

ATKINS 40[®]

Quick Start Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble 1/2 cup blueberries Net Carbs 14g • FV 2g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* sautéed with: 1/4 cup sliced yellow onion Net Carbs 7g • FV 6g	1 serving Cheddar Omelet with Sautéed Onions and Shiitake Mushrooms* Net Carbs 8g • FV 7g	Atkins Frozen Ham & Cheese Omelet 1/2 medium gala apple Net Carbs 12g • FV 0g	Atkins Chai Tea Latte Shake blended with: 1/2 avocado 2 tbsp heavy cream Net Carbs 5g • FV 1g	1 serving Poached Eggs over Tomato, Avocado and Muenster* 5 large strawberries Net Carbs 9g • FV 3g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* 5 large strawberries Net Carbs 11g • FV 5g
SNACK	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	1/2 cup sliced red bell pepper 2 tbsp Keto Creamy Italian Dressing* Net Carbs 2g • FV 2g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 2 cups iceberg lettuce 5 black olives Net Carbs 8g • FV 8g	Atkins Frozen Chicken and Broccoli Alfredo 1 cup sliced mushrooms 1 tbsp butter 1/4 cup cooked quinoa Net Carbs 15g • FV 5g	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese 1/2 medium red bell pepper Net Carbs 8g • FV 8g	1 serving Keto Chicken Salad Wraps* 1 spinach herb carb balance tortilla 2/3 cup sliced cucumber 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing* Net Carbs 8g • FV 5g	Atkins Frozen Cheesy Chicken Risotto 8 cherry tomatoes 2 tbsp cream cheese Net Carbs 11g • FV 8g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & 1 serving Green Bean and Mushroom Salad* 5 cherry tomatoes Net Carbs 7g • FV 7g	Atkins Frozen Chili Con Carne 1/3 medium baked sweet potato Net Carbs 14g • FV 10g
SNACK	Atkins Nacho Cheese Protein Chips Net Carbs 4g • FV 0g	Atkins Strawberry Shake 1/2 medium gala apple Net Carbs 10g • FV 0g	Atkins Double Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Double Chocolate Chip Protein Cookie 1/2 cup blueberries Net Carbs 12g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* 1/4 cup refried beans Net Carbs 11g • FV 5g	1 serving Cucumber Dill Salad* 1 rotisserie chicken thigh with skin 1 oz Monterey Jack cheese 1 tbsp olive oil Net Carbs 5g • FV 5g	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl 1 tbsp mayonnaise 1/2 tsp sriracha 1/4 cup cooked brown rice Net Carbs 19g • FV 4g	1 serving Lemon Chicken and Shrimp Kabobs* 1 1/2 cups frozen cauliflower rice 1 1/2 tbsp butter Net Carbs 14g • FV 12g	1 serving Greek Salad with Chicken* Net Carbs 10g • FV 9g	Atkins Frozen Beef Teriyaki Stir-Fry 1/2 cup sliced red bell pepper 1/4 cup cooked brown rice Net Carbs 18g • FV 5g	1 serving Lamb, Eggplant and Red Bell Pepper Kebabs* & 1 serving Green Bean and Mushroom Salad* Net Carbs 11g • FV 11g
	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 41g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 19g	Total Net Carbs: 39g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 19g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 25g

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

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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
- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 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; 1 raw with skin), 1 leg quarter, breast (14-ounces)
- Lamb (5-ounces)
- Pork: breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp (4 medium)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links)

Cheese/Dairy

- Cheddar cheese (3-ounces)
- Cream cheese (1-ounce)
- Eggs (4)
- Feta cheese (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (2 tablespoons)
- Monterey Jack cheese (2-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1-ounce)

Produce

- Apple, gala (1)
- Avocado (2)
- Bell pepper: red (12-ounces), green (4-ounces)
- Berries: blueberries (6-ounces), strawberries (7-ounces)
- Cauliflower, frozen riced (2 cups)
- Celery (1 medium stalk)
- Cucumber (16-ounces)
- Eggplant (2-ounces)
- Garlic (5 cloves)
- Green beans (3-ounces)
- Lemons (2)
- Lettuce: Romaine (9-ounces), mixed baby greens (2 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (4-ounces)
- Mushrooms: button (7-ounces), shiitake (2), Crimini (3-ounces)
- Onion: red (9 grams), yellow (4-ounces), white (2-ounces)
- Peppers: serrano (1)
- Radishes (6)
- Shallots (1-ounce)
- Sweet potato (1 medium)
- Tomatillos (1)
- Tomatoes: medium (1), cherry (16), Italian (1)

Other

- Artichoke hearts, marinated
- Carb balance spinach-herb tortilla
- Olives: black large canned, Kalamata
- Refried beans, canned
- Sriracha

Herbs/Spices

- Fresh cilantro
- Fresh dill
- Fresh parsley

Pantry

- Black pepper
- Brown rice
- Butter
- Canola oil
- Dijon mustard
- Dried oregano
- Dried parsley
- Dried tarragon
- Italian seasoning
- Mayonnaise
- Olive oil
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine
- White pepper
- Xylitol

Menu Notes: Make 2 servings of the cucumber dill salad, and 2 servings Green Bean and Mushroom Salad, 2 servings of keto creamy Italian dressing to use through the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Bacon Scramble 1/2 gala apple Net Carbs 12g • FV 0g	1 serving Chia-Pecan Overnight Oats* Net Carbs 13g • FV 0g	1 serving Keto Yellow Squash and Gruyere Frittata* 1/2 gala apple Net Carbs 9g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble 5 large strawberries Net Carbs 10g • FV 2g	1 serving Broccoli and Bacon Egg Bites* 1/2 cup blueberries Net Carbs 12g • FV 1g	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1/2 avocado Net Carbs 6g • FV 5g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* Net Carbs 3g • FV 2g
SNACK	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Nacho Cheese Protein Chips Net Carbs 4g • FV 0g	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Snickerdoodle Bar 5 large strawberries Net Carbs 8g • FV 0g	Atkins Chai Tea Latte Shake 1/4 cup blueberries Net Carbs 7g • FV 0g
LUNCH	1 serving Basic Keto Egg Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber Net Carbs 6g • FV 4g	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 10 cherry tomatoes Net Carbs 8g • FV 7g	Atkins Frozen Chicken Margherita 2 leaves Romaine lettuce 10 cherry tomatoes 1/2 cup sliced cucumber 1 tbsp olive oil 1 tsp red wine vinegar Net Carbs 13g • FV 9g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper 3 pieces marinated artichoke hearts 1/2 cup sliced cucumber Net Carbs 10g • FV 9g	Atkins Frozen Asian-Style Chicken Stir Fry 1/2 cup sliced red bell pepper 1 cup snow peas Net Carbs 13g • FV 12g	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 3 pieces marinated artichoke hearts 1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil Net Carbs 8g • FV 8g	Atkins Frozen Beef Merlot 1/2 large zucchini, made into zoodles Net Carbs 11g • FV 8g
SNACK	Atkins Nacho Cheese Protein Chips Net Carbs 4g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Strawberry Shake Net Carbs 2g • FV 0g	Atkins Double Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1 1/4 cup baby spinach Net Carbs 2g • FV 0g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	Atkins Double Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled 1 tbsp olive oil 1/4 cup cooked brown rice Net Carbs 18g • FV 8g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower & Roasted Green Beans* Net Carbs 12g • FV 8g	1 serving Cauliflower Salad with Salmon* 2 tbsp canned chickpeas Net Carbs 13g • FV 7g	1 serving Warm Chicken and Radish Salad with Wilted Romaine* 1/4 cup cooked quinoa Net Carbs 14g • FV 5g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 med slice red onion 1 dill pickle 1 tbsp mayonnaise Net Carbs 7g • FV 7g	Atkins Frozen Crustless Chicken Pot Pie 1/4 cup cooked brown rice Net Carbs 17g • FV 3g	1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell pepper 1/4 cup cooked quinoa Net Carbs 16g • FV 7g
	Total Net Carbs: 42g Foundation Vegetables: 12g	Total Net Carbs: 39g Foundation Vegetables: 16g	Total Net Carbs: 41g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 38g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 17g

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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
- 1 Atkins Snickerdoodle Bar
- 2 Atkins Nacho Cheese Protein Chips

Meat/Protein

- Beef, 90% lean ground (5-ounces)
- Chicken: breast (27-ounces)
- Pork: bacon (2 slices)
- Salmon, canned (4-ounces)
- Tuna, canned (5-ounces)
- Turkey: breakfast sausage (4-ounces)

Other

- Artichoke hearts, marinated
- Chickpeas (garbanzo beans), canned
- Coconut milk beverage, plain unsweetened
- Dill pickles, whole
- Maple syrup, sugar free
- Pecans
- Pine nuts
- Raspberry jam, sugar-free
- Tomatoes, canned with green chilies

Produce

- Apple, gala (1)
- Avocado (2)
- Bell peppers: red (11-ounces)
- Berries: blueberries (4-ounces), strawberries (7-ounces)
- Broccolini (2 stalks)
- Cauliflower (1 cup)
- Celery (2 medium stalks)
- Cucumber (8-ounces)
- Garlic (6 cloves)
- Green beans (6-ounces)
- Lemon (1)
- Lettuce: Romaine (10-ounces), arugula (1-ounce)
- Mushrooms (2-ounces)
- Onions: red (1-ounce), yellow (1-ounce), scallions (2 large)
- Radishes (6 large)
- Snow peas (1 cup)
- Spinach, baby (5 cups)
- Tomatoes: cherry (24), small (1), medium (2), large (1)
- Zucchini (20-ounces)+ 2 baby

Cheese/Dairy

- Cream cheese (1-ounce)
- Eggs (16)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (1-ounce)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

Pantry

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