

ATKINS 40[®]

Foodie Menu Plan week 1

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Chicken Chorizo and Cauliflower Saute with Cheese and Salsa* Net Carbs 6g • FV 5g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	Cheese and Spinach Omelet Topped with Avocado and Salsa* Net Carbs 4g • FV 3g	Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	Double Chocolate Protein Pancakes* Net Carbs 7g • FV 0g	Breakfast Mexi Peppers* Net Carbs 5g • FV 4g
SNACK	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	½ cup blackberries ½ cup Greek yogurt Net Carbs 8g • FV 0g	1 oz pepper jack cheese 2 whole wheat crackers Net Carbs 6g • FV 0g	Creamy Lemon Smoothie* Net Carbs 4g • FV 0g	2 oz Cheddar ½ small apple Net Carbs 9g • FV 0g	Atkins Peanut Butter Fudge Crisp Bar Net Carbs 2g • FV 0g	½ Hass avocado 2 tbsp Greek Vinaigrette* Net Carbs 2g • FV 1g
LUNCH	Chicken Over Baby Kale Caesar Salad* Net Carbs 7g • FV 6g	Atkins Frozen Shrimp Scampi 2 cups mixed greens 1 small tomato ½ Hass avocado 2 tbsp Caesar Dressing* Net Carbs 15g • FV 7g	6 oz deli ham 2 cups baby spinach ½ cup mushrooms ¼ cup chopped red bell pepper ¼ cup grated carrot 2 tbsp Sweet Mustard Dressing* Net Carbs 6g • FV 5g	5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 2 bibb lettuce leaves Net Carbs 5g • FV 5g	6 oz turkey cutlets 2 cups mixed greens ½ cup sliced green bell pepper ½ cup sliced cucumbers ½ Hass avocado 2 tbsp Fresh Raspberry Vinaigrette* Net Carbs 7g • FV 6g	Canned Tuna with Snap Peas, Red Bell Pepper and Tomato* ½ whole wheat pita Net Carbs 14g • FV 7g	Cucumber, Onion and Tomato Salad with Creamy Feta Dressing* 4 oz turkey salami Net Carbs 8g • FV 7g
SNACK	1/2 small banana 2 tbsp peanut butter Net Carbs 14g • FV 0g	1 carrot ¼ cup hummus Net Carbs 7g • FV 0g	½ cup pineapple ½ cup cottage cheese Net Carbs 14g • FV 0g	½ cup chopped green bell pepper 1 oz feta cheese 2 tbsp Green Goddess Dressing* Net Carbs 5g • FV 3g	2 celery stalks 2 tbsp Feta-Ranch Dressing* Net Carbs 3g • FV 2g	½ medium zucchini ¼ cup hummus Net Carbs 7g • FV 2g	½ medium pear 1 oz Brie cheese Net Carbs 11g • FV 0g
DINNER	6 oz salmon 1/4 cup wild rice 2 cups mixed greens ½ cup sliced cucumbers 2 tsp Net Carbs 11g • FV 3g	Chimichurri Steak and Cauliflower Mash* Net Carbs 10g • FV 8g	Chicken Parmesan with Garlic Sauteed Baby Broccoli* Net Carbs 8g • FV 7g	6 oz fillet of whitefish ¼ cup cooked lentils 1 cup green beans 1 tbsp butter Net Carbs 10g • FV 4g	Pork Chops with Fresh Mushrooms, Tomatoes and Bell Pepper* ½ small baked potato 2 tsp butter 2 tsp sour cream Net Carbs 17g • FV 2g	Traditional Beef Stroganoff* Net Carbs 10g • FV 8g	6 oz chicken ¾ cup stir-fry vegetables 1 tbsp olive oil 1 tbsp tamari sauce ¼ cup brown rice Net Carbs 15g • FV 3g
	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 15g

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

Atkins Products

- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Shrimp Scampi
- Atkins Milk Chocolate Delight Shake
- Atkins Plus Vanilla Shake
- Atkins Peanut Butter Fudge Crisp Bar
- Atkins Milk Chocolate Protein Powder (1/2 scoop)
- Atkins Vanilla Protein Powder (1 scoop)

Produce

- 1/2 Apple, small
- 3 Avocados, Hass
- 1/2 Banana, small
- Bell peppers: 1 1/2 medium green, 1 1/2 medium red
- Blackberries (1/2 cup)
- Broccoli (1 1/2 cups chopped)
- 1 1/2 Carrots, medium
- Cauliflower (3 cups)
- Celery (2 stalks)
- Crimini mushrooms (2-ounces)
- Cucumber (2 cups sliced)
- Garlic (1 clove)
- Green beans (1 cup)
- Lemons: 1/2, juice (2 tablespoons), zest (1/2 teaspoon)
- Lettuce: baby kale, chard, spinach mix (5-ounces), bibb (2 leaves), mixed greens (6 cups)
- Mushrooms (1 cup)
- Onions: 1/2 medium yellow, 1/2 red
- 1/2 Pear, medium
- Pineapple (1/2 cup)
- 1/2 Potato, small
- Red raspberries (1 tablespoon)
- Shallot (1 1/2 tablespoons chopped)
- Snow peas (1/2 cup chopped)
- Spinach, baby (4 cups)
- Stir-fry vegetables (1 cup)
- Strawberries (1/2 cup sliced)
- Tomatoes: 1/2 large, 2 1/2 medium, 1/2 plum, 1 small
- 1/2 Zucchini, medium

Meat/Protein

- Beef: 80% lean ground (1-ounce), hamburger (5-ounces), steak, boneless (15-ounces)
- Chicken: breast (17-ounces), spicy chorizo sausage (1 link)
- Pork: deli ham (6-ounces), pork and beef chorizo (1-ounce), small or thin cut pork chop (3-ounces)
- Salmon (6-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: cutlets (6-ounces), salami (4-ounces)
- Whitefish fillet (6-ounces)

Cheese/Dairy

- Brie cheese (1-ounce)
- Butter: salted (3 tablespoons), unsalted (1 1/2 teaspoons)
- Cheddar cheese (3 1/2-ounces)
- Cottage cheese (1/2 cup)
- 4 Eggs, large
- Feta cheese (5 tablespoons)
- Greek yogurt (1/2 cup)
- Heavy cream (1/2 tablespoon)
- Monterey jack cheese (2-ounces)
- Mozzarella cheese (1/2 cup shredded)
- Parmesan cheese (5 1/2 tablespoons grated)
- Pepper jack cheese (1-ounce)
- Ricotta cheese (1/2 cup)
- Sour cream (6 tablespoons)

Condiments/Oils

- Anchovy paste
- Canola oil
- Cider vinegar
- Coconut oil
- Maple flavored syrup, sugar free
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra virgin & light
- Red wine vinegar
- Tabasco sauce
- Tamari sauce
- White wine vinegar
- Worcestershire sauce

Herbs/Spices

- Chives
- Cinnamon
- Crushed red pepper flakes
- Dried basil
- Dried dill
- Fresh basil
- Fresh cilantro
- Fresh mint
- Fresh parsley
- Garlic
- Ground black pepper
- Italian seasoning
- Onion powder
- Oregano
- Salt
- Tarragon

Other

- Baking powder
- Beef bouillon, Better than Bouillon
- Coconut milk beverage, plain, unsweetened
- Hummus
- Kalamata olives, pitted
- Lentils, cooked
- Lily's sugar free chocolate chips
- Oats, rolled
- Peanut butter
- Pecans
- Red cooking wine
- Rice: brown & wild
- Salsa, fresh
- Sauvignon Blanc wine
- Sucralose based sweetener
- Tomato sauce, canned
- Whole wheat crackers
- Whole wheat pita
- Xylitol

ATKINS 40[®]

Foodie Menu Plan week 2

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Spinach and Swiss Cheese Omelet* 1 wedge cantaloupe Net Carbs 10g • FV 1g	½ cup cooked oatmeal ½ cup blueberries 3 oz pork breakfast sausage Net Carbs 15g • FV 0g	2 eggs ¼ cup shredded cheddar ¼ cup Salsa Cruda* Net Carbs 3g • FV 2g	Crunchy Topical Berry and Almond Breakfast Parfait* Net Carbs 11g • FV 0g	Eggs with Avocado and Salsa* ½ whole wheat English muffin 1 tsp sugar-free jam Net Carbs 16g • FV 3g	Low Carb French Toast* 1/3 cup sliced strawberries Net Carbs 6g • FV 0g	2 eggs 1 medium tomato 2 oz Canadian bacon 2 tbsp Hollandaise Sauce* Net Carbs 5g • FV 3g
SNACK	1 medium carrot 1 celery stalk ¼ cup hummus Net Carbs 10g • FV 1g	1 medium tomato ½ cup cottage cheese Net Carbs 6g • FV 3g	5 cherry tomatoes 2 tbsp Blue Cheese Dressing* Net Carbs 3g • FV 2g	2 celery stalks 1 oz Cheddar Net Carbs 2g • FV 2g	Black Forest Protein Smoothie* Net Carbs 7g • FV 0g	1 large tomato ½ cup cottage cheese Net Carbs 9g • FV 5g	5 large black olives 1 oz pepper jack cheese Net Carbs 2g • FV 1g
LUNCH	6 oz chicken ½ Hass avocado 7-inch low-carb tortilla 3 cups mixed greens 2 tbsp Sherry Vinaigrette* Net Carbs 9g • FV 5g	Grilled Burger with Avocado and Tomato* Net Carbs 3g • FV 3g	4 oz canned salmon 2 stalks celery 2 tbsp mayonnaise ½ Hass avocado Net Carbs 3g • FV 3g	Buffalo Chicken Salad* Net Carbs 10g • FV 8g	5 oz ham 2 cups mixed greens 1 small tomato 2 tbsp Blue Cheese Dressing* Net Carbs 6g • FV 5g	Greek Salad with Chicken* Net Carbs 10g • FV 9g	5 oz steak 3 cups arugula ½ cup sliced mushrooms 2 tbsp diced onion ½ Hass avocado 2 tbsp Sweet Mustard Vinaigrette* Net Carbs 7g • FV 5g
SNACK	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	2 stalks celery ¼ cup black bean dip Net Carbs 12g • FV 2g	2 tbsp almond butter ½ small apple Net Carbs 14g • FV 0g	1 oz pepper jack cheese 2 whole wheat crackers Net Carbs 6g • FV 0g	5 black olives 1 oz Cheddar Net Carbs 1g • FV 1g	Atkins Lemon Vanilla Protein Wafer Crisps Net Carbs 3g • FV 0g	½ cup blueberries ½ cup Greek yogurt Net Carbs 14g • FV 0g
DINNER	Zucchini Noodles with Spicy Chicken Sausage* 2 cups baby spinach 2 tbsp Blue Cheese Dressing* Net Carbs 9g • FV 6g	6 oz chicken 6 stalks asparagus 1 tbsp olive oil 2 cups mixed greens 2 tbsp Ranch Dressing* Net Carbs 4g • FV 4g	Atkins Frozen Beef Teriyaki Stir-Fry ½ cup broccoli florets ¼ cup brown rice Net Carbs 18g • FV 5g	7 oz bone-in pork chop 1 1/3 cup cauliflower florets 1 tbsp butter ¼ cup corn Net Carbs 11g • FV 4g	Chipotle-Apple Turkey Burgers* 2 cups baby spinach 5 radishes 1 tbsp onion ¼ cup chpd green bell pepper 2 tbsp Sweet Mustard Dressing* Net Carbs 11g • FV 4g	6 oz steak 2/3 cup sliced zucchini 1 tbsp olive oil ¼ acorn squash 1 tbsp butter 2 tbsp sugar-free pancake syrup Net Carbs 12g • FV 2g	Chicken and Mushrooms with Roasted Asparagus* Net Carbs 13g • FV 9g
	Total Net Carbs: 39g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 39g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 19g

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Atkins Products

- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins French Vanilla Shake
- Atkins Lemon Vanilla Protein Wafer Crisps
- Atkins Milk Chocolate Protein Powder (1 scoop)

Produce

- 1/2 Acorn squash
- 1 Apple, medium
- Asparagus (12 medium spears)
- 2 1/2 Avocados, Hass
- Bell peppers: green (1/2 cup chopped), 1/2 medium red
- Blueberries (1 1/2 cups)
- Broccoli florets (1/2 cup)
- Cantaloupe (1 wedge)
- 1 Carrot, medium
- Cauliflower florets (1/2 cup)
- Celery (8 1/2 stalks)
- Corn (1/2 cup)
- Crimini mushrooms (3-ounces)
- 1/2 Cucumber
- Frozen sweet cherries, unsweetened (1/2 cup)
- Garlic (2 cloves)
- Lemons: 1/2 medium, juice (1/2 tablespoon)
- Lettuce: arugula (3 cups), cos or Romaine lettuce (1 head), mixed greens (7 cups)
- Mushrooms (1/2 cup sliced)
- Onions: 1/2 medium green, 1 medium yellow
- 5 Radishes
- Red raspberries (1/2 cup)
- Shallots (1/2 tablespoon chopped)
- Spinach, baby (6 cups)
- Strawberries (1/2 cup sliced)
- Tomatoes: 8 cherry, 1/2 Italian, 1 large, 4 medium, 1 small
- Zucchini (2 cups sliced)

Meat/Protein

- Beef: 90% lean ground (5-ounces), steak (11-ounces)
- Chicken: breast (24-ounces), sausage (4-ounces), 1 thigh, boneless, with skin
- Pork: Canadian bacon (2-ounces), bone-in pork chop (7-ounces), breakfast sausage (3-ounces), ham (5-ounces)
- Salmon, canned (4-ounces)
- Turkey: ground (4-ounces), sausage (2-ounces)

Cheese/Dairy

- Blue cheese (1 1/2 ounces)
- Butter: salted (2 tablespoons), unsalted (1/2 cup)
- Cheddar cheese (4-ounces)
- Cottage cheese (1 cup)
- Cream cheese (12-ounces)
- 14 Eggs, large
- Feta cheese (2 tablespoons crumbled)
- Greek yogurt (1 cup)
- Heavy cream (6 tablespoons)
- Pepper jack cheese (2-ounces)
- Sour cream (1 tablespoon)
- Swiss cheese (1-ounce)

Herbs/Spices

- Celery salt
- Cinnamon
- Fresh basil
- Fresh chives
- Fresh dill
- Fresh parsley
- Garlic
- Ground black pepper
- Nutmeg
- Oregano
- Red or cayenne pepper
- Salt
- Thyme

Condiments/Oils

- Canola oil
- Cider vinegar
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil, extra virgin
- Red wine vinegar
- Reserva sherry vinegar

Other

- Almond butter
- Almonds, whole
- Baking powder
- Black bean dip
- Black olives, large
- Brown rice
- Chicken broth
- Chipotle peppers in adobo sauce
- Coconut extract
- Coconut shreds, dried unsweetened
- Coconut milk, unsweetened
- Cream of tartar
- Hummus
- Kalamata olives
- Low carb tortilla, 7-inch
- Maple syrup, sugar free
- Oatmeal
- Sucralose based sweetener
- Sugar free jam
- Vanilla whey protein
- Whole wheat crackers
- Whole wheat English muffin
- Xanthan gum