

ATKINS 20®

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Eggs with Cheddar, Asparagus, Salsa, and Sour Cream* Net Carbs 4g • FV 2g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* Net Carbs 3g • FV 3g	2 eggs 1/2 cup chopped zucchini 1 cup sliced mushrooms 2 tbsp butter Net Carbs 4g • FV 3g	1 serving Turkey-Wrapped Breakfast "Tacos"* Net Carbs 2g • FV 2g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* Net Carbs 5g • FV 5g	1 serving Poached Eggs over Tomato, Avocado and Muenster* Net Carbs 4g • FV 3g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* Net Carbs 6g • FV 5g
SNACK	1/2 cup sliced jicama 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	1/2 avocado 1/4 tsp Tajin seasoning Net Carbs 2g • FV 1g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 9 large black olives Net Carbs 6g • FV 6g	1 serving Steak Grilled with Green Bell Peppers and Onions* Net Carbs 5g • FV 5g	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese Net Carbs 6g • FV 6g	1 serving Keto Chicken Salad Wraps* 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	1 serving Keto Dill Shrimp Salad* 3/4 cup sliced cucumber Net Carbs 6g • FV 3g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & Green Bean and Mushroom Salad* Net Carbs 5g • FV 4g	1 serving Keto Chicken Caprese Bowls* Net Carbs 4g • FV 3g
SNACK	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	1 serving Keto Muffin in a Minute* 1 tbsp cream cheese Net Carbs 3g • FV 0g	1 oz cheddar cheese 5 radishes 6 spears steamed asparagus 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	1/4 cup sliced jicama 2/3 cup sliced cucumber Net Carbs 3g • FV 3g	1 serving Keto Muffin in a Minute* Net Carbs 2g • FV 0g	1/2 cup sliced red bell pepper 1 tbsp chive and onion cream cheese Net Carbs 3g • FV 2g	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* Net Carbs 5g • FV 5g	1 serving Cucumber Dill Salad* 1 rotisserie chicken thigh 1 oz monterey jack cheese 1 tbsp olive oil Net Carbs 5g • FV 5g	1 serving Keto Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* Net Carbs 6g • FV 4g	1 serving Grilled Bell Peppers and Onions* 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter Net Carbs 8g • FV 7g	1 serving 1 serving Keto Lemon-Herb Grilled Chicken Thighs* & Asparagus with Sun-Dried Tomato Vinaigrette* Net Carbs 5g • FV 5g	1 serving Keto Steak with Asparagus and Mixed Green Salad* 1/2 cup sliced cucumber Net Carbs 7g • FV 6g	1 serving Green Bean and Mushroom Salad* 6 oz lamb chops Net Carbs 5g • FV 4g
	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 19g Foundation Vegetables: 13g	Total Net Carbs: 21g Foundation Vegetables: 16g	Total Net Carbs: 21g Foundation Vegetables: 15g	Total Net Carbs: 21g Foundation Vegetables: 16g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 20g Foundation Vegetables: 14g

Enjoy Atkins Endulge treats for dessert if net carb consumption allows!

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

Atkins Products

- 1 Atkins Café Au Lait Shake
- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Double Fudge Brownie Bar
- 2 Atkins Peanut Butter Protein Cookies

Meat/Protein

- Beef: tenderloin (5-ounces), 80% lean ground (3-ounces), top sirloin (6-ounces)
- Chicken: thigh (1 rotisserie cooked; 2 raw with skin), 1 leg quarter, breast (4-ounces), chorizo sausage (1 link), rotisserie cooked (4-ounces)
- Lamb: chops (6-ounces)
- Pork: loin (5-ounces), breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links), roasted light meat (1-ounce)

Cheese/Dairy

- Blue cheese (1 tablespoon)
- Cheddar cheese (4-ounces)
- Cream cheese, plain (1 tablespoon), chive and onion (1 tablespoon)
- Eggs (9)
- Gruyere cheese (1-ounce)
- Heavy cream (2-ounces)
- Monterey Jack cheese (4-ounces)
- Mozzarella, fresh (4-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (2 tablespoons)
- Sour cream (2 tablespoons)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley

Produce

- Asparagus (15-ounces)
- Avocado (3)
- Bell peppers: red (8-ounces), green (11-ounces)
- Cauliflower: fresh florets (1 cup), frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumbers (2)
- Garlic (4 cloves)
- Green beans (3-ounces)
- Jicama (4-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), mixed baby greens (7-ounces), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (2 medium leaves)
- Mushrooms, button (8-ounces)
- Onion: red (3-ounces), yellow (2-ounces), scallions (1 medium)
- Peppers: serrano (1)
- Radishes (11)
- Spinach, baby (5-ounces)
- Tomatoes: medium (1), cherry or grape (10), small (1)
- Tomatillos (1)
- Zucchini (1 small)

Other

- Artichoke hearts, marinated
- Capers
- Green chili peppers, canned
- Olives: black large canned, Kalamata
- Salsa, red
- Sriracha
- Sun dried tomatoes

Pantry

- Baking powder
- Black pepper
- Butter
- Canola oil
- Chili powder
- Cinnamon
- Cumin
- Dijon mustard
- Dried oregano
- Dried parsley
- Dried tarragon
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin & light
- Red pepper flakes, crushed
- Salt
- Sweeteners: sucralose based sweetener (granulated), truvia
- Tajin seasoning
- Vinegar: white wine, red wine, balsamic
- White pepper
- Xylitol

Menu Notes: Make 4 servings of the Keto Creamy Italian Dressing, 2 servings Cucumber Dill Salad, 2 servings Keto Lemon-Herb Chicken Thighs, 2 servings Green Bean and Mushroom Salad, and 2 servings Keto Chicken Caprese Salad (one for next week) to use throughout the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 slice toasted Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles* Net Carbs 2g • FV 2g	3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell pepper 1 slice red onion 1 tbsp olive oil Net Carbs 5g • FV 5g	1 serving Keto Yellow Squash and Gruyere Frittata* Net Carbs 1g • FV 0g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* Net Carbs 5g • FV 5g	1 serving Broccolini and Bacon Egg Bites* Net Carbs 3g • FV 1g	1 serving Tomato, Mozzarella, and Turkey Sausage Stack* 1/2 avocado Net Carbs 6g • FV 5g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* Net Carbs 3g • FV 2g
SNACK	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	20 black olives Net Carbs 3g • FV 3g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	5 black olives Net Carbs 1g • FV 1g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g
LUNCH	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber Net Carbs 5g • FV 5g	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes Net Carbs 6g • FV 6g	1 serving Keto Chicken Caprese Bowls* Net Carbs 4g • FV 3g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper Net Carbs 5g • FV 5g	1 serving Mixed Greens with Cucumber, Red Bell Pepper and Creamy Italian* 1 roasted chicken thigh with skin 3 cherry tomatoes Net Carbs 5g • FV 5g	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil Net Carbs 5g • FV 5g	1 serving Keto Smoky Tuna Tomato* 1/2 cup sliced cucumber Net Carbs 4g • FV 3g
SNACK	1 serving Black Olives with Cheddar* Net Carbs 4g • FV 3g	3/4 avocado 1/4 tsp Tajin seasoning 1/2 cup sliced cucumber Net Carbs 4g • FV 4g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	1/2 cup sliced cucumber 2 tbsp cream cheese Net Carbs 3g • FV 2g	1 serving Keto Air Fried Halloumi Cheese* & 2 tbsp Basic Tomato Sauce* Net Carbs 3g • FV 2g	1/2 cup sliced jicama 1/2 cup sliced red bell pepper Net Carbs 4g • FV 4g	1 serving Garlic Shrimp with Avocado Dip* Net Carbs 1g • FV 1g
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled 1 tbsp olive oil Net Carbs 8g • FV 8g	1 serving Keto Cajun Pork Chops* & 1 serving Keto Zucchini Ribbons with Lemon and Parmesan* Net Carbs 4g • FV 2g	1 serving Cauliflower Salad with Salmon* 3/4 avocado Net Carbs 9g • FV 9g	1 serving Warm Chicken and Radish Salad with Wilted Romaine* Net Carbs 6g • FV 5g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 dill pickle spear 1 tbsp mayonnaise Net Carbs 5g • FV 5g	1 serving Keto Turkey Cobb Salad* Net Carbs 4g • FV 3g	1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell peppers Net Carbs 8g • FV 7g
	Total Net Carbs: 21g Foundation Vegetables: 17g	Total Net Carbs: 20g Foundation Vegetables: 16g	Total Net Carbs: 22g Foundation Vegetables: 15g	Total Net Carbs: 22g Foundation Vegetables: 16g	Total Net Carbs: 21g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 17g	Total Net Carbs: 20g Foundation Vegetables: 13g

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- 1 Atkins Creamy Caramel Shake
- 2 Atkins Double Fudge Brownie Bars
- 2 Atkins Peanut Butter Protein Cookies

Meat/Protein

- Beef, 90% lean ground (5-ounce)
- Chicken: breast (25-ounces), roasted thigh with skin (1)
- Pork: breakfast sausage (3-ounces), bacon (3 slices), bone-in chops (6-ounces)
- Salmon, canned (4-ounces)
- Shrimp (6 medium)
- Tuna, canned (5-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

Cheese/Dairy

- Blue cheese (3 tablespoons)
- Cheddar cheese (2-ounces)
- Cream cheese (2-ounces)
- Eggs (16)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- Halloumi cheese (2-ounces)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (1-ounce)

Produce

- Avocado (4)
- Bell peppers: red (11-ounces)+ yellow (1-ounce)
- Broccolini (2 stalks)
- Cauliflower (1 cup)
- Celery (3 medium stalks)
- Cucumber (6-ounces)
- Garlic (3 cloves)
- Jalapeño (1)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: Romaine (9-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (4-ounces)
- Onion: red (1-ounce), yellow (1-ounce), scallions (1 medium)
- Radishes (6 large)
- Spinach: baby (6-ounces)
- Tomatoes: cherry (17), small (2), medium (2), large (1)
- Zucchini (17-ounces)+ 2 baby

Other

- Bacon bits
- Chipotle en adobo
- Dill pickles, whole
- Maple syrup, sugar free
- Olives, black
- Pine nuts
- Tomatoes: canned with green chilies, crushed

Herbs/Spices

- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh parsley

Pantry

- Black pepper, ground
- Butter: unsalted
- Canola oil
- Cayenne pepper
- Chili powder
- Cumin
- Dried basil
- Dried oregano
- Dried sage
- Garlic powder
- Hot sauce (like Cholula)
- Italian seasoning
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra virgin, spray
- Paprika
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose based sweetener, granulated
- Tajin seasoning
- Vinegar: white wine, red wine, cider
- Xylitol

Menu Notes: Make 2 servings Keto Chicken Salad for Monday and Tuesday.