### Monday

**Breakfast**
- Atkins Creamy Vanilla Shake (Net Carbs 33g • FV 0g)

**Lunch**
- 1 serving Garlic-Parmesan Chicken and Vegetable Sheet Pan* (Net Carbs 25g • FV 8g)
- 8 medium baby carrots
- 1/4 cup hummus
- 1/2 cup roasted cashews
- 1/3 cup sliced apple
- 2 tbsp roasted cashews
- 1/4 cup almonds

**Dinner**
- 1 serving Garden Frittata* (Net Carbs 25g • FV 8g)
- 1/2 cup baked sweet potato
- 1 cup sliced apple
- 1/2 tbsp olive oil drizzled over hummus

**Snack**
- 1 serving Garden Frittata* (Net Carbs 15g • FV 3g)
- 1/2 cup hummus
- 8 medium baby carrots

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### Tuesday

**Breakfast**
- Atkins Creamy Vanilla Shake (Net Carbs 29g • FV 6g)

**Lunch**
- 1 serving Low Carb Thai Turkey “Rice” Bowl* (Net Carbs 23g • FV 6g)
- 1/2 cup cooked brown rice
- 1 tbsp olive oil

**Dinner**
- 1 serving Quick Italian Chicken Skillet* (Net Carbs 22g • FV 0g)
- 1/2 cup cooked whole wheat macaroni
- 1/2 tbsp olive oil drizzled over macaroni

**Snack**
- 1 serving Keto Smoky Tuna Tomato* (Net Carbs 2g • FV 0g)
- 1 cup sliced cucumber
- 1 cup sliced red bell pepper
- 1 serving Keto Italian Dressing*

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### Wednesday

**Breakfast**
- 1 serving Garden Frittata* (Net Carbs 20g • FV 8g)
- 1/2 cup cubed cantaloupe

**Lunch**
- 1 serving Italian Pasta and Bean Soup* (Net Carbs 25g • FV 3g)
- 1/3 cup baked sweet potato
- 1/2 tbsp olive oil over sweet potato

**Dinner**
- 1 serving Greek Peasant Salad with Chicken* (Net Carbs 12g • FV 0g)
- 1/2 cup cooked quinoa
- 1 cup sliced red bell pepper
- 1/3 cup cooked whole wheat spaghetti
- 1/2 tbsp olive oil mixed with spaghetti

**Snack**
- 1 serving Baked Oatmeal Granola Bar (Net Carbs 2g • FV 0g)
- 1/2 cup cubed cantaloupe
- 1/2 cup plain Greek yogurt
- 1/4 cup almonds

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### Thursday

**Breakfast**
- 1 serving Almond Raspberry Smoothie* (Net Carbs 34g • FV 8g)
- mixed with 2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked)

**Lunch**
- 1 serving Italian Pepper and Tomato Soup* (Net Carbs 9g • FV 0g)
- 1/2 cup cooked quinoa
- 1/2 cup baked sweet potato
- 1/2 tbsp olive oil over sweet potato

**Dinner**
- 1 serving Roasted Ginger-Tomato Salmon Steaks* (Net Carbs 23g • FV 8g)
- 1/2 cup baked whole wheat spaghetti
- 1/2 tbsp olive oil mixed with spaghetti

**Snack**
- 1 serving Keto Italian Dressing* (Net Carbs 4g • FV 0g)
- 1/2 cup cooked quinoa
- 1 cup sliced apple

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### Friday

**Breakfast**
- 1 serving Cheddar Omelet with Sauteed Onions and Shiitake Mushrooms* (Net Carbs 14g • FV 14g)
- 1/2 cup canned chickpeas

**Lunch**
- 1 serving Macaroni and Cauliflower Salad* (Net Carbs 20g • FV 0g)
- 1/2 cup cooked quinoa
- 1 cup cubed cantaloupe
- 1/2 cup plain Greek yogurt

**Dinner**
- 1 serving Spicy Turkey and Chickpea Chili* (Net Carbs 17g • FV 17g)
- 1/2 cup shredded chicken
- 1/2 cup roasted cashews
- 1/2 cup baked whole wheat spaghetti

**Snack**
- 1 serving Keto Italian Dressing* (Net Carbs 2g • FV 0g)
- 1/2 cup baked whole wheat spaghetti
- 1/2 tbsp olive oil over sweet potato

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### Saturday

**Breakfast**
- 1 serving Cheddar Omelet with Sauteed Onions and Shiitake Mushrooms* (Net Carbs 14g • FV 14g)
- 1/2 cup canned chickpeas

**Lunch**
- 1 serving Macaroni and Cauliflower Salad* (Net Carbs 20g • FV 0g)
- 1/2 cup cooked quinoa
- 1 cup cubed cantaloupe
- 1/2 cup plain Greek yogurt

**Dinner**
- 1 serving Keto Sea Bass with Artichoke Sauce* & 1 serving Macaroni and Cauliflower Salad* (Net Carbs 26g • FV 7g)
- 1/2 cup baked whole wheat spaghetti
- 1/2 tbsp olive oil drizzled over hummus

**Snack**
- 1 serving Fresh Mozzarella Sandwich with Pesto* (Net Carbs 2g • FV 0g)
- 1/2 cup baked whole wheat spaghetti
- 1/2 tbsp olive oil drizzled over hummus

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

*Visit Atkins.com/recipes for recipes!
**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.

<table>
<thead>
<tr>
<th>Atkins Products</th>
<th>Meat/Protein</th>
<th>Other</th>
<th>Pantry</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 1 Atkins Creamy Vanilla Shake</td>
<td>□ Chicken: breast (23-ounces), rotisserie cooked breast (3-ounces)</td>
<td>□ Almond milk, plain unsweetened</td>
<td>□ Baking powder</td>
</tr>
<tr>
<td>□ 1 Atkins Peanut Butter Granola Bar</td>
<td>□ Pancetta (1-ounce)</td>
<td>□ Almonds: roasted, blanched and slivered</td>
<td>□ Black pepper, ground</td>
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<td></td>
<td>□ Salmon, boneless (7-ounces)</td>
<td>□ Artichoke: canned hearts, frozen</td>
<td>□ Brown rice</td>
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<td></td>
<td>□ Sea bass (6-ounces)</td>
<td>□ Bacon bits</td>
<td>□ Butter, unsalted</td>
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<tr>
<td></td>
<td>□ Shrimp (4-ounces)</td>
<td>□ Beets, pickled</td>
<td>□ Canola oil</td>
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<td></td>
<td>□ Tuna, canned in water (3-ounces)</td>
<td>□ Cannellini beans, canned</td>
<td>□ Chicken broth</td>
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<tr>
<td></td>
<td>□ Turkey, ground (10-ounces)</td>
<td>□ Cashews: roasted, cashew butter</td>
<td>□ Chili powder</td>
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<tr>
<td></td>
<td></td>
<td>□ Chia seeds</td>
<td>□ Cinnamon</td>
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<td></td>
<td></td>
<td>□ Chickpeas, canned</td>
<td>□ Cumin</td>
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<tr>
<td></td>
<td></td>
<td>□ Chipotle en adobo</td>
<td>□ Dijon mustard</td>
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<td></td>
<td></td>
<td>□ Hemp hearts</td>
<td>□ Dried oregano</td>
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<td>□ Hummus (1 cup)</td>
<td>□ Dried rosemary</td>
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<td>□ Maple syrup, sugar free</td>
<td>□ Garlic powder</td>
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<td>□ Olives: green, Kalamata</td>
<td>□ Greek yogurt, plain, whole milk (17-ounces)</td>
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<td>□ Peanut butter, natural creamy</td>
<td>□ Indian spices</td>
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<td>□ Pecans</td>
<td>□ Italian seasoning</td>
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<td></td>
<td>□ Pesto</td>
<td>□ Macaroni, whole wheat</td>
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<td>□ Red curry paste (Thai Kitchen suggested)</td>
<td>□ Mayonnaise</td>
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<tr>
<td></td>
<td></td>
<td>□ Roasted red peppers, jarred</td>
<td>□ Oats: steel cut &amp; quick cooking</td>
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<td></td>
<td></td>
<td>□ Salsa, red</td>
<td>□ Olive oil</td>
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<td>□ Sambal oelek chili paste</td>
<td>□ Pasta, brown rice</td>
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<td>□ Tomatoes: stewed, paste, diced in juice</td>
<td>□ Penne, whole wheat</td>
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<td>□ Water chestnuts</td>
<td>□ Pumpkin pie spice</td>
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<td>□ Wine, white cooking</td>
<td>□ Quinoa</td>
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<td>□ Red pepper flakes, crushed</td>
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<td>□ Salt</td>
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<td>□ Sesame oil, toasted</td>
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<td>□ Spaghetti, whole wheat</td>
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<td></td>
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<td></td>
<td>□ Sucralose based sweetener, granulated</td>
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<td></td>
<td></td>
<td>□ Tamari soy sauce</td>
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<td></td>
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<td></td>
<td>□ Vanilla extract</td>
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<td></td>
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<td>□ Vinegar: rice (unseasoned, unsweetened), balsamic, red wine</td>
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<td></td>
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<td>□ Whey protein concentrate (unflavored, unsweetened)</td>
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</tbody>
</table>

### 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)

### 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)

### 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)

### 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)
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>1 serving Almond Raspberry Smoothie* mixed with 2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked)</td>
<td>1 serving Mediterranean Egg Bites*</td>
<td>1 serving Brown Rice Porridge*</td>
<td>1 serving Mediterranean Egg Bites*</td>
<td>2 tbsp dry steel cut oats, cooked (yields ~1/4 cup cooked)</td>
<td>1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini*</td>
<td>1 serving Orange-Sour Cream Waffles with Fresh Blueberry Sauce*</td>
</tr>
<tr>
<td>Net Carbs 22g • FV 0g</td>
<td>Net Carbs 22g • FV 2g</td>
<td>Net Carbs 26g • FV 0g</td>
<td>Net Carbs 22g • FV 2g</td>
<td>Net Carbs 25g • FV 0g</td>
<td>Net Carbs 24g • FV 2g</td>
<td>Net Carbs 22g • FV 0g</td>
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<tr>
<td>2/3 cup sliced apple 3 tbsp cashew butter</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Peanut Butter Granola Bar</td>
<td>1 serving Mediterranean Chicken over Spinach Salad with Feta-Ranch Dressing*</td>
<td>1 cup sliced cucumber 1/2 cup hummus</td>
<td>1 oz roasted cashews</td>
<td>1 cup sliced cucumber 1/2 cup hummus 1/2 tbsp olive oil drizzled on hummus</td>
</tr>
<tr>
<td>Net Carbs 21g • FV 0g</td>
<td>Net Carbs 14g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 13g • FV 0g</td>
<td>Net Carbs 9g • FV 0g</td>
<td>Net Carbs 11g • FV 0g</td>
<td>Net Carbs 13g • FV 0g</td>
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<tr>
<td><strong>Lunch</strong></td>
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</tr>
<tr>
<td>1 serving Mediterranean Vegetable and Egg Salad*</td>
<td>1 serving Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing*</td>
<td>1 serving Atkins Mediterranean Bowl*</td>
<td>1 serving Keto Green Goddess Grilled Chicken* &amp; 1 serving Cucumber, Tomato and Green Onion Salad*</td>
<td>1/2 cup cooked quinoa</td>
<td>1 serving Simple Marinated Kale*</td>
<td>1 cup sliced cucumber 1/2 cup sliced red bell pepper 1/3 cup cooked brown rice</td>
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<tr>
<td>Net Carbs 23g • FV 0g</td>
<td>Net Carbs 29g • FV 6g</td>
<td>Net Carbs 25g • FV 7g</td>
<td>Net Carbs 26g • FV 7g</td>
<td>Net Carbs 26g • FV 10g</td>
<td>Net Carbs 28g • FV 11g</td>
<td>Net Carbs 29g • FV 8g</td>
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<tr>
<td><strong>Snack</strong></td>
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<tr>
<td>8 medium baby carrots 1/4 cup hummus 1/2 tbsp olive oil drizzled on hummus</td>
<td>1 cup sliced red bell pepper 1 cup sliced cucumber 1 serving Keto Italian Dressing*</td>
<td>1 cup cubed cantaloupe 1/4 cup almonds</td>
<td>1 cup apple slices 15 medium baby carrots 1 serving Keto Italian Dressing*</td>
<td>1 cup sliced red bell pepper 15 medium baby carrots</td>
<td>1 oz roasted cashews</td>
<td>1/2 cup plain, whole milk Greek yogurt 1/4 cup blueberries</td>
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<td>Net Carbs 8g • FV 4g</td>
<td>Net Carbs 8g • FV 7g</td>
<td>Net Carbs 15g • FV 0g</td>
<td>Net Carbs 13g • FV 0g</td>
<td>Net Carbs 12g • FV 4g</td>
<td>Net Carbs 8g • FV 0g</td>
<td>Net Carbs 8g • FV 8g</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td>1 serving Spaghetti Squash with Romesco Sauce* 6 oz rotisserie chicken breast 1/2 cup canned chickpeas</td>
<td>1 serving Keto Turkey Taco Bowl*</td>
<td>1 serving Mexican Shrimp and Vegetable Salad*</td>
<td>1 serving Baked Salmon with Bok Choy and Mixed Greens* &amp; 1 serving Cucumber, Tomato and Green Onion Salad*</td>
<td>3/4 cup cooked quinoa</td>
<td>1 serving Egg Roll Bowl with Shrimp*</td>
<td>1 serving Keto Caprese Hasselback Chicken*</td>
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<td>Net Carbs 29g • FV 8g</td>
<td>Net Carbs 32g • FV 5g</td>
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</table>

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

*Visit Atkins.com/recipes for recipes!
### 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

### 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

### 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.