

ATKINS 40®

Standard Menu Plan week 1

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins FarmhouseStyle Sausage Scramble Net Carbs 5g • FV 2g	½ cup cooked oatmeal 2 pieces bacon Net Carbs 12g • FV 0g	Italian Frittata* Net Carbs 7g • FV 4g	Milk Chocolate Mocha Smoothie* Net Carbs 4g • FV 0g	Atkins Frozen Ham and Cheese Omelet ½ cup cubed canteloupe Net Carbs 10g • FV 0g	California Breakfast Burrito* 3 large strawberries Net Carbs 10g • FV 3g	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g
SNACK	¼ cup fresh pineapple chunks ½ cup cottage cheese Net Carbs 14g • FV 0g	Atkins Plus Vanilla Shake Net Carbs 1g • 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 Strawberry Shake Net Carbs 1g • FV 0g	Atkins Cranberry Bar Net Carbs 3g • FV 0g	Atkins Advantage Mocha Latte Shake 3 large strawberries Net Carbs 6g • FV 0g
LUNCH	6 oz salmon ¼ cup cubed sweet potato 3 cups arugula ½ cup sliced red bell pepper 2 tbsp Maple-Dijon Vinaigrette* Net Carbs 11g • FV 3g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower 2 cups mixed greens 5 large radishes ½ Hass avocado 2 tbsp Creamy Italian Dressing* Net Carbs 10g • FV 6g	Steak Salad* Net Carbs 8g • FV 5g	Atkins Frozen Beef Fiesta Taco Bowl ½ Hass avocado 1 oz Cheddar Net Carbs 8g • FV 6g	Canned Tuna with Snap Peas, Red Bell Pepper and Tomato* Net Carbs 7g • FV 7g	Atkins Frozen Shrimp Scampi 1 cup baby spinach ¼ cup chpd red bell pepper ¼ cup grated carrot 2 tbsp Creamy Italian Dressing* Net Carbs 12g • FV 4g	Atkins Frozen Beef Teriyaki Stir-Fry ¼ cup brown rice 2 cups mixed greens 1 small tomato 2 tbsp Sweet Mustard Dressing* Net Carbs 22g • FV 7g
SNACK	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	½ cup raspberries ½ cup Greek yogurt Net Carbs 8g • FV 0g	Atkins Lemon Vanilla Protein Wafer Crisps Net Carbs 3g • FV 0g	1 medium carrot ¼ cup hummus Net Carbs 9g • FV 0g	2 oz prociutto 2 oz cheddar Net Carbs 1g • FV 0g	Atkins Café Caramel Shake Net Carbs 2g • FV 0g	2 stalks celery 1 slice cheddar Net Carbs 2g • FV 2g
DINNER	Atkins Frozen Chicken Broccoli Alfredo 2 cups baby spinach ½ Hass avocado 3 marinated artichoke hearts 2 tbsp Creamy Italian Dressing* Net Carbs 9g • FV 7g	Traditional Beef Stroganoff* Net Carbs 10g • FV 8g	Atkins Frozen Crustless Chicken Pot Pie ½ cup green beans 2 Atkins Mini Muffins* Net Carbs 11g • FV 4g	Herbed Mahi Mahi Fish en Papillote* ¼ cup cooked quinoa 1 tbsp butter Net Carbs 17g • FV 7g	Atkins Frozen Beef Stew 1/2 small baked potato 1 tbsp olive oil 2 cups Romaine hearts 2 tbsp Creamy Italian Dressing* Net Carbs 23g • FV 5g	Meatballs and Creamed Spinach Skillet* Net Carbs 13g • FV 10g	Chicken Chorizo and Cauliflower Saute with Cheese and Salsa* Net Carbs 6g • FV 5g
	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 41g Foundation Vegetables: 14g

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

Atkins Products

- Atkins Frozen Bacon Scramble
- Atkins Frozen Beef Fiesta Taco Bowl
- Atkins Frozen Beef Stew
- Atkins Frozen Beef Teriyaki Stir-Fry
- Atkins Frozen Chicken Broccoli Alfredo
- Atkins Frozen Crustless Chicken Pot Pie
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- Atkins Frozen Shrimp Scampi
- Atkins Advantage Mocha Latte Shake
- Atkins Café Caramel Shake
- 2 Atkins Dark Chocolate Royale Shakes
- Atkins Plus Vanilla Shake
- Atkins Strawberry Shake
- Atkins Caramel Chocolate Peanut Nougat Bar
- Atkins Cranberry Bar
- Atkins Lemon Vanilla Protein Wafer Crisps
- Atkins Milk Chocolate Protein Powder (1 scoop)

Cheese/Dairy

- Butter: salted (1 tablespoon), unsalted (2 tablespoons)
- Cheddar cheese (3 1/2 -ounces)
- Cottage cheese (1/2 cup)
- Cream cheese (2 tablespoons)
- 5 Eggs, large
- Greek yogurt (1/2 cup)
- Monterey jack cheese (1-ounce)
- Parmesan cheese (6 tablespoons)
- Ricotta cheese, whole milk (2 tablespoons)
- Sour cream (2 tablespoons)

Meat/Protein

- Pork: bacon (2 strips), Italian sausage (2-ounces), prosciutto (2-ounces)
- Beef: boneless steak (11-ounces), ground 85% lean (7-ounces)
- Mahi Mahi, boneless (6-ounces)
- Salmon (6-ounces)
- Spicy chorizo chicken sausage (1-link)
- Tuna, canned in water (4-ounces)

Produce

- Arugula (3 cups)
- 2 Avocados Hass
- Spinach, baby (3 cups)
- 1/2 Banana, small
- Bell peppers: 1/2 medium, red (1 1/2 cup sliced)
- Broccoli (3-ounces)
- Cantaloupe (1/2 cup cubed)
- 1 1/2 Carrots, medium
- Cauliflower (1 cup)
- Celery (2 stalks)
- Crimini mushrooms (2-ounces)
- Garlic (2 cloves)
- Green beans (1/2 cup)
- 1/2 Jalapeno pepper
- Onions: 1 large green, 1 yellow, 1 red
- 1/2 Lemon
- Fresh lime juice (1 teaspoon)
- Lettuce: mixed greens (4 cups), Romaine hearts (2 cups)
- Pineapple, fresh (1/2 cup chunks)
- 1/2 Potato, small
- 5 Radishes, large
- Raspberries (1/2 cup)
- Shallot (1/2-ounce)
- Snow peas (1/2 cup chopped)
- 6 Strawberries, large
- Spinach (5-ounces)
- Sweet potato (1/2 cup cubed)
- Tomatillos (2-ounces)
- Tomatoes: 5 cherry, 1 1/2 medium, 1 small
- 1 Zucchini, medium

Condiments/Oils

- Canola oil
- Cider vinegar
- Maple flavored syrup, sugar free
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra virgin & light
- Red wine vinegar
- White wine vinegar

Herbs/Spices

- Crushed red pepper flakes
- Dried basil
- Fresh cilantro
- Fresh parsley
- Garlic
- Ground black pepper
- Ground nutmeg
- Italian seasoning
- Red or cayenne pepper
- Salt
- Thyme

Other

- Baking powder
- Beef bouillon, Better Than Bouillon
- Brown rice
- Coconut milk, unsweetened
- Flaxseed meal, ground golden
- Green chili peppers, canned
- Hummus
- Instant espresso powder
- Low carb tortilla
- Marinated artichoke hearts
- Oatmeal
- Quinoa
- Red cooking wine
- Red salsa
- Soy flour, whole grain
- Sucralose based sweetener
- Tomatoes, canned crushed
- Vanilla whey protein powder
- Wheat bran
- Wheat gluten
- Xylitol

ATKINS 40[®]

Standard Menu Plan week 2

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Bacon Scramble Net Carbs 5g • FV 0g	Snickerdoodle Muffin* ½ small apple Net Carbs 12g • FV 0g	Atkins Frozen Ham and Cheese Omelet Net Carbs 4g • FV 0g	Crunchy Tropical Berry and Almond Breakfast Parfait* Net Carbs 11g • FV 0g	Scrambled Eggs with Sautéed Onions and Cheddar Cheese* 1/2 cup cubed honeydew melon Net Carbs 12g • FV 4g	Atkins Waffles* ½ small banana ¼ cup whipped cream Net Carbs 17g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g
SNACK	2 stalks celery ¼ cup hummus Net Carbs 7g • FV 2g	Atkins French Vanilla Shake Net Carbs 1g • FV 0g	½ small apple 2 tbsp almond butter Net Carbs 14g • FV 0g	Atkins Caramel Chocolate Peanut Nougat Bar Net Carbs 2g • FV 0g	Atkins Milk Chocolate Delight Shake Net Carbs 2g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	1/3 cup blueberries ½ cup Greek yogurt Net Carbs 11g • FV 0g
LUNCH	Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* Net Carbs 9g • FV 6g	5 oz hamburger 1 oz pepper jack cheese 2 tbsp Salsa Cruda* ½ Hass avocado ½ 4-inch whole wheat pita pocket Net Carbs 10g • FV 2g	Atkins Frozen Meat Loaf with Portobello Mushroom Gravy 2 cups baby spinach ½ Hass avocado ½ cup sliced cucumber, 5 radishes & 2 tbsp Fresh Raspberry Vinaigrette* Net Carbs 12g • FV 7g	Atkins Frozen Sesame Chicken Stir-Fry 2 cups Romaine hearts ½ cup chopped bell pepper ¼ cup diced jicama 2tbsp Maple-Dijon Vinaigrette* Net Carbs 16g • FV 9g	Ham and Cheese Roll-Ups* 2 cups mixed greens 2 marinated artichoke hearts 1 medium tomato 2 tbsp Blue Cheese Dressing* Net Carbs 10g • FV 7g	Smoked Salmon and Cucumber Sushi Simple Tomato Salad* Net Carbs 8g • FV 7g	Atkins Frozen Chicken and Broccoli Alfredo 2 cups mixed greens ½ cup sliced cucumber 2 tbsp Italian Dressing* Net Carbs 8g • FV 5g
SNACK	Atkins Advantage Vanilla Shake ¼ cup blueberries Net Carbs 6g • FV 0g	Atkins Peanut Butter Fudge Crisp Bar Net Carbs 2g • FV 0g	Atkins Dark Chocolate Royale Shake Net Carbs 2g • FV 0g	1 oz pepper jack cheese 2 whole wheat crackers Net Carbs 6g • FV 0g	Atkins Peanut Butter Protein Wafer Crisps Net Carbs 3g • FV 0g	Atkins Café Caramel Shake Net Carbs 2g • FV 0g	Atkins Caramel Chocolate Nut Roll Bar Net Carbs 3g • FV 0g
DINNER	Italian Sausage and Cauliflower Saute* 2 cups baby spinach ½ Hass avocado 2 tbsp Blue Cheese Dressing* Net Carbs 14g • FV 12g	Atkins Frozen Shrimp Scampi 2 cups mixed greens ½ cup mushrooms 5 cherry tomatoes 3 marinated artichoke hearts & 2 tbsp Creamy Italian Dressing* Net Carbs 16g • FV 10g	Chicken with Asparagus and Tomato Salad* Atkins Endulge Chocolate Coconut Bar Net Carbs 9g • FV 5g	7 oz bone-in pork chop Cauli Mac and Cheese* Net Carbs 6g • FV 4g	Atkins Frozen Meat Lasagna 2 cups baby spinach ¼ cup chopped green bell pepper 2 tbsp Sweet Mustard Dressing* Net Carbs 14g • FV 3g	Atkins Frozen Mexican Style Chicken and Vegetables 1 oz Cheddar 2 cups mixed baby greens ½ Hass avocado 2 tbsp Ranch Dressing* Net Carbs 11g • FV 8g	Fajita Steak and Fresh Guacamole* Net Carbs 13g • FV 9g
	Total Net Carbs: 41g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 39g Foundation Vegetables: 16g

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Atkins Products

- Atkins Frozen Bacon Scramble
- Atkins Frozen Chicken and Broccoli Alfredo
- Atkins Frozen Farmhouse-Style Sausage Scramble
- Atkins Frozen Ham and Cheese Omelet
- Atkins Frozen Meat Lasagna
- Atkins Frozen Meat Loaf with Portobello Mushroom Gravy
- Atkins Frozen Mexican-Style Chicken and Vegetables
- Atkins Frozen Sesame Chicken Stir-Fry
- Atkins Frozen Shrimp Scampi
- Atkins Advantage Vanilla Shake
- Atkins Cafe Caramel Shake
- Atkins Dark Chocolate Royale Shake
- Atkins French Vanilla Shake
- Atkins Milk Chocolate Delight Shake
- Atkins Caramel Chocolate Nut Roll Bar
- Atkins Caramel Chocolate Peanut Nougat Bar
- Atkins Indulge Chocolate Coconut Bar
- Atkins Lemon Bar
- Atkins Peanut Butter Fudge Crisp Bar
- Atkins Peanut Butter Protein Wafer Crisps
- Atkins vanilla protein powder (3 tablespoons)

Meat/Protein

- Beef: flank (6-ounces), Hamburger (5-ounces)
- Chicken breast (11-ounces)
- Pork: Bone-in pork chop (7-ounces);
Deli ham (1 thin slice)
- Salmon, boneless smoked (2-ounces)
- Turkey: bacon (1 slice), sausage (3-ounces)

Condiments/Oils

- Balsamic vinegar
- Canola oil
- Cider vinegar
- Maple syrup, sugar free
- Mayonnaise
- Mustard: Dijon, regular, & stone ground
- Olive oil, extra virgin
- Red wine vinegar
- Rice vinegar
- Tabasco Original Pepper Sauce
- White wine vinegar

Cheese/Dairy

- Blue cheese (2 tablespoons)
- Cheddar cheese (3-ounces)
- Cream cheese (1/2 cup)
- 4 Eggs, large
- Feta cheese (1 tablespoon)
- Greek yogurt (1 cup)
- Half & half (1/2 cup)
- Heavy cream (1 cup)
- Parmesan cheese (2 tablespoons grated)
- Pepper jack cheese (2-ounces)
- Sour cream (1 tablespoon)
- Swiss cheese (1-ounce)
- Whipped cream (1/2 cup)

Produce

- 1 Apple, small
- Asparagus (1 cup)
- 2 1/2 Avocados, Hass
- 1/2 Banana, small
- Bell peppers: 1 1/2 medium, green (1/2 cup chopped)
- Blueberries (1 cup)
- 1/2 Cauliflower, large head
- Celery (2 stalks)
- 1 Cucumber
- 1 Garlic clove
- Honeydew melon (1/2 cup cubed)
- 1/2 Jalapeno pepper
- Jicama (1/2 cup diced)
- Lemon juice (1/2 tablespoon)
- Lettuce: mixed greens (8 cups), Romaine hearts (2 cups)
- Limes: 1/2, juice (1-ounce)
- Mushrooms (1 cup)
- Onions: yellow (1/2 cup sliced), 1 medium red
- 5 Radishes
- Red raspberries (1/2 cup)
- Shallots (1/2 teaspoon chopped)
- Spinach, baby (9 cups)
- Tomatoes: 15 cherry, 1/2 pound

Herbs/Spices

- Chili powder
- Cinnamon
- Crushed red pepper flakes
- Cumin
- Dried dill
- Fresh cilantro
- Fresh basil
- Fresh chives
- Fresh parsley
- Garlic powder
- Ground black pepper
- Italian seasoning
- Onion powder
- Oregano
- Salt
- White pepper

Other

- Almond butter
- Almonds, whole
- Baking powder
- Coconut extract
- Dried coconut
- Flaxseed meal, whole ground golden
- Hummus
- Liquid stevia
- Marinated artichoke hearts
- Pickle spears
- Soy flour, whole grain
- Stewed tomatoes
- Sucralose based sweetener
- Vanilla whey protein powder
- Wheat bran
- Wheat gluten
- Whole wheat crackers
- Whole wheat pita pocket, 4-inch
- Xylitol