

# ATKINS 20®

## Quick Start Menu Plan

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b> 1/4 avocado Net Carbs 6g • FV 3g	1 serving <b>Breakfast Sausage Sautéed with Red and Green Bell Peppers*</b> Net Carbs 3g • FV 3g	1/2 cup chopped zucchini 1/2 cup sliced mushrooms 2 eggs 2 tbsp butter Net Carbs 3g • FV 2g	<b>Atkins Frozen Ham &amp; Cheese Omelet</b> Net Carbs 4g • FV 0g	<b>Atkins Chai Tea Latte Shake</b> Blended with: 1/2 avocado 2 tbsp heavy cream Net Carbs 5g • FV 1g	1 serving <b>Poached Eggs over Tomato, Avocado and Muenster*</b> Net Carbs 4g • FV 3g	1 serving <b>Sausage Sautéed with Red and Green Bell Pepper and Cheddar*</b> Net Carbs 6g • FV 5g
SNACK	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Double Fudge Brownie Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Creamy Caramel Shake</b> Net Carbs 2g • FV 1g	<b>Atkins Snickerdoodle Bar</b> 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	<b>Atkins Double Fudge Brownie Bar</b> Net Carbs 4g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 2g • FV 0g
LUNCH	1 serving <b>Cucumber Dill Salad*</b> 5 oz salmon 16 large green olives Net Carbs 5g • FV 5g	<b>Atkins Frozen Chicken and Broccoli Alfredo</b> 1 cup sliced mushrooms 1 tbsp butter Net Carbs 7g • FV 5g	1 serving <b>Keto Canned Tuna and Artichoke Salad*</b> 1 oz gruyere cheese Net Carbs 6g • FV 6g	1 serving <b>Keto Chicken Salad Wraps*</b> 2/3 cup sliced cucumber 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing* Net Carbs 5g • FV 5g	<b>Atkins Frozen Cheesy Chicken Risotto</b> Net Carbs 6g • FV 4g	1 serving <b>Keto Lemon-Herb Grilled Chicken Thighs* &amp; Green Bean and Mushroom Salad*</b> Net Carbs 5g • FV 4g	<b>Atkins Frozen Chili Con Carne</b> Net Carbs 7g • FV 3g
SNACK	<b>Atkins Nacho Cheese Protein Chips</b> Net Carbs 4g • FV 0g	<b>Atkins Strawberry Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Double Chocolate Chip Protein Cookie</b> Net Carbs 3g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Double Chocolate Chip Protein Cookie</b> Net Carbs 3g • FV 0g	<b>Atkins Creamy Caramel Shake</b> Net Carbs 2g • FV 0g	<b>Atkins Snickerdoodle Bar</b> Net Carbs 3g • FV 0g
DINNER	1 serving <b>Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*</b> Net Carbs 5g • FV 5g	1 rotisserie chicken thigh with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil Net Carbs 5g • FV 5g	<b>Atkins Frozen Mongolian-Style Beef Cauliflower Bowl</b> 1 tbsp mayonnaise 1/2 tsp sriracha Net Carbs 8g • FV 4g	1 serving <b>Grilled Bell Peppers and Onions*</b> 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter Net Carbs 8g • FV 7g	1 serving <b>Keto Lemon-Herb Grilled Chicken Thighs* &amp; Asparagus with Sun Dried Tomato Vinaigrette*</b> Net Carbs 5g • FV 5g	<b>Atkins Frozen Beef Teriyaki Stir Fry</b> 1/2 cup sliced red bell pepper Net Carbs 8g • FV 5g	1 serving <b>Green Bean and Mushroom Salad*</b> 6 oz lamb chops Net Carbs 5g • FV 4g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g

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

Can't find Atkins frozen entrees? Try our standard meal plans or search [Atkins.com/recipes](https://www.atkins.com/recipes) for substitute meals with similar net carb and foundational vegetable counts.

## Atkins Products

- 1 Atkins Frozen Beef Teriyaki Stir-Fry
- 1 Atkins Frozen Cheesy Chicken Risotto
- 1 Atkins Frozen Chicken and Broccoli Alfredo
- 1 Atkins Frozen Chili con Carne
- 1 Atkins Frozen Farmhouse-Style Sausage Scramble
- 1 Atkins Frozen Ham & Cheese Omelet
- 1 Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 1 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 2 Atkins Creamy Vanilla Shake
- 2 Atkins Strawberry Shakes
- 2 Atkins Double Chocolate Chip Protein Cookies
- 2 Atkins Double Fudge Brownie Bars
- 2 Atkins Snickerdoodle Bars
- 1 Atkins Nacho Cheese Protein Chips

## Meat/Protein

- Chicken: thigh (1 rotisserie cooked; 2 raw with skin), leg quarter (1), breast (4-ounces)
- Lamb chops (6-ounces)
- Pork: loin (5-ounces), breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Tuna, canned in water (4-ounces)
- Turkey, breakfast sausage (4 links)

## Herbs/Spices

- Fresh cilantro
- Fresh dill
- Fresh parsley

## Produce

- Asparagus (5 medium spears)
- Avocado (2)
- Bell pepper: red (8-ounces), green (4-ounces)
- Cauliflower: frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumber (13-ounces)
- Garlic (4 cloves)
- Green beans (3-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), mixed baby greens (2 cups), butterhead (2 medium leaves), arugula (1 cup), radicchio (1-ounce)
- Mushrooms, button (8-ounces)
- Onions: red (1-ounce), yellow (2-ounces)
- Peppers: serrano (1)
- Radishes (6)
- Tomatillos (1 medium)
- Tomato: medium (1)
- Zucchini (3-ounces)

## Cheese/Dairy

- Cheddar cheese (2-ounces)
- Eggs (4)
- Gruyere cheese (1-ounce)
- Heavy cream (2 tablespoons)
- Monterey Jack cheese (2-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1 tablespoon)

## Pantry

- Black pepper
- Butter
- Canola oil
- Dijon mustard
- Dried parsley
- Dried tarragon
- Italian seasoning
- Mayonnaise
- Olive oil
- Red pepper flakes, crushed
- Salt
- Sucralose: granulated
- Vinegar: white wine, red wine, balsamic
- Xylitol

## Other

- Artichoke hearts, marinated
- Capers
- Olives: black large canned, Kalamata, large green
- Sriracha
- Sun dried tomatoes

**Notes:** Make 2 servings of Cucumber Dill Salad, 2 servings of Keto Lemon-Herb Grilled Chicken Thighs, 2 servings of Green Bean and Mushroom Salad, and 2 servings of Creamy Italian Dressing to use throughout the week.

# ATKINS 20<sup>®</sup>

## Quick Start Menu Plan

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<b>Atkins Frozen Bacon Scramble</b>  Net Carbs 4g • FV 0g	3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell peppers 1 medium slice red onion 1 tbsp olive oil  Net Carbs 5g • FV 5g	1 serving <b>Keto Yellow Squash and Gruyere Frittata*</b>  Net Carbs 1g • FV 0g	<b>Atkins Frozen Farmhouse-Style Sausage Scramble</b>  Net Carbs 5g • FV 2g	1 serving <b>Broccoli and Bacon Egg Bites*</b>  Net Carbs 3g • FV 1g	1 serving <b>Tomato, Mozzarella and Turkey Sausage Stack*</b> 1/2 avocado  Net Carbs 6g • FV 5g	1 serving <b>Eggs Scrambled with Sautéed Mushrooms and Zucchini*</b>  Net Carbs 3g • FV 2g
SNACK	<b>Atkins Creamy Vanilla Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Creamy Caramel Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Snickerdoodle Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins Chai Tea Latte Shake</b>  Net Carbs 3g • FV 0g	<b>Atkins Double Fudge Brownie Bar</b>  Net Carbs 4g • FV 0g	<b>Atkins Snickerdoodle Bar</b>  Net Carbs 3g • FV 0g	<b>Atkins Chai Tea Latte Shake</b>  Net Carbs 3g • FV 0g
LUNCH	1 serving <b>Keto Chicken Salad*</b> 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber 8 large green olives  Net Carbs 5g • FV 5g	1 serving <b>Keto Chicken Salad*</b> 2 leaves Romaine lettuce 10 cherry tomatoes  Net Carbs 6g • FV 6g	1 serving <b>Atkins Frozen Chicken Margherita</b> 2 leaves Romaine lettuce 5 cherry tomatoes 1 tbsp olive oil 1 tsp red wine vinegar  Net Carbs 9g • FV 5g	1 serving <b>Keto Fresh Mozzarella Salad with Basil Pesto*</b> 3/4 cup sliced red bell pepper  Net Carbs 5g • FV 5g	1 serving <b>Atkins Frozen Asian-Style Chicken Stir Fry</b>  Net Carbs 6g • FV 5g	1 serving <b>Keto Canned Tuna and Celery Salad on Baby Spinach*</b> 1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil  Net Carbs 5g • FV 5g	1 serving <b>Atkins Frozen Beef Merlot</b>  Net Carbs 6g • FV 3g
SNACK	<b>Atkins Nacho Cheese Protein Chips</b>  Net Carbs 4g • FV 0g	<b>Atkins Double Fudge Brownie Bar</b>  Net Carbs 4g • FV 0g	<b>Atkins Strawberry Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Double Chocolate Chip Protein Cookie</b>  Net Carbs 3g • FV 0g	<b>Atkins Creamy Vanilla Shake</b> Blended with: 1 1/4 cup baby spinach 1 tbsp heavy cream  Net Carbs 3g • FV 0g	<b>Atkins Creamy Caramel Shake</b>  Net Carbs 2g • FV 0g	<b>Atkins Double Chocolate Chip Protein Cookie</b>  Net Carbs 3g • FV 0g
DINNER	1 serving <b>Keto Grilled Chicken Chimichurri*</b> 1 large zucchini, grilled 1 tbsp olive oil  Net Carbs 8g • FV 8g	1 serving <b>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</b>  Net Carbs 6g • FV 2g	1 serving <b>Atkins Cauliflower Salad with Salmon*</b>  Net Carbs 7g • FV 7g	1 serving <b>Keto Warm Chicken and Radish Salad with Wilted Romaine*</b>  Net Carbs 6g • FV 5g	1 serving <b>Grilled Burger with Avocado and Tomato*</b> 2 leaves Romaine lettuce 1 dill pickle 1 tbsp mayonnaise  Net Carbs 5g • FV 5g	1 serving <b>Atkins Frozen Crustless Chicken Pot Pie</b>  Net Carbs 6g • FV 3g	1 serving <b>Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad*</b> 1/2 cup sliced red bell pepper  Net Carbs 8g • FV 7g
	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 23g Foundation Vegetables: 12g

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

Can't find Atkins frozen entrees? Try our standard meal plans or search [Atkins.com/recipes](https://www.atkins.com/recipes) for substitute meals with similar net carb and foundational vegetable counts.

## **Atkins Products**

- 1 Atkins Frozen Asian Style Chicken Stir-Fry
- 1 Atkins Frozen Bacon Scramble
- 1 Atkins Frozen Beef Merlot
- 1 Atkins Frozen Chicken Margherita
- 1 Atkins Frozen Crustless Chicken Pot Pie
- 1 Atkins Frozen Farmhouse-Style Sausage Scramble
- 1 Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower
- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 2 Atkins Creamy Vanilla Shakes
- 1 Atkins Strawberry Shake
- 2 Atkins Double Chocolate Chip Protein Cookies
- 2 Atkins Double Fudge Brownie Bars
- 2 Atkins Snickerdoodle Bar
- 1 Atkins Nacho Cheese Protein Chips

## **Meat/Protein**

- Beef, 90% lean ground (5-ounces)
- Chicken, breast (33-ounces)
- Pork: breakfast sausage (3-ounces), bacon (2 slices)
- Salmon, canned (4-ounces)
- Tuna, canned (5-ounces)
- Turkey, breakfast sausage (4-ounces)

## **Herbs/Spices**

- Fresh basil
- Fresh cilantro
- Fresh parsley

## **Produce**

- Avocado (2)
- Bell peppers, red (9-ounces)
- Broccoli (2 stalks)
- Cauliflower (1 cup)
- Celery (2 medium stalks)
- Cucumber (11-ounces)
- Garlic (3 cloves)
- Lemon (1)
- Lettuce: Romaine (10-ounces), arugula (1-ounce)
- Mushrooms (4-ounces)
- Onion: red (1-ounce), yellow (1-ounce), scallions (2 large)
- Radishes (6 large)
- Spinach, baby (5-ounces)
- Tomatoes: cherry (19), small (1), medium (2), large (1)
- Zucchini (14-ounces), baby (2)

## **Cheese/Dairy**

- Cream cheese (1-ounce)
- Eggs (14)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- Heavy cream (1 tablespoon)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (1-ounce)

## **Pantry**

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

## **Other**

- Dill pickles, whole
- Maple syrup, sugar free
- Olives, green large
- Pine nuts
- Tomatoes, canned with green chilies

**Notes:** Make 2 servings keto chicken salad.