## Atkins Foodie Menu Plan

**MONDAY**
- **BREAKFAST**: 1 serving Eggs with Cheddar, Asparagus, Salsa and Sour Cream*
  - 1/2 red grapefruit
- **SNACK**: 1/2 cup jicama
  - 1/2 cup sliced red bell pepper
  - 2 tbsp. Keto Creamy Italian Dressing*
- **LUNCH**: 1 serving Cucumber Dill Salad*
  - 5 oz salmon
  - 10 cherry tomatoes
  - 9 black olives
- **DINNER**: 1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*
  - 1 1/2 cups frozen cauliflower rice

**TUESDAY**
- **BREAKFAST**: 1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers*
  - 1/2 avocado
- **SNACK**: 1 serving Tropical Raspberry Smoothie*
  - 6 extra large strawberries
  - 24 roasted almonds
- **LUNCH**: 1 serving Teriyaki Shrimp with Snow Peas and Mixed Green Salad*
- **DINNER**: 1 serving Keto Grilled Chicken with Peach Salsa*

**WEDNESDAY**
- **BREAKFAST**: 1 serving Tropical Raspberry Smoothie*
  - 1/2 red grapefruit
- **SNACK**: 1 serving Canned Tuna and Artichoke Salad*
  - 1/2 cup sliced cucumber
  - 5 cherry tomatoes
- **LUNCH**: 1 serving Creamy Caramel Chicken Salad*
  - 1/4 cup jicama
  - 2/3 cup sliced cucumber
  - 5 radishes
  - 2 tbsp. Keto Creamy Italian Dressing*
- **DINNER**: 1 serving Grilled Bell Peppers and Onions*
  - 5 oz grilled pork loin
  - 1 1/2 cups cauliflower rice
  - 2 tbsp butter

**THURSDAY**
- **BREAKFAST**: 1 serving Turkey-Wrapped Breakfast Tacos**
  - 1/2 red grapefruit
- **SNACK**: 5 radishes
  - 6 spears steamed asparagus
  - 2 tsp Keto Creamy Italian Dressing*
- **LUNCH**: 1 serving Keto Chicken Salad Wraps*
  - 1/2 medium baked sweet potato
  - 2 cups mixed baby greens
  - 2 tbsp Keto Creamy Italian Dressing*
- **DINNER**: 1 serving Grilled Bell Peppers and Onions*

**FRIDAY**
- **BREAKFAST**: 1 serving Tomato, Avocado, Spinach and Monterey Jack Stack*
  - 1/2 honey crisp apple
- **SNACK**: Atkins Double Fudge Brownie Bar
- **LUNCH**: 1 serving Keto Dill Shrimp Salad *
  - 3/4 cup sliced cucumber
  - 2 street taco size carb balance tortillas
- **DINNER**: 1 serving Keto Lemon-Herb Chicken Thighs*
  - 1 serving Green Bean and Mushroom Salad*

**SATURDAY**
- **BREAKFAST**: 1 serving Poached Eggs over Tomato, Avocado and Muenster*
  - 1 1/2 cups cooked quinoa
- **SNACK**: Atkins Double Chocolate Chip Protein Cookie
- **LUNCH**: 1 serving Keto Roasted Chicken Legs with Snow Peas and Mixed Green Salad*
- **DINNER**: 1 serving Green Bean and Mushroom Salad*

**SUNDAY**
- **BREAKFAST**: 1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*
  - 1/2 red grapefruit
- **SNACK**: 2 street taco size carb balance tortillas
- **LUNCH**: 1 serving Keto Chicken Caprese Bowls*
  - 6 extra large strawberries
  - 24 roasted almonds
- **DINNER**: 1 serving Keto Creamy Caramel Shake
  - 1 1/2 cups frozen cauliflower rice

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**Net Carbs**:
- **Total Net Carbs**: 40g
- **Foundation Vegetables**: 25g

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

*Visit Atkins.com/recipes for recipes!
<table>
<thead>
<tr>
<th><strong>Atkins Products</strong></th>
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</thead>
<tbody>
<tr>
<td>2 Atkins Creamy Caramel Shakes</td>
<td>1 Atkins Double Fudge Brownie Bar</td>
<td>2 Atkins Double Chocolate Chip Protein Cookies</td>
<td>1 Atkins Ranch Protein Chips</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Meat/Protein</strong></th>
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</thead>
<tbody>
<tr>
<td>Beef: 80% lean ground (7-ounces),</td>
<td>Chicken: thigh (2 raw with skin), leg quarter (1), breast (10-ounces), chorizo sausage (1 link), rotisserie cooked (4-ounces),</td>
<td>Lamb, chops (6-ounces),</td>
<td>Pork: loin (5-ounces), breakfast sausage (3-ounces),</td>
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<tr>
<td>Salmon (5-ounces),</td>
<td>shrimp: (6-ounces), salad size (4-ounces),</td>
<td>Salmon canned in water (4-ounces),</td>
<td>Salmon canned in water (4-ounces),</td>
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<tr>
<td>Tuna, canned silken (4-ounces),</td>
<td>Tuna, canned in water (4-ounces),</td>
<td>Tuna, canned silken (4-ounces),</td>
<td>Tuna, canned in water (4-ounces),</td>
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<tr>
<td>Turkey: breakfast sausage (4 links), roasted light meat (1-ounce),</td>
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<td>Turkey: breakfast sausage (4 links), roasted light meat (1-ounce),</td>
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<thead>
<tr>
<th><strong>Other</strong></th>
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</thead>
<tbody>
<tr>
<td>Almonds, roasted</td>
<td>Artichoke hearts, marinated</td>
<td>Capers</td>
<td>Coconut cream</td>
<td></td>
</tr>
<tr>
<td>Green chili peppers, canned</td>
<td>Olives: black large canned, Kalamata</td>
<td>Salsa, red</td>
<td>Sun dried, canned sauce</td>
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<tr>
<td>Tomatoes: sun dried, canned sauce</td>
<td>Tortillas, low carb, street taco size (3 net carbs for 2)</td>
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<thead>
<tr>
<th><strong>Cheese/Dairy</strong></th>
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<tbody>
<tr>
<td>Cheddar cheese (3-ounces),</td>
<td>Cream cheese, chive and onion (1 tablespoon)</td>
<td>Eggs (5)</td>
<td>Monterey Jack cheese (3-ounces),</td>
<td></td>
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<tr>
<td>Mozzarella, fresh (4-ounces), whole milk (1-ounce),</td>
<td>Muenster cheese (1-ounce)</td>
<td>Parmesan cheese (2 tablespoons)</td>
<td>Ricotta cheese, whole milk (3-ounces),</td>
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<tr>
<td>Sour cream (1 tablespoons)</td>
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<table>
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<tr>
<th><strong>Produce</strong></th>
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<tbody>
<tr>
<td>Apple, honey crisp (1)</td>
<td>Asparagus (12-ounces)</td>
<td>Avocado (3)</td>
<td>Bell peppers: red (9-ounces), green (11-ounces)</td>
<td></td>
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<tr>
<td>Berries: strawberries (11-ounces), blueberries (2-ounces), raspberries (3-ounces)</td>
<td>Cauliflower: fresh florets (1 cup), frozen riced (3 cups)</td>
<td>Celery (1 medium stalk)</td>
<td>Cucumbers (20-ounces)</td>
<td></td>
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<tr>
<td>Garlic (5 cloves)</td>
<td>Ginger root fresh (1 gram)</td>
<td>Grapefruit, red (1)</td>
<td>Green beans (3-ounces)</td>
<td></td>
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<tr>
<td>Jicama (4-ounces)</td>
<td>Lemon (1)</td>
<td>Lettuce: Romaine (4-ounces), mixed baby greens (4 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (2 medium leaves)</td>
<td>Lime (1)</td>
<td></td>
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<tr>
<td>Mushrooms, button (4-ounces)</td>
<td>Onion: red (1-ounce), yellow (2-ounces), scallions (1 medium)</td>
<td>Peaches (1 medium)</td>
<td>Peppers: serrano (1), jalapeno (1)</td>
<td></td>
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<tr>
<td>Radishes: red (11), daikon (2-ounces)</td>
<td>Shallot (2 grams)</td>
<td>Snow peas (1 cup)</td>
<td>Spinach, baby (4 cups)</td>
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<tr>
<td>Tomatoes: medium (1), cherry or grape (28), small (1)</td>
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<tr>
<th><strong>Herbs/Spices</strong></th>
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<tbody>
<tr>
<td>Fresh basil</td>
<td>Fresh cilantro</td>
<td>Fresh dill</td>
<td>Fresh parsley</td>
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<thead>
<tr>
<th><strong>Pantry</strong></th>
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<tbody>
<tr>
<td>Black pepper</td>
<td>Butter</td>
<td>Canola oil</td>
<td>Chili powder</td>
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<tr>
<td>Coconut extract</td>
<td>Coriander</td>
<td>Cumin</td>
<td>Dijon mustard</td>
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<tr>
<td>Dried mustard</td>
<td>Dried oregano</td>
<td>Dried parsley</td>
<td>Dried tarragon</td>
<td></td>
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<tr>
<td>Garlic powder</td>
<td>Italian seasoning</td>
<td>Mayonnaise</td>
<td>Olive oil, extra virgin</td>
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<tr>
<td>Quinoa</td>
<td>Red pepper flakes, crushed</td>
<td>Salt</td>
<td>Sesame oil &amp; toasted</td>
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<tr>
<td>Tamari soy sauce</td>
<td>Thick-it-up</td>
<td>Vinegar: white wine, red wine, resvera-scherry, unsweetened unseasoned rice, balsamic</td>
<td>White pepper</td>
<td></td>
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**Menu Notes:** Make 4 servings creamy Italian dressing, 2 servings cucumber dill, 2 servings keto lemon-herb chicken thighs, 2 servings green bean and mushroom salad, 2 servings keto chicken caprese bowls (1 serving for next week) to use through the week.
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casserole*</td>
<td>1 serving Atkins Double Chocolate Chip Protein Cookie</td>
<td>1 serving Ketchup Chicken Salad*</td>
<td>1 serving Atkins Creamy Caramel Shake</td>
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<td>1 serving Atkins Double Fudge Brownie Bar</td>
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<td>1/3 cup blueberries</td>
<td>1/2 cup sliced cucumber</td>
<td>1/2 cup sliced red bell pepper</td>
<td>24 roasted almonds</td>
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<td>1 large zucchini, grilled</td>
<td>24 roasted almonds</td>
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**Notes:**
- Enjoy Atkins Endulge treats for dessert if net carb consumption allows!
- *Visit Atkins.com/recipes for recipes!
Atkins Products
- 1 Atkins Creamy Caramel Shake
- 2 Atkins Double Chocolate Chip Protein Cookies
- 2 Atkins Double Fudge Brownie Bars
- 1 Atkins Ranch Protein Chips

Cheese/Dairy
- Blue cheese (3 tablespoons)
- Cheddar cheese (1-ounce)
- 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 (3 tablespoons)

Other
- Almonds, roasted
- Bacon bits
- Chickpeas (garbanzo beans), canned
- Chipotle en adobo
- Coconut butter
- Dill pickles, whole
- Ezekiel bread
- Hummus (1/4 cup)
- Maple syrup, sugar free
- Milks: coconut milk, unsweetened; almond milk unsweetened vanilla
- Olives, black
- Pine nuts
- Tomatoes: canned with green chilies, crushed
- Tortillas, low carb, street taco size (3 net carbs for 2)
- Vegan protein powder (Vega One suggested)
- Whey protein, chocolate

Produce
- Apple, gala (1)
- Avocado (3)
- Bell peppers: red (12-ounces), yellow (1-ounce)
- Berries: blueberries (5-ounces), strawberries (5-ounces fresh, 1 cup frozen)
- Broccolini (2 stalks)
- Cauliflower: fresh (1 cup), frozen riced (2 cups)
- Celery (3-ounces)
- Cucumber (19-ounces)
- Garlic (4 cloves)
- Jalapeño (1)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: Romaine (7-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (2-ounces)
- Onions: yellow (1-ounce), scallions (2 large)
- Radishes (6 large)
- Spinach, baby (6 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-ounces)
- Chicken: breast (33-ounces), roasted thigh with skin (1), rotisserie (3-ounces)
- Pork: bacon (3 slices), bone-in chops (6-ounces)
- Salmon, canned (4-ounces)
- Shrimp (6 medium)
- Tuna, canned (8-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

Herbs/Spices
- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh parsley

Menu Notes: Make 2 servings Keto Chicken Salad for the week.