

ATKINS 40[®]

Standard Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Eggs with Cheddar, Asparagus, Salsa, and Sour Cream* 1/3 cup blueberries Net Carbs 9g • FV 2g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* Net Carbs 3g • FV 3g	1 serving Huevos Rancheros* Net Carbs 8g • FV 4g	1 serving Crustless Broccoli Quiche* Net Carbs 7g • FV 4g	Atkins Café Au Lait Shake blended with: 1/2 avocado 2 tbsp heavy cream Net Carbs 5g • FV 1g	1 serving Poached Eggs Over Tomato Avocado and Muenster* 1/2 cup blueberries Net Carbs 13g • FV 3g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* Net Carbs 6g • FV 5g
SNACK	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Double Fudge Brownie Bar 1/2 honey crisp apple Net Carbs 12g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 2 tbsp canned chickpeas 10 black olives Net Carbs 12g • FV 6g	1 serving Steak Grilled with Green Bell Peppers and Onions* 10 cherry tomatoes Net Carbs 10g • FV 10g	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese 1/3 cup sliced cucumber Net Carbs 7g • FV 7g	1 serving Keto Chicken Salad Wraps* 2/3 cup sliced cucumber 10 cherry tomatoes 2 cups mixed greens 2 tbsp Keto Creamy Italian Dressing* Net Carbs 10g • FV 10g	1 serving Keto Dill Shrimp Salad* 3/4 cup sliced cucumber 2 tbsp canned chickpeas Net Carbs 11g • FV 3g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & Green Bean and Mushroom Salad* 1 serving Green Bean and Mushroom Salad* 2 tbsp canned chickpeas Net Carbs 10g • FV 3g	1 serving Keto Chicken Caprese Bowls* 1/4 cup cooked quinoa Net Carbs 13g • FV 9g
SNACK	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Chocolate Chip Protein Cookie 1/2 honey crisp apple Net Carbs 11g • FV 0g	Atkins Creamy Vanilla Shake 1/3 cup blueberries Net Carbs 8g • FV 0g	Atkins Chocolate Chip Protein Cookie 5 large strawberries Net Carbs 8g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Snickerdoodle Bar 5 large strawberries Net Carbs 8g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* 1/3 cup refried beans Net Carbs 13g • FV 5g	1 serving Cucumber Dill Salad* 1 rotisserie chicken thigh 1 oz Monterey jack cheese 1/4 cup cooked quinoa 1 tbsp olive oil Net Carbs 14g • FV 5g	1 serving Keto Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* 1/3 medium baked sweet potato Net Carbs 13g • FV 4g	1 serving Keto Chipotle Grilled Pork Tenderloin* & Grilled Bell Peppers and Onions* 3/4 cup cauliflower rice 2 tbsp butter Net Carbs 11g • FV 8g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & Asparagus with Sun-Dried Tomato Vinaigrette* 1/4 cup cooked quinoa Net Carbs 14g • FV 5g	1 serving Keto Steak with Asparagus and Mixed Green Salad* 1/2 cup sliced cucumber 1/2 cup carrot sticks Net Carbs 11g • FV 9g	1 serving Lamb Chops with Moroccan Rub* & Green Bean and Mushroom Salad* 10 cherry tomatoes Net Carbs 11g • FV 11g
	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 18g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 22g	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 18g

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

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

Atkins Products

- 2 Atkins Café Au Lait Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Creamy Vanilla Shake
- 2 Atkins Strawberry Shakes
- 2 Atkins Chocolate Chip Protein Cookies
- 2 Atkins Double Fudge Brownie Bars
- 1 Atkins Peanut Butter Protein Cookie
- 2 Atkins Snickerdoodle Bars

Meat/Protein

- Beef: tenderloin (5-ounces), top sirloin (6-ounces)
- Chicken: thigh (1 rotisserie cooked; 2 raw with skin), leg quarter (1), breast (4-ounces), chorizo sausage (1 link), rotisserie cooked (4-ounces)
- Lamb: sirloin chops (5-ounces)
- Pork: loin (8-ounces), breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp, salad size (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links)

Other

- Artichoke hearts, marinated
- Capers
- Chickpeas (garbanzo beans), canned
- Chipotle in adobo, canned
- Low carb tortillas (3 net carbs each)
- Olives: black large canned, Kalamata
- Refried beans, canned
- Salsa, red
- Sun dried tomatoes
- Walnuts

Herbs/Spices

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

Produce

- Apple, honey crisp (1)
- Asparagus (12-ounces)
- Avocado (2)
- Bell pepper: red (8-ounces), green (9-ounces)
- Berries: blueberries (6-ounces), strawberries (7-ounces)
- Broccoli (1 pound flower clusters)
- Carrot (3-ounces)
- Cauliflower: florets (1 cup), frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumber (15-ounces)
- Garlic (4 cloves)
- Green beans (3-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), mixed baby greens (5 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (2 medium leaves)
- Lime (1)
- Mushrooms, button (4-ounces)
- Onion: red (4-ounces), yellow (2-ounces), scallions (1 large), white (2-ounces)
- Peppers: serrano (1), jalapeno (1)
- Radishes (6)
- Spinach, baby (2 cups)
- Sweet potato (1 medium)
- Tomatillos (1 medium)
- Tomatoes: medium (1), cherry (40)

Cheese/Dairy

- Blue cheese (1 tablespoon)
- Cheddar cheese (7-ounces)
- Eggs (10)
- Gruyere cheese (1-ounce)
- Half and half (1 cup)
- Heavy cream (3 tablespoons)
- Monterey Jack cheese (3-ounces)
- Mozzarella, fresh (4-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1 tablespoon)
- Sour cream (2 tablespoons)

Pantry

- Black pepper
- Butter
- Canola oil
- Cayenne pepper
- Cinnamon
- Cumin
- Dijon mustard
- Dried coriander
- Dried oregano
- Dried parsley
- Dried rosemary
- Dried tarragon
- Dried thyme
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin & light
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sucralose: granulated
- Vinegar: white wine, red wine, balsamic
- White pepper
- Xylitol

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles* Net Carbs 2g • FV 2g	1 serving Keto Chocolate Almond Delight Smoothie* blended with 1/4 cup frozen cauliflower rice Net Carbs 8g • FV 1g	1 serving Keto Yellow Squash and Gruyere Frittata* Net Carbs 1g • FV 0g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* 1/2 cup blueberries Net Carbs 14g • FV 5g	1 serving Broccoli and Bacon Egg Bites* 5 large strawberries Net Carbs 9g • 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* 5 large strawberries Net Carbs 8g • FV 2g
SNACK	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Caramel Shake 1/2 medium gala apple Net Carbs 10g • FV 0g	Atkins Peanut Butter Protein Cookie 5 large strawberries Net Carbs 8g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g
LUNCH	1 serving Keto Chicken Salad* 1 fajita size low carb tortilla 2 leaves Romaine lettuce 1/2 cup sliced cucumber 1/2 cup sliced red bell peppers Net Carbs 8g • FV 5g	1 serving Low Carb Grilled Pizza Wrap* 1/2 cup sliced cucumber 1/2 cup sliced red bell pepper 3 pieces artichoke hearts 2 tbsp Keto Creamy Italian Dressing* Net Carbs 11g • FV 8g	1 serving Keto Chicken Caprese Bowls* 2 tbsp canned chickpeas Net Carbs 10g • FV 3g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper 1/2 cup sliced cucumber 1 fajita size low carb tortilla Net Carbs 10g • FV 6g	1 serving Mixed Greens with Cucumber, Red Bell Pepper and Creamy Italian* 4 oz rotisserie chicken breast 10 cherry tomatoes Net Carbs 9g • FV 8g	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 4 cherry tomatoes 1/2 cup sliced cucumber 1 fajita size low carb tortilla Net Carbs 8g • FV 5g	1 serving Keto Smoky Tuna Tomato* 1/2 cup sliced cucumber 1 1/2 cups cooked asparagus Net Carbs 9g • FV 8g
SNACK	Atkins Creamy Vanilla Shake 1/2 medium gala apple Net Carbs 10g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1 1/4 cup baby spinach 1 tbsp heavy cream Net Carbs 3g • FV 0g	Atkins Creamy Caramel Shake 1/2 cup blueberries Net Carbs 11g • FV 0g	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled 1 tbsp olive oil 1/2 medium baked sweet potato Net Carbs 18g • FV 8g	1 serving Keto Cajun Pork Chops* & 1 serving Keto Zucchini Ribbons with Lemon and Parmesan* 10 cherry tomatoes Net Carbs 8g • FV 7g	1 serving Cauliflower Salad with Salmon* 1 avocado 1/4 cup cooked quinoa Net Carbs 19g • FV 10g	1 serving Warm Chicken and Radish Salad with Wilted Romaine* 2 tbsp canned chickpeas Net Carbs 11g • FV 5g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 tbsp mayonnaise 1 dill pickle 1/2 baked sweet potato Net Carbs 15g • FV 5g	1 serving Keto Turkey Cobb Salad* 3 tbsp canned chickpeas Net Carbs 13g • FV 3g	1 serving Grilled Chicken Over Baby Spinach, Tomato and Avocado Salad* 1/2 cup sliced red bell peppers 1/4 cup cooked quinoa Net Carbs 16g • FV 7g
	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 41g Foundation Vegetables: 16g	Total Net Carbs: 39g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 17g

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Cheese/Dairy

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

Other

- Almonds
- Artichoke hearts, canned
- Bacon bits
- Carb balance spinach herb tortillas (Mission brand)
- Chickpeas (garbanzo beans), canned
- Chipotle en adobo
- Chocolate whey protein powder (Quest brand suggested)
- Coconut milk beverage, plain unsweetened
- Coconut shreds, unsweetened
- Dill pickles, whole
- Low carb tortillas, fajita size (42 grams each)
- Maple syrup, sugar free
- Pine nuts
- Tomatoes, canned with green chilies

Produce

- Apple, gala (1)
- Asparagus (10-ounces)
- Avocado (4)
- Bell peppers: red (11-ounces), yellow (1-ounce)
- Berries: strawberries (10-ounces), blueberries (6-ounces)
- Broccolini (2 stalks)
- Cauliflower: fresh (1 cup), frozen riced (1 cup)
- Celery (2 medium stalks)
- Cucumber (11-ounces)
- Garlic (5 cloves)
- Lemon (1)
- Lettuce: Romaine (8-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (4-ounces)
- Onion: yellow (1-ounce), scallions (2-ounces)
- Radishes (6 large)
- Spinach, baby (7 cups)
- Sweet potato (1 medium)
- Tomatoes: cherry (24), small (2), medium (2), large (1)
- Zucchini (17-ounces), baby (2)

Meat/Protein

- Beef, 90% lean ground (5-ounce)
- Chicken: breast (23-ounces), rotisserie (4-ounces)
- Pepperoni (1-ounce)
- Pork: bacon (3 slices), chops (6-ounces)
- Salmon, canned (4-ounces)
- Tuna, canned (8-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

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, light, and spray
- Paprika
- Quinoa
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine, cider
- Xylitol

Herbs/Spices

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