

ATKINS 100®

Mediterranean Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked) 1 cup plain Greek yogurt 1 cup cubed cantaloupe Net Carbs 33g • FV 0g	1 serving Garden Frittata* 1/2 cup baked sweet potato Net Carbs 26g • FV 8g	1 serving Garden Frittata* 1 cup cubed cantaloupe Net Carbs 20g • FV 8g	1 serving Baked Oatmeal with Blueberries* Net Carbs 19g • FV 0g	1 serving Almond Raspberry Smoothie* mixed with 2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked) Net Carbs 22g • FV 0g	1 serving Cheddar Omelet with Sautéed Onions and Shiitake Mushrooms* 1/2 cup canned chickpeas Net Carbs 24g • FV 7g	1 serving Sweet Potato Toast* Net Carbs 14g • FV 14g
SNACK	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	1/3 cup sliced apple 2 tbsp roasted cashews Net Carbs 9g • FV 0g	1 cup sliced cucumber 1/2 cup hummus 1/2 tsp olive oil drizzled over hummus Net Carbs 13g • FV 3g	1 cup sliced apple 3 tbsp cashew butter Net Carbs 25g • FV 0g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g	1/4 cup roasted cashews 1/2 cup red grapes Net Carbs 23g • FV 0g	1/2 cup plain Greek yogurt 1/4 cup blueberries Net Carbs 9g • FV 0g
LUNCH	1 serving Keto Smoky Tuna Tomato* 1 cup sliced cucumber 1 cup sliced red bell pepper 1 serving Keto Italian Dressing* 1 cup sliced apple Net Carbs 22g • FV 7g	1 serving Low Carb Thai Turkey "Rice" Bowl* 1/2 cup cooked brown rice 1 tsp olive oil Net Carbs 30g • FV 6g	1 serving Quick Italian Chicken Skillet* 1/2 cup cooked whole wheat macaroni 1/2 tsp olive oil drizzled over macaroni Net Carbs 24g • FV 4g	1 serving Italian Pasta and Bean Soup* 1/3 cup baked sweet potato 1/2 tsp olive oil over sweet potato Net Carbs 26g • FV 2g	1 serving Keto Citrus-Chile Shrimp* , 1 serving Baby Spinach, Pickled Beets and Tomato Salad* & 1 serving Keto Italian Dressing* 1/2 cup cooked quinoa Net Carbs 29g • FV 8g	1 serving Macaroni and Cauliflower Salad* 3 oz rotisserie chicken breast Net Carbs 13g • FV 3g	1 serving Fresh Mozzarella Salad with Pesto* 1/2 cup cooked whole wheat macaroni 1 tsp pesto (on macaroni) Net Carbs 24g • FV 3g
SNACK	8 medium baby carrots 1/4 cup hummus 1/2 tsp olive oil drizzled over hummus Net Carbs 9g • FV 4g	1/3 cup sliced apple 2 tbsp roasted cashews Net Carbs 9g • FV 0g	1/4 cup almonds 1/3 cup red grapes Net Carbs 12g • FV 0g	1 cup sliced red bell pepper 1 cup sliced cucumber 1 serving Keto Italian Dressing* Net Carbs 8g • FV 7g	1 cup cubed cantaloupe Net Carbs 12g • FV 0g	8 medium baby carrots 1/4 cup hummus 1/2 tsp olive oil drizzled over hummus Net Carbs 9g • FV 4g	1/4 cup almonds 3/4 cup red grapes Net Carbs 23g • FV 0g
DINNER	1 serving Garlic-Parmesan Chicken and Vegetable Sheet Pan* 1/2 cup cooked quinoa Net Carbs 25g • FV 8g	1 serving Italian Chicken Cacciatore* 1/2 cup cooked whole wheat spaghetti 1/2 tsp olive oil mixed with spaghetti Net Carbs 27g • FV 9g	1 serving Greek Peasant Salad with Chicken* 1/2 cup cooked quinoa Net Carbs 29g • FV 8g	1 serving Roasted Ginger-Tamari Salmon Steaks* & 1 serving Snow Pea and Water Chestnut Stir Fry* Net Carbs 19g • FV 9g	1 serving Spicy Turkey and Chickpea Chili* Net Carbs 24g • FV 10g	1 serving Shredded Salsa Chicken Cauliflower Rice Bowl* 1/2 cup cooked brown rice Net Carbs 32g • FV 11g	1 serving Keto Sea Bass with Artichoke Sauce* & 1 serving Macaroni and Cauliflower Salad* 1/2 cup canned cannellini beans Net Carbs 26g • FV 7g
	Total Net Carbs: 92g Foundation Vegetables: 19g	Total Net Carbs: 102g Foundation Vegetables: 23g	Total Net Carbs: 98g Foundation Vegetables: 23g	Total Net Carbs: 97g Foundation Vegetables: 18g	Total Net Carbs: 91g Foundation Vegetables: 18g	Total Net Carbs: 97g Foundation Vegetables: 24g	Total Net Carbs: 97g Foundation Vegetables: 24g

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 Creamy Vanilla Shake
- 1 Atkins Peanut Butter Granola Bar

Produce

- Apple (11-ounces)
- Avocado (1)
- Bell peppers, red (2 large)
- Berries: blueberries (10-ounces), raspberries (3-ounces)
- Broccoli, frozen (3-ounces)
- Cabbage, red (2-ounces)
- Cantaloupe (1 medium)
- Carrots: baby (16 medium), small (1)
- Cauliflower: fresh (12-ounces), frozen riced (2 cups)
- Celery (1 medium stalk)
- Cucumber (7-ounces)
- Eggplant (10-ounces)
- Garlic (6 cloves)
- Ginger (2-ounces)
- Grapes, red (2 cups)
- Green beans (3-ounces)
- Leeks (2)
- Lemons (2)
- Lettuce: arugula (3-ounces), butterhead (2 large leaves)
- Lime (1)
- Mushrooms: baby bell (2-ounces), button (5 whole), shiitake (2)
- Onions: yellow (2 medium), scallions (1 large), red (1-ounce)
- Orange (1)
- Radishes (2)
- Shallot (1-ounce)
- Snow peas (2-ounces)
- Spinach, baby (2 cups)
- Sweet potatoes (2 large)
- Tomatoes: medium (1), cherry (15), heirloom (3-ounces), large (1), small (1)
- Zucchini (4-ounces)

Meat/Protein

- Chicken: breast (23-ounces), rotisserie cooked breast (3-ounces)
- Pancetta (1-ounce)
- Salmon, boneless (7-ounces)
- Sea bass (6-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (3-ounces)
- Turkey, ground (10-ounces)

Cheese/Dairy

- Cheddar cheese (1-ounce)
- Eggs (13)
- Feta cheese (2-ounces)
- Mexican blend (1-ounce)
- Mozzarella cheese, whole milk (5-ounces)
- Parmesan cheese, grated (2-ounces)
- Sour cream (1 teaspoon)
- Yogurt, Greek, plain, whole milk (17-ounces)

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh oregano
- Fresh parsley
- Fresh rosemary

Other

- Almond milk, plain unsweetened
- Almonds: roasted, blanched and slivered
- Artichoke: canned hearts, frozen
- Bacon bits
- Beets, pickled
- Cannellini beans, canned
- Cashews: roasted, cashew butter
- Chia seeds
- Chickpeas, canned
- Chipotle en adobo
- Hemp hearts
- Hummus (1 cup)
- Maple syrup, sugar free
- Olives: green, Kalamata
- Peanut butter, natural creamy
- Pecans
- Pesto
- Red curry paste (Thai Kitchen suggested)
- Roasted red peppers, jarred
- Salsa, red
- Sambal oelek chili paste
- Tomatoes: stewed, paste, diced in juice
- Water chestnuts
- Wine, white cooking

Pantry

- Baking powder
- Black pepper, ground
- Brown rice
- Butter, unsalted
- Canola oil
- Chicken broth
- Chili powder
- Cinnamon
- Cumin
- Dijon mustard
- Dried oregano
- Dried rosemary
- Garlic powder
- Italian seasoning
- Macaroni, whole wheat
- Mayonnaise
- Oats: steel cut & quick cooking
- Olive oil
- Pasta, brown rice
- Penne, whole wheat
- Pumpkin pie spice
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame oil, toasted
- Spaghetti, whole wheat
- Sucralose based sweetener, granulated
- Tamari soy sauce
- Vanilla extract
- Vinegar: rice (unseasoned, unsweetened), balsamic, red wine
- Whey protein concentrate (unflavored, unsweetened)

Menu Notes: Make the full Garden Frittata recipe, using one serving on Tuesday and one on Wednesday. Make 3 servings of the Keto Italian Dressing recipe to use throughout the week.

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Mediterranean Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Almond Raspberry Smoothie* mixed with 2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked) Net Carbs 22g • FV 0g	1 serving Mediterranean Egg Bites* 1/2 cup baked sweet potato 1/2 tsp olive oil on sweet potato Net Carbs 22g • FV 2g	1 serving Brown Rice Porridge* 1/2 cup plain, whole milk Greek yogurt Net Carbs 26g • FV 0g	1 serving Mediterranean Egg Bites* 1/2 cup baked sweet potato 1/2 tsp olive oil on sweet potato Net Carbs 22g • FV 2g	2 tsp dry steel cut oats, cooked (yields ~1/4 cup cooked) 1/2 cup plain, whole milk Greek yogurt 3/4 cup cubed cantaloupe Net Carbs 25g • FV 0g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* 1 medium fresh apple Net Carbs 24g • FV 2g	1 serving Orange-Sour Cream Waffles with Fresh Blueberry Sauce* 1 oz roasted cashews Net Carbs 22g • FV 0g
SNACK	2/3 cup sliced apple 3 tsp cashew butter Net Carbs 21g • FV 0g	Atkins Creamy Vanilla Shake 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	Atkins Peanut Butter Granola Bar Net Carbs 4g • FV 0g	1 cup sliced cucumber 1/2 cup hummus Net Carbs 13g • FV 3g	1 oz roasted cashews Net Carbs 8g • FV 0g	1/2 cup plain, whole milk Greek yogurt 1/2 cup cubed cantaloupe Net Carbs 11g • FV 0g	1 cup sliced cucumber 1/2 cup hummus 1/2 tsp olive oil drizzled on hummus Net Carbs 13g • FV 3g
LUNCH	1 serving Mediterranean Vegetable and Egg Salad* 1 small (4-inch diameter) whole wheat pita Net Carbs 23g • FV 9g	1 serving Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* 1 medium ear corn on the cob Net Carbs 29g • FV 6g	1 serving Atkins Mediterranean Bowl* 1 small (4-inch diameter) whole wheat pita Net Carbs 25g • FV 7g	1 serving Keto Green Goddess Grilled Chicken* & Cucumber, Tomato and Green Onion Salad* 1/2 cup cooked quinoa Net Carbs 26g • FV 7g	1 serving Keto Canned Tuna and Artichoke Salad* 1 cup sliced cucumber 3/4 cup canned chickpeas 1/2 tsp olive oil (to dress cucumber and chickpeas) Net Carbs 26g • FV 10g	1 serving Simple Marinated Kale* 5 oz roasted chicken breast 15 cherry tomatoes 1/2 cup cooked quinoa Net Carbs 28g • FV 11g	1 serving Keto Summer Chicken Salad* 1 cup sliced cucumber 1/2 cup sliced red bell pepper 1/3 cup cooked brown rice Net Carbs 24g • FV 8g
SNACK	8 medium baby carrots 1/4 cup hummus 1/2 tsp olive oil drizzled on hummus Net Carbs 9g • FV 4g	1 cup sliced red bell pepper 1 cup sliced cucumber 1 serving Keto Italian Dressing* Net Carbs 8g • FV 7g	1 cup cubed cantaloupe 1/4 cup almonds Net Carbs 15g • FV 0g	1 cup apple slices Net Carbs 13g • FV 0g	1 cup sliced red bell pepper 15 medium baby carrots 1 serving Keto Italian Dressing* Net Carbs 12g • FV 4g	1 oz roasted cashews Net Carbs 8g • FV 0g	1/2 cup plain, whole milk Greek yogurt 1/4 cup blueberries Net Carbs 9g • FV 0g
DINNER	1 serving Spaghetti Squash with Romesco Sauce* 6 oz rotisserie chicken breast 1/2 cup canned chickpeas Net Carbs 26g • FV 9g	1 serving Keto Turkey Taco Bowl* 1/3 cup cooked brown rice 1/4 cup canned refried beans Net Carbs 27g • FV 6g	1 serving Mexican Shrimp and Vegetable Salad* 1/2 cup sliced red bell pepper 2/3 cup canned refried beans Net Carbs 27g • FV 9g	1 serving Baked Salmon with Bok Choy and Mixed Greens* 1/3 cup cooked quinoa 1/2 tsp olive oil (on quinoa) Net Carbs 27g • FV 13g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & Cucumber, Tomato and Green Onion Salad* 1 medium ear corn on the cob Net Carbs 27g • FV 7g	1 serving Egg Roll Bowl with Shrimp* 1/3 cup brown rice Net Carbs 29g • FV 8g	1 serving Keto Caprese Hasselback Chicken* 3/4 cup cooked whole wheat pasta 1/3 cup marinara sauce Net Carbs 32g • FV 5g
	Total Net Carbs: 101g Foundation Vegetables: 22g	Total Net Carbs: 98g Foundation Vegetables: 21g	Total Net Carbs: 97g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 26g	Total Net Carbs: 99g Foundation Vegetables: 20g	Total Net Carbs: 99g Foundation Vegetables: 21g	Total Net Carbs: 100g Foundation Vegetables: 16g

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Atkins Products

- 1 Atkins Creamy Vanilla Shake
- 1 Atkins Peanut Butter Granola Bar

Meat/Protein

- Chicken: breast (17-ounces), thighs (12-ounces), rotisserie breast (15-ounces)
- Salmon (6-ounces)
- Shrimp (10-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: bacon (1 slice), ground (3-ounces)

Cheese/Dairy

- Eggs (8)
- Feta cheese (3-ounces)
- Heavy cream (2 tablespoons)
- Mozzarella, fresh (1-ounce)
- Sour cream (5 tablespoons)
- Yogurt, Greek plain whole milk (22-ounces)

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh peppermint
- Fresh thyme

Produce

- Apple (13-ounces)
- Avocado (1)
- Bell peppers, red (3 medium)
- Berries: blueberries (4-ounces), raspberries (3-ounces)
- Cabbage: green (3-ounces), bok choy (11-ounces), bagged coleslaw mix (2 cups)
- Cantaloupe (1 medium)
- Carrots: baby (23 medium), whole (1-ounce)
- Cauliflower: frozen (3-ounces), frozen riced (2 cups)
- Corn on the cob (2 medium ears)
- Cucumbers (3)
- Garlic (4 cloves)
- Ginger (1 gram)
- Jicama (2-ounces)
- Kale (2-ounces)
- Lemon (1)
- Lettuce: butterhead (2-ounces), romaine (4-ounces), iceberg (4-ounces), mixed greens (1 cup)
- Limes (2)
- Mushrooms, button (3-ounces)
- Onion: red (2-ounces), scallions (3 large)
- Orange (1)
- Shallots (2 grams)
- Snow peas (3-ounces)
- Spinach, baby (3 cups)
- Squash, spaghetti (6-ounces)
- Sweet potato (2 medium)
- Tomatoes: cherry (17-ounces), Italian (1), Roma (3), grape (5), medium (2)
- Turnip (3-ounces)
- Zucchini (3-ounces)

Other

- All fruit raspberry jam (Polaner brand suggested)
- Almond milk, plain unsweetened
- Almonds: roasted, blanched & slivered
- Artichoke hearts, marinated
- Capers
- Cashew butter
- Cashews, roasted
- Chickpeas, canned
- Hummus (2 cups)
- Marinara sauce (<8 net carbs per ½ cup)
- Olives: black, Kalamata
- Peanuts, dry roasted unsalted
- Pickled okra
- Pita, whole wheat (4-inch diameter)
- Refried beans, canned
- Roasted red peppers, jarred
- Salsa: verde (green tomato salsa), red
- Tomatoes, sundried in oil

Menu Notes: Make 2 servings of the Keto Italian Dressing, 2 servings of the Mediterranean Egg Bites, and 2 servings of the Cucumber, Tomato, and Green Onion Salad recipes to use through the week

Pantry

- Baking powder
- Black pepper, ground
- Brown rice
- Butter, unsalted
- Canola oil
- Cayenne pepper
- Chili powder
- Chinese five spice
- Cinnamon
- Cumin
- Dried dill
- Dried oregano
- Dried parsley
- Dried tarragon
- Garlic powder
- Mayonnaise
- Mirin rice cooking wine
- Mustard, dijon
- Oats, steel cut
- Olive oil, extra virgin
- Onion powder
- Paprika
- Pasta, whole wheat
- Peanut oil
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame: oil, toasted oil, white seeds
- Soy flour, whole grain
- Sucralose based sweetener, granulated
- Tamari soy sauce
- Truvia
- Turmeric
- Vanilla extract
- Vinegar: red wine, reserva sherry, white wine, rice (unseasoned, unsweetened), cider, balsamic
- Xylitol