### Atkins Menu Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>1 serving Eggs with Cheddar, Asparagus, Salsa, and Sour Cream*</td>
<td>1/2 cup sliced jicama 2 tbsp Keto Creamy Italian Dressing*</td>
<td>1 serving Cucumber Dill Salad* 5 oz salmon 9 large black olives</td>
<td>Atkins Peanut Butter Protein Cookie</td>
<td>1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*</td>
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<tr>
<td></td>
<td>Net Carbs 4g • FV 2g</td>
<td>Net Carbs 3g • FV 3g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 2g • FV 2g</td>
<td>Net Carbs 5g • FV 5g</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers*</td>
<td>1 serving Keto Muffin in a Minute* 1 tbsp cream cheese</td>
<td>1 serving Steak Grilled with Green Bell Peppers and Onions*</td>
<td>Atkins Ranch Protein Chips</td>
<td>1 serving Cucumber Dill Salad* 1 rotisserie chicken thigh 1/4 avocado 1 tbsp olive oil</td>
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<td></td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 2.8g • FV 0g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 5g • FV 3g</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>2 eggs 1/2 cup chopped zucchini 1 cup sliced mushrooms 2 tbsp butter</td>
<td>Atkins Creamy Caramel Shake</td>
<td>1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese</td>
<td>1 serving Keto Muffin in a Minute* 1/4 cup sliced jicama 2/3 cup sliced cucumber</td>
<td>1 serving Keto Chicken Salad Wraps* 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing*</td>
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<tr>
<td></td>
<td>Net Carbs 4g • FV 3g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 3g • FV 3g</td>
<td>Net Carbs 6g • FV 6g</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>1 serving Turkey-Wrapped Breakfast &quot;Tacos&quot;*</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 serving Keto Chicken Salad Wraps* 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing*</td>
<td>1 serving Keto Muffin in a Minute*</td>
<td>1 serving Keto Dill Shrimp Salad* 3/4 cup sliced cucumber</td>
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<tr>
<td></td>
<td>Net Carbs 2g • FV 2g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 6g • FV 2g</td>
<td>Net Carbs 6g • FV 6g</td>
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<tr>
<td><strong>Friday</strong></td>
<td>1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks*</td>
<td>1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing*</td>
<td>1 serving Keto Chicken Salad Wraps* 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing*</td>
<td>1 serving Green Bean and Mushroom Salad*</td>
<td>1 serving Keto Chicken Caprese Bowls*</td>
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<td></td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 5g • FV 3g</td>
<td>Net Carbs 4g • FV 1g</td>
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<tr>
<td><strong>Saturday</strong></td>
<td>1 serving Poached Eggs over Tomato, Avocado and Muenster*</td>
<td>Atkins Creamy Caramel Shake</td>
<td>1 serving Keto Lemon-Herb Grilled Chicken Thighs* 1/2 cup sliced red bell pepper 1 tbsp chive and onion cream cheese</td>
<td>Atkins Peanut Butter Protein Cookie</td>
<td>1 serving Keto Chicken Caprese Bowls*</td>
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<tr>
<td></td>
<td>Net Carbs 4g • FV 3g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 5g • FV 2g</td>
<td>Net Carbs 3g • FV 0g</td>
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<tr>
<td><strong>Sunday</strong></td>
<td>1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*</td>
<td>1/2 avocado 1/4 tsp Tajin seasoning</td>
<td>1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*</td>
<td>1 serving Keto Steak with Asparagus and Mixed Green Salad* 6 oz lamb chops</td>
<td>Atkins Creamy Caramel Shake</td>
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<tr>
<td></td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 4g • FV 1g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 7g • FV 6g</td>
<td>Net Carbs 3g • FV 0g</td>
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</tbody>
</table>

*Visit Atkins.com/recipes for recipes!*

Enjoy Atkins Endulge treats for dessert if net carb consumption allows!
Menu Notes: Make 4 servings of the Keto Creamy Italian Dressing, 2 servings Cucumber Dill Salad, 2 servings Keto Lemon-Hern 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.
## Atkins 20®

### Foodie Menu Plan

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casserole*</td>
<td>Atkins Peanut Butter Protein Cookie</td>
<td>1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber</td>
<td>1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes</td>
<td>1 serving Mixed Greens with Cucumber, Red Bell Pepper and Creamy Italian* 1 roasted chicken thigh with skin 3 cherry tomatoes</td>
<td>1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper 1/2 cup sliced cucumber</td>
<td>1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini*</td>
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<tr>
<td>Net Carbs 2g • FV 2g</td>
<td>Net Carbs 3g • FV 3g</td>
<td>Net Carbs 4g • FV 4g</td>
<td>Net Carbs 3g • FV 3g</td>
<td>Net Carbs 3g • FV 5g</td>
<td>Net Carbs 3g • FV 2g</td>
<td>Net Carbs 4g • FV 0g</td>
</tr>
<tr>
<td>1 serving Atkins Peanut Butter Protein Cookie</td>
<td>20 black olives</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Ranch Protein Chips</td>
<td>1 serving Keto Air Fried Halloumi Cheese* &amp; 2 tbsp Basic Tomato Sauce*</td>
<td>1 serving Garlic Shrimp with Avocado Dip*</td>
<td>1 serving Black Olives with Cheddar *</td>
</tr>
<tr>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 5g • FV 5g</td>
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<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 4g • FV 3g</td>
</tr>
<tr>
<td>1 serving Black Olives with Cheddar *</td>
<td>3/4 avocado 1/4 tsp Tajin seasoning 1/2 cup sliced cucumber</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Ranch Protein Chips</td>
<td>1 serving Keto Air Fried Halloumi Cheese* &amp; 2 tbsp Basic Tomato Sauce*</td>
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<td>Net Carbs 4g • FV 4g</td>
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<td>Net Carbs 4g • FV 4g</td>
<td>Net Carbs 1g • FV 1g</td>
<td>Net Carbs 4g • FV 0g</td>
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<tr>
<td>1 serving Keto Cajun Pork Chops* &amp; 1 serving Keto Zucchini Ribbons with Lemon and Parmesan*</td>
<td>1 serving Cauliflower Salad with Salmon* 3/4 avocado</td>
<td>1 serving Warm Chicken and Radish Salad with Wilted Romaine*</td>
<td>1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 dill pickle spear 1 tbsp mayonnaise</td>
<td>1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell peppers</td>
<td>1 serving Keto Turkey Cobb Salad*</td>
<td>1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell peppers</td>
</tr>
<tr>
<td>Net Carbs 8g • FV 8g</td>
<td>Net Carbs 4g • FV 2g</td>
<td>Net Carbs 5g • FV 9g</td>
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<td>Net Carbs 4g • FV 4g</td>
<td>Net Carbs 4g • FV 4g</td>
<td>Net Carbs 8g • FV 7g</td>
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**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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Enjoy Atkins Endulge treats for dessert if net carb consumption allows!
Menu Notes: Make 2 servings Keto Chicken Salad for Monday and Tuesday.

**Atkins Products**
- 1 Atkins Creamy Caramel Shake
- 2 Atkins Double Fudge Brownie Bars
- 2 Atkins Peanut Butter Protein Cookies
- 1 Atkins Ranch Protein Chips

**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