

ATKINS 40®

— Quick-Start Menu Plan —

week 1

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Ham and Cheese Omelet Net Carbs 4g • FV 0g	Blueberry Almond Protein Shake* Net Carbs 10g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	Atkins Plus Vanilla Shake 5 large strawberries Net Carbs 6g • FV 0g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g	Atkins Frozen Ham and Cheese Omelet ½ whole-wheat English muffin 1 tbsp sugar-free jam Net Carbs 18g • FV 0g	Lemony Protein Pancakes* ½ cup raspberries Net Carbs 9g • FV 0g
SNACK	Atkins Vanilla Cream Shake Net Carbs 3g • FV 0g	Atkins White Chocolate Macadamia Nut Bar Net Carbs 4g • FV 0g	Atkins Dark Chocolate Royale Shake ½ small banana Net Carbs 12g • FV 0g	Atkins Caramel Chocolate Peanut Nougat Bar Net Carbs 2g • FV 0g	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	Atkins Caramel Chocolate Peanut Nougat Bar Net Carbs 2g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g
LUNCH	Atkins Frozen Chicken Marsala 2 cups baby spinach ½ Hass avocado ¼ cup chopped red bell pepper ½ cup sliced cucumber 2 tbsp Garlic Ranch Dressing* Net Carbs 14g • FV 7g	Atkins Frozen Shrimp Scampi 2 cups Romaine 5 black olives ½ Hass avocado 5 cherry tomatoes 2 tbsp Parmesan 2 tbsp Caesar Dressing* Net Carbs 15g • FV 8g	Greek Hamburger with Feta* and Roasted Zucchini Salad* 1 Flatout Original Light Wrap Net Carbs 14g • FV 5g	Atkins Frozen Orange Chicken 3 cups mixed greens 5 cherry tomatoes 2 tbsp Sweet Mustard Dressing* Net Carbs 12g • FV 8g	Atkins Frozen Crustless Chicken Pot Pie 1½ cups frozen cauliflower, carrot and snow pea mixture 1 tbsp butter Net Carbs 11g • FV 8g	Atkins Frozen Chili Con Carne 2 cups baby spinach ¼ cup chopped green bell pepper, 5 cherry tomatoes 2 tbsp Ranch Dressing* Net Carbs 12g • FV 8g	Atkins Frozen Swedish Meatballs 2 cups mixed greens 1 medium tomato 2 tbsp Blue Cheese Dressing* Net Carbs 17g • FV 7g
SNACK	Atkins Peanut Butter Protein Wafer Crisps Net Carbs 3g • FV 0g	Atkins Strawberry Shake Net Carbs 1g • FV 0g	Atkins Caramel Chocolate Nut Roll Bar Net Carbs 3g • FV 0g	Atkins French Vanilla Shake 24 raw almonds Net Carbs 4g • FV 0g	Atkins Chocolate Chip Crisp Bar Net Carbs 4g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Peanut Butter Fudge Crisp Bar Net Carbs 2g • FV 0g
DINNER	Maple Mustard Glazed Salmon and Asparagus* 1/3 cup wild rice Net Carbs 17g • FV 6g	6 oz steak 2 cups broccoli and cauliflower, roasted with 1 tbsp olive oil ½ cup sliced strawberries ¼ cup whipped cream Net Carbs 10g • FV 5g	Atkins Frozen Chicken and Broccoli Alfredo Simple Tomato Salad* Net Carbs 7g • FV 5g	6 oz fillet of whitefish 1/3 cup cooked quinoa 1 cup green beans 1 tbsp butter Net Carbs 16g • FV 4g	Atkins Frozen Meatloaf with Portobello Mushroom Gravy ½ cup Brussels sprouts ½ small corn on the cob 1 tbsp butter Net Carbs 17g • FV 6g	Asian Veggie and Pork Bowl* Net Carbs 7g • FV 6g	Chicken Curry with Bell Peppers* Net Carbs 11g • FV 11g
	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 39g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 17g

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

Atkins Products

- ☐ Atkins Frozen Bacon Scramble
- ☐ Atkins Frozen Chicken and Broccoli Alfredo
- ☐ Atkins Frozen Chicken Marsala
- ☐ Atkins Frozen Chili Con Carne
- ☐ Atkins Frozen Crustless Chicken Pot Pie
- ☐ Atkins Frozen Farmhouse-Style Sausage Scramble
- ☐ 2 Atkins Frozen Ham and Cheese Omelets
- ☐ Atkins Frozen Meatloaf with Portobello Mushroom Gravy
- ☐ Atkins Frozen Orange Chicken
- ☐ Atkins Frozen Shrimp Scampi
- ☐ Atkins Dark Chocolate Royale Shake
- ☐ 2 Atkins French Vanilla Shakes
- ☐ Atkins Milk Chocolate Delight Shake
- ☐ Atkins Plus Vanilla Shake
- ☐ 2 Atkins Strawberry Shakes
- ☐ Atkins Vanilla Cream Shake
- ☐ Atkins Caramel Chocolate Nut Roll Bar
- ☐ 2 Atkins Caramel Chocolate Peanut Nougat Bars
- ☐ Atkins Chocolate Chip Crisp Bar
- ☐ Atkins Peanut Butter Fudge Crisp Bar
- ☐ Atkins Peanut Butter Protein Wafer Crisps
- ☐ Atkins White Chocolate Macadamia Nut Bar
- ☐ Atkins Vanilla Protein Powder (1 scoop)

Herbs/Spices

- ☐ Cinnamon
- ☐ Crushed red pepper flakes
- ☐ Curry powder
- ☐ Fresh chives
- ☐ Fresh cilantro
- ☐ Fresh dill
- ☐ Fresh ginger
- ☐ Fresh parsley
- ☐ Garlic
- ☐ Ground black pepper
- ☐ Onion powder
- ☐ Oregano
- ☐ Salt

Cheese/Dairy

- ☐ Blue cheese (1 tablespoon)
- ☐ Butter (4 tablespoons)
- ☐ Buttermilk (1 tablespoon)
- ☐ Cottage cheese (1/2 cup)
- ☐ 3 Eggs, large
- ☐ Feta cheese (1/2-ounce)
- ☐ Heavy cream (2 tablespoons)
- ☐ Parmesan cheese (3 tablespoons shredded)
- ☐ Sour cream (1 tablespoon)
- ☐ Whipped cream (1/2 cup)

Produce

- ☐ Asparagus (6-ounces)
- ☐ 1 Avocado
- ☐ 1/2 Banana, small
- ☐ Bell peppers: 1 medium, Green (1/2 cup chopped), red (1/2 cup sliced)
- ☐ Blueberries (1/2 cup)
- ☐ Bok Choy (2 1/2-ounces)
- ☐ Broccoli (1 cup)
- ☐ Brussels sprouts (1/2 cup)
- ☐ Cauliflower (1 cup)
- ☐ Cauliflower, carrot and snow pea frozen mixture (1 1/2 cups)
- ☐ 1/2 Corn on the cob, small
- ☐ Crimini mushrooms (2-ounces)
- ☐ Cucumber (1/2 cup sliced)
- ☐ Garlic (1 1/2 cloves)
- ☐ Green beans (1 cup)
- ☐ Onions: 1/2 large green, 2 medium green, 1/2 medium yellow
- ☐ Lemons: 1/2, juice (3 tablespoons), zest (3 teaspoons)
- ☐ Lettuce: Butterhead (2-ounces), mixed greens (5 cups), romaine (2 cups)
- ☐ Raspberries (1/2 cup)
- ☐ 1/2 Serrano pepper
- ☐ Shallots (1/2-ounce)
- ☐ Spinach, baby (5-ounces)
- ☐ 9 Strawberries, large
- ☐ Tomatoes: 1/2 pound, 15 cherry, 1 medium, 1 Italian
- ☐ 1/2 Zucchini, medium

Meat/Protein

- ☐ Chicken thighs (8-ounces)
- ☐ Beef: 85% lean ground (4-ounces), Steak (6-ounces)
- ☐ Pork tenderloin (4-ounces)
- ☐ Salmon, boneless (6-ounces)
- ☐ Whitefish fillet (6-ounces)

Condiments/Oils

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

Other

- ☐ Almond butter
- ☐ Almond meal flour
- ☐ Baking powder
- ☐ Black olives
- ☐ Chicken broth
- ☐ Chicken stock cube
- ☐ Coconut milk, plain unsweetened
- ☐ Flaxseed meal, ground golden
- ☐ Quinoa
- ☐ Soy flour
- ☐ Sugar-free jam
- ☐ Vanilla whey protein powder, or unflavored
- ☐ Wheat bran
- ☐ Whole-wheat English muffin
- ☐ Wild rice
- ☐ Wheat gluten

ATKINS 40®

— Quick-Start Menu Plan —

week 2

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble 1/8 cantaloupe melon wedge Net Carbs 13g • FV 2g	Black Forest Protein Smoothie* Net Carbs 7g • FV 0g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g	Rolled Oats and Pecans Topped with Strawberries* Net Carbs 15g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	Mushroom Scramble* & Carrot-Nut Muffin* Net Carbs 10g • FV 2g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g
SNACK	Atkins Caramel Chocolate Peanut Nougat Bar Net Carbs 2g • FV 0g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	Atkins Peanut Butter Wafer Crisp ½ small apple Net Carbs 12g • FV 0g	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	Atkins Plus Vanilla Shake Net Carbs 1g • FV 0g	Atkins Strawberry Shake 3 large strawberries Net Carbs 4g • FV 0g	Atkins Dark Chocolate Almond Coconut Crunch Net Carbs 4g • FV 0g
LUNCH	Chicken Over Baby Kale Caesar Salad* Net Carbs 7g • FV 6g	Touch Down Salad with Avocado Chipotle Dressing* Cheddar Burger with Sautéed Mushrooms and Onions* ½ 4-inch whole wheat pita Net Carbs 17g • FV 9g	Atkins Frozen Shrimp Scampi 15 snow peas Net Carbs 11g • FV 5g	Atkins Frozen Orange Chicken 1 cup cauliflower, steamed 1 tbsp butter Net Carbs 10g • FV 7g	5 oz ham 2 cups baby kale 1 medium tomato ½ cup sliced cucumber ½ Hass avocado 2 tbsp Sweet Mustard Dressing* Net Carbs 10g • FV 9g	4 oz tuna 1½ stalks celery 2 tbsp onions 2 tbsp mayonnaise over 2 cups mixed greens 3 cherry tomatoes 2 tbsp Lemon Vinaigrette* Net Carbs 8g • FV 7g	Atkins Frozen Pork Verde ½ Hass avocado 1 small tomato Net Carbs 12g • FV 6g
SNACK	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	Atkins Cranberry Almond Bar Net Carbs 3g • FV 0g	Atkins Milk Chocolate Delight Shake and Atkins Indulge Chocolate Coconut Bar Net Carbs 4g • FV 0g	Atkins Caramel Chocolate Nut Roll Bar Net Carbs 3g • FV 0g	½ cup cottage cheese ½ cup fresh pineapple chunks Net Carbs 13g • FV 0g	Atkins Caramel Chocolate Peanut Nougat Bar Net Carbs 2g • FV 0g	Atkins Café Caramel Shake Net Carbs 3g • FV 0g
DINNER	Atkins Frozen Beef Fiesta Taco Bowl 2 cups baby spinach ½ cup sliced red bell pepper ¼ cup black beans 2 tbsp Ranch Dressing* Net Carbs 16g • FV 7g	Atkins Frozen Chicken & Broccoli Alfredo 1¼ cups steamed broccoli 1 tbsp butter 2 tbsp Parmesan cheese Net Carbs 12g • FV 10g	Chicken Picatta with Capers and Tomatoes* Net Carbs 8g • FV 7g	Pork Chop with Roasted Asparagus and Red Pepper with Dijon and Thyme* Net Carbs 10g • FV 8g	Atkins Frozen Crustless Chicken Pot Pie ½ cup green peas 1 tbsp butter Net Carbs 12g • FV 2g	Atkins Frozen Beef Teriyaki Stir-Fry ¼ cup brown rice Net Carbs 16g • FV 3g	Beef Fajitas with Peppers* 1/3 cup black beans 2 oz Cheddar 2 cups Romaine hearts, 3 marinated artichoke hearts 5 large radishes 2 tbsp Ranch Dressing Net Carbs 16g • FV 6g
	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 19g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 12g

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Atkins Products

- ☐ 2 Atkins Frozen Bacon Scrambles
- ☐ Atkins Frozen Beef Fiesta Taco Bowl
- ☐ Atkins Frozen Beef Teriyaki Stir-Fry
- ☐ Atkins Frozen Chicken & Broccoli Alfredo
- ☐ Atkins Frozen Crustless Chicken Pot Pie
- ☐ 2 Atkins Frozen Farmhouse-Style Sausage Scramble
- ☐ Atkins Frozen Orange Chicken
- ☐ Atkins Frozen Pork Verde
- ☐ Atkins Frozen Shrimp Scampi
- ☐ Atkins Café Caramel Shake
- ☐ Atkins Dark Chocolate Royale Shake
- ☐ Atkins French Vanilla Shake
- ☐ 2 Atkins Milk Chocolate Delight Shakes
- ☐ Atkins Plus Vanilla Shake
- ☐ Atkins Strawberry Shake
- ☐ Atkins Caramel Chocolate Nut Roll Bar
- ☐ 2 Atkins Caramel Chocolate Peanut Nougat Bars
- ☐ Atkins Cranberry Almond Bar
- ☐ Atkins Dark Chocolate Almond Coconut Crunch
- ☐ Atkins Indulge Chocolate Coconut Bar
- ☐ Atkins Peanut Butter Wafer Crisps
- ☐ Atkins Milk Chocolate Protein Powder (1 scoop)

Meat/Protein

- ☐ Chicken: breast fillet, skinless (6-ounces), thigh (1 medium)
- ☐ Beef: ground 80% lean (6-ounces), steak, boneless (5 1/2-ounces after cooking)
- ☐ Firm silken tofu (2 1/2-ounces)
- ☐ Pork: chop (8-ounces), ham (5-ounces)
- ☐ Tuna (4-ounces)

Cheese/Dairy

- ☐ Butter (4 tablespoons)
- ☐ Cheddar cheese (4-ounces)
- ☐ Cottage cheese (1/2 cup)
- ☐ 1 Egg, large
- ☐ Heavy cream (2 tablespoons)
- ☐ Parmesan cheese (5 1/2 tablespoons)
- ☐ Sour cream (2 tablespoons)

Produce

- ☐ 1/2 Apple, small
- ☐ Asparagus (19 medium spears)
- ☐ 2 Avocados, Hass
- ☐ Bell peppers: 1/2 medium green, 2 1/2 large red
- ☐ Broccoli (1 1/2 cup)
- ☐ 1/2 Cantaloupe melon
- ☐ Carrot (2 tablespoons grated)
- ☐ Cauliflower (1 cup)
- ☐ Celery (1 1/2 stalks)
- ☐ 1/2 Cucumber
- ☐ Frozen sweet cherries (1/2 cup)
- ☐ Garlic (1/2 clove)
- ☐ Green peas (1/2 cup)
- ☐ 1/2 Jalapeno pepper
- ☐ Kale, baby (2 cups)
- ☐ Lemons: fresh juice (2 1/2 tablespoons), zest (1 teaspoon)
- ☐ Lettuce: baby kale, chard, spinach mix (5-ounces), iceberg (1/2 head), mixed greens (2 cups), Romaine hearts (2 cups), Romaine lettuce (1/2 head)
- ☐ Limes: 1/2, fresh juice (1/2- fl ounce)
- ☐ 5 Mushrooms, medium
- ☐ Onions: 1/2 medium green, yellow (1/2 cup chopped)
- ☐ Pineapple, fresh (1/2 cup chunks)
- ☐ 7 Radishes, large
- ☐ Shallot (1/2 ounce)
- ☐ 15 Snow peas
- ☐ Spinach, baby (2 1/2 cups)
- ☐ 5 Strawberries, large
- ☐ Tomatoes: 5 cherry, 1 Italian, 1 1/2 medium, 1 small

Herbs/Spices

- ☐ Cinnamon
- ☐ Cumin
- ☐ Dried thyme
- ☐ Fresh chives
- ☐ Fresh cilantro
- ☐ Fresh dill
- ☐ Fresh parsley
- ☐ Fresh thyme
- ☐ Garlic
- ☐ Ground black pepper
- ☐ Salt

Condiments/Oils

- ☐ Anchovy paste
- ☐ Canola oil cooking spray
- ☐ Canola vegetable oil
- ☐ Cider vinegar
- ☐ Maple flavored syrup, sugar free
- ☐ Mayonnaise
- ☐ Mustard: Dijon & stone ground
- ☐ Olive oil, extra virgin
- ☐ Tabasco sauce
- ☐ Worcestershire sauce

Other

- ☐ Almond flour, blanched
- ☐ Baking powder
- ☐ Black beans
- ☐ Brown rice
- ☐ Capers
- ☐ Chicken stock cubes
- ☐ Chipotle peppers in adobo sauce
- ☐ Coconut milk, plain, unsweetened
- ☐ Low carb tortillas
- ☐ Marinated artichoke hearts
- ☐ Pecans
- ☐ Oats, rolled
- ☐ Salsa verde, green tomato chile sauce
- ☐ Soy flour, whole grain
- ☐ Sucralose blend sweetener
- ☐ Vanilla extract
- ☐ Whole wheat pita, 4-inch