Mac and Cheese* Tofu Fish Sticks* 2 tbsp Tartar Sauce* Net Carbs 12g • FV 5g
	Total Net Carbs: 32g Foundation Vegetables: 14g	Total Net Carbs: 30g Foundation Vegetables: 18g	Total Net Carbs: 31g Foundation Vegetables: 17g	Total Net Carbs: 31g Foundation Vegetables: 15g	Total Net Carbs: 28g Foundation Vegetables: 17g	Total Net Carbs: 32g Foundation Vegetables: 12g	Total Net Carbs: 32g Foundation Vegetables: 12g

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

Atkins Products

- Atkins Cafe Caramel Shake
- Atkins Chocolate Banana Energy Shake
- Atkins Dark Chocolate Royale Shake
- Atkins French Vanilla Shake
- Atkins Strawberry Shake
- Atkins Almond Coconut Bar
- Atkins Chocolate Almond Caramel Bar
- Atkins Vanilla Protein Powder (2 scoops)

Produce

- Arugula (2 cups)
- 1 1/2 Avocados
- Broccoli (2 cups florets)
- Brussels sprouts (1/2 cup)
- 1/2 Carrot, medium
- 1/2 Cauliflower, large
- Celery (3 stalks)
- 1 Cucumber, medium
- Garlic (2 cloves)
- Green beans (1 1/2 cups)
- Lemons: juice (3 1/2 tablespoons), zest (1/2 teaspoon)
- Lettuce: mixed baby greens salad (3 1/2 cups), mixed salad greens (4 cups), Romaine lettuce (1 leaf)
- Onions: 1 medium yellow, red (1 tablespoon chopped), 2 small scallions/ green onions
- 1 Portobello mushroom cap
- 1 Radish, large
- 1 Red bell pepper, medium
- Shallot (1 tablespoon chopped)
- Spaghetti squash (1/2 cup cubed)
- Spinach: baby (8 1/2 cups), frozen chopped (1/2 cup)
- Swiss chard (2 cups)
- Tomatoes: 4 medium, 1 plum
- White mushrooms (1/2 cup sliced)
- 1/2 Yellow summer squash, small
- 1 Zucchini, medium

Protein

- Chicken-style seitan (1 piece)
- Tofu: Extra firm (3 1/2-ounces), firm silken (9 1/2-ounces), Firm with calcium sulfate (15-ounces), soft silken (1 1/2-ounces), Italian style tofu sausage (85g), 2 tofu sausage links
- Garden veggie tempeh (3-ounces)
- Grillers Original veggie burger (64g)
- Quorn meatless roast (113.5g)
- Veggie ham (4 slices)
- Veggie meatballs (4-5)
- Veggie pepperoni (2 slices)

Cheese/Dairy

- Butter: salted (3 tablespoons), unsalted (1 teaspoon)
- Buttermilk (1 tablespoon)
- Cheddar cheese (4 1/2-ounces)
- Cream cheese (6 1/2 tablespoons)
- 8 Eggs, large
- Feta cheese (1-ounce)
- Fresh mozzarella (3-ounces)
- Heavy cream (1/2 cup)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese (1 tablespoon grated)
- Parmesan cheese (1 tablespoon grated)
- Pepper jack cheese (2-ounces)
- Provolone cheese (2-ounces)
- Romano cheese (1/2-ounce)

Herbs/Spices

- Chives
- Cinnamon
- Crushed red pepper flakes
- Cumin
- Dried basil
- Dried dill
- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley
- Garlic
- Ground black pepper
- Ground nutmeg
- Italian seasoning
- Onion powder
- Oregano
- Paprika
- Salt
- Thyme
- White pepper

Condiments/Oils

- Balsamic vinegar
- Canola oil
- Maple flavored syrup, sugar free
- Mayonnaise
- Mustard: yellow & Dijon
- Olive oil: extra virgin & light
- Red wine vinegar
- Roasted red chili paste
- Sesame oil
- Sherry vinegar
- Tabasco sauce
- Tamari
- White wine vinegar

Other

- Almond meal flour
- Artichoke hearts: canned & marinated
- Baking powder
- Black olives
- Capers
- Coconut flour, high fiber
- Coconut milk beverage, plain and unsweetened
- Coconut shreds, unsweetened
- English walnuts
- Flax seed meal
- Kalamata olives
- Kelp seaweed
- Macadamia nuts
- Peanuts, lightly salted dry roasted
- Peanut butter, natural creamy
- Pickles
- Pine nuts
- Pistachio nuts
- Soy flour, whole grain
- Soy milk
- Sucralose based sweetener
- Tamarinds
- Tahini
- Tomatoes: canned crushed & sun-dried
- Vanilla extract
- Xylitol