

ATKINS 40®

Plant Based Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Veggie Breakfast Sausage Stacked with Avocado and Cheddar* Net Carbs 6g • FV 2g	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* Net Carbs 5g • FV 3g	Atkins Creamy Vanilla Shake blended with: 6 large strawberries 1 cup spinach Net Carbs 9g • FV 0g	Stack of: 2 poached eggs 4 tomato slices 2 strips veggie bacon 1/2 avocado Net Carbs 7g • FV 4g	1 serving Vegetarian "Sausage" Sauté with Red Bell Pepper and Onions* 1/2 avocado Net Carbs 8g • FV 4g	1 serving Spinach and Swiss Cheese Omelet* Net Carbs 3g • FV 1g	1 serving Keto Muffin in a Minute* 2 tbsp peanut butter Net Carbs 6g • FV 0g
SNACK	Atkins Café Au Lait Shake 12 walnuts Net Carbs 5g • FV 0g	Atkins S'mores Bar Net Carbs 4g • FV 0g	1/2 cup red pepper slices 1/2 cup cucumber slices 2 tbsp Creamy Italian Dressing* Net Carbs 4g • FV 4g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins Café Au Lait Shake Net Carbs 3g • FV 0g	Atkins Creamy Vanilla Shake blended with: 1 cup baby spinach Net Carbs 2g • FV 0g
LUNCH	1 serving Roasted Portobello Mushroom Melts with Gruyere* 3 cherry tomatoes 1/2 cup cucumber slices Net Carbs 6g • FV 5g	4 oz Impossible Burger 1/4 avocado 1 slice onion 2 slices tomato 1 tbsp mayonnaise 2 Romaine leaves Net Carbs 10g • FV 4g	1 serving Eggplant Stacks* 1 stick string cheese Net Carbs 6g • FV 4g	2.5 oz meatless "chicken" 1 oz gruyere cheese 2 cups spinach 1/2 cup sliced cucumber 8 cherry tomatoes 2 tbsp Creamy Italian Dressing* Net Carbs 7g • FV 6g	1 serving Grilled Vegetable and Provolone Sandwiches* 1/2 cup sliced cucumber Net Carbs 12g • FV 6g	1 serving Tofu "Hot Dogs" with Sautéed Onions and Sauerkraut* 1/2 cup sliced red pepper 6 cherry tomatoes Net Carbs 11g • FV 9g	2 oz Soyrizo 1 cup shredded cabbage 1/2 cup sliced red pepper 2 tbsp chopped onion 1 tbsp olive oil 1 cup cauliflower rice Net Carbs 11g • FV 8g
SNACK	Atkins Snickerdoodle Bar 1/2 honey crisp apple Net Carbs 11g • FV 0g	Atkins Creamy Vanilla Shake 3 large strawberries Net Carbs 5g • FV 0g	Atkins Snickerdoodle Bar Net Carbs 3g • FV 0g	Atkins S'mores Bar 1/2 honey crisp apple Net Carbs 12g • FV 0g	Atkins Creamy Vanilla Shake Net Carbs 2g • FV 0g	Atkins S'mores Bar Net Carbs 4g • FV 0g	Atkins Snickerdoodle Bar 6 large strawberries Net Carbs 9g • FV 0g
DINNER	1 serving Tempeh, Green Pepper and Cabbage Sauté with Romesco Sauce* Net Carbs 14g • FV 8g	1 serving Spiced Bok Choy and Tofu* Net Carbs 17g • FV 13g	1 serving Veggie "Beef" Crumble & Shirataki Sauté with Brussel Sprouts* Net Carbs 19g • FV 5g	1 serving Vegetarian Spaghetti and "Meatballs"* 2 cups Romaine hearts 2 tbsp chopped red onion 2 radishes 2 tbsp Creamy Italian Dressing* Net Carbs 11g • FV 5g	1 serving Baked Tofu with Barbecue Rub* & 1 serving Roasted Green Beans* 4 cherry tomatoes Net Carbs 15g • FV 8g	1 serving Coconut Curry Tempeh* 1 cup cauliflower rice Net Carbs 19g • FV 3g	1 serving Baked Tofu with Cajun Rub* & 1 serving Cauli Mac and Cheese* Net Carbs 11g • FV 4g
	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 40g Foundation Vegetables: 20g	Total Net Carbs: 40g Foundation Vegetables: 12g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 40g Foundation Vegetables: 18g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 13g

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

Atkins Products

- ☐ 3 Atkins Café Au Lait Shakes
- ☐ 4 Atkins Creamy Vanilla Shakes
- ☐ 3 Atkins S'mores Bars
- ☐ 4 Atkins Snickerdoodle Bars

Cheese/Dairy

- ☐ Cheddar cheese (3-ounces)
- ☐ Cream cheese (1-ounce)
- ☐ Eggs (7)
- ☐ Gruyere cheese (3-ounces)
- ☐ Heavy cream (5 tablespoons)
- ☐ Monterey jack cheese (1-ounce)
- ☐ Mozzarella cheese, whole milk (1-ounce)
- ☐ Parmesan cheese, grated (5 tablespoons)
- ☐ Provolone cheese (2-ounces)
- ☐ String cheese (1 stick)
- ☐ Swiss cheese (1-ounce)

Protein

- ☐ “Chicken” (3-ounces Daring Foods brand with 1 net carb per 2.5 oz)
- ☐ Impossible Burger (4-ounces)
- ☐ Meatless: ground crumbles (1 serving at 3 net carbs), breakfast sausage patties (4 patties at 2 net carbs each), zesty Italian meatballs (2 servings at 2 net carbs per serving)
- ☐ Smart Dogs Jumbo Veggie Protein Links (2 links with 1 net carb per link)
- ☐ Soyrizo (55 g)
- ☐ Tempeh (8-ounces)
- ☐ Tofu, firm silken (16-ounces)
- ☐ Veggie bacon strips (2 at 1 net carb per strip)

Herbs/Spices

- ☐ Fresh basil
- ☐ Fresh cilantro
- ☐ Fresh parsley

Produce

- ☐ Apples, honey crisp (1)
- ☐ Avocados (2)
- ☐ Bell peppers: red (3 medium), green (1 small)
- ☐ Bok choy (6-ounces)
- ☐ Brussels sprouts (4-ounces)
- ☐ Cabbage: green (3-ounces), red (3-ounces)
- ☐ Cauliflower: rice (8-ounces), head (5-ounces)
- ☐ Cucumber (8-ounces)
- ☐ Eggplant (5-ounces)
- ☐ Garlic (5 cloves)
- ☐ Ginger, fresh root (1-inch knob)
- ☐ Green beans (6-ounces)
- ☐ Jalapeno pepper (1)
- ☐ Lettuce, Romaine (4-ounces)
- ☐ Lime (1)
- ☐ Mushrooms: Portobello caps (1), shiitake (3-ounces)
- ☐ Onions: red (1 small), green/ scallions (1 medium), yellow (1 medium)
- ☐ Radishes (2)
- ☐ Spinach: bunch (3-ounces), baby (5-ounces)
- ☐ Strawberries (10-ounces)
- ☐ Tomatoes: medium (2), Italian (1), cherry (21)
- ☐ Zucchini (1 small)

Other

- ☐ Almonds
- ☐ Coconut cream
- ☐ Coconut milk (canned)
- ☐ Fish sauce
- ☐ Peanut butter, natural creamy
- ☐ Peanut oil
- ☐ Pesto sauce
- ☐ Pine nuts
- ☐ Sauerkraut
- ☐ Shirataki tofu noodles
- ☐ Walnuts

Pantry

- ☐ Active dry yeast
- ☐ Allspice, ground
- ☐ Baking powder
- ☐ Black pepper
- ☐ Butter: salted & unsalted
- ☐ Canola oil
- ☐ Chili powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Curry powder
- ☐ Dried oregano
- ☐ Dried thyme
- ☐ Erythritol-stevia blend (such as truvia)
- ☐ Flax seed meal
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Mayonnaise
- ☐ Mustard, ground
- ☐ Olive oil, extra virgin & light
- ☐ Onion powder
- ☐ Paprika
- ☐ Pepper sauce (such as Tabasco)
- ☐ Red or cayenne pepper
- ☐ Red pepper flakes, crushed
- ☐ Salt
- ☐ Sesame oil, plain & toasted
- ☐ Soy flour
- ☐ Sucralose based sweetener, granulated & packets
- ☐ Tamari soy sauce
- ☐ Vinegar: red wine, balsamic, sodium and sugar free rice, white wine, Resvera sherry
- ☐ Wheat bran
- ☐ Wheat gluten
- ☐ Whey protein power, vanilla (no sugar added)
- ☐ White pepper
- ☐ Xylitol

Menu Notes: Make 3 servings of creamy Italian dressing for the week, and 2 servings of romesco sauce

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Vegan Breakfast "Sausage" Stacked with Avocado and "Cheddar" ** 2 slices tomato Net Carbs 12g • FV 3g	Smoothie of: 1 1/2 cups almond milk, plain unsweetened 1 cup baby spinach 1/4 cup frozen strawberries 1 scoop vegan vanilla protein powder Net Carbs 9g • FV 0g	Overnight oats: 2 tbsp quick cooking rolled oats 1/4 cup chia seeds 2 tbsp hemp seeds 1 cup almond milk 2 tbsp peanut butter Net Carbs 13g • FV 0g	1 serving Vegan "Sausage" Sauté with Red Bell Pepper, Onions, and "Cheddar" ** Net Carbs 9g • FV 5g	Smoothie of: 1 1/2 cups almond milk 1/2 cup frozen cauliflower 1 oz soy protein powder 2 tbsp peanut butter 2 tbsp cocoa powder 1 tsp non-caloric sweetener Net Carbs 9g • FV 2g	1 serving Vegan Garden Vegetable Frittata* 2 tbsp vegan cream cheese 1 veggie breakfast sausage patty Net Carbs 11g • FV 3g	1 Vegan Chocolate Mug Muffin* 1 tbsp coconut butter Net Carbs 8g • FV 0g
SNACK	24 roasted almonds Net Carbs 2g • FV 0g	2 tbsp pepitas 5 large black olives Net Carbs 1g • FV 1g	1/2 cup red pepper slices 1/4 cup edamame Net Carbs 3g • FV 3g	1/2 cup steamed broccoli 1 tbsp Sherry Vinaigrette* 1 slice vegan cheese Net Carbs 6g • FV 2g	1/2 cup cucumbers 2 tbsp vegan cream cheese Net Carbs 3g • FV 2g	1/2 avocado 1 tbsp salsa 1 tbsp pepitas Net Carbs 2g • FV 1g	1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette* Net Carbs 4g • FV 4g
LUNCH	5 oz Daring Foods meatless chicken 2 cups baby spinach 1/2 cup sliced red pepper 2 tbsp pumpkin seeds 2 tbsp Sherry Vinaigrette* Net Carbs 7g • FV 3g	1 veggie burger patty 2 slices tomato 2 Romaine leaves 1/2 avocado Net Carbs 5g • FV 3g	Sautee of: 1 tbsp olive oil 55 g Soyriso 2 tbsp chopped onion 1 cup shredded cabbage 1/2 cup sliced red pepper Over 1 cup frozen riced cauliflower Net Carbs 11g • FV 8g	1 serving Baked Tofu with Mediterranean Marinade* 2 pieces marinated artichoke heart 1/2 cup sliced cucumber Net Carbs 8g • FV 4g	1 serving Eggless Tofu Salad* 2 cups shredded romaine 2 tbsp pumpkin seeds 1 tbsp Sherry Vinaigrette* Net Carbs 7g • FV 3g	1 serving Baked Tofu with Moroccan Rub* & 1 serving Roasted Asparagus* Net Carbs 9g • FV 3g	5 oz Daring Foods meatless chicken 1 cup steamed broccoli 2 tbsp pumpkin seeds 2 tbsp vegan buttery spread Net Carbs 7g • FV 4g
SNACK	2 stalks celery 2 tbsp almond butter Net Carbs 5g • FV 2g	24 almonds 10 cherry tomatoes Net Carbs 7g • FV 5g	24 almonds Net Carbs 2g • FV 0g	1 serving Vegan Almond-Raspberry Smoothie* Net Carbs 8g • FV 0g	1 cup raspberries 24 roasted almonds Net Carbs 9g • FV 0g	1 serving Vegan Nut & Seed Energy Balls* Net Carbs 8g • FV 0g	3 tbsp peanuts Net Carbs 2g • FV 0g
DINNER	1 serving Baked Tofu with Red Bell Pepper, Broccoli and Peanut Sauce* Net Carbs 15g • FV 4g	1 serving Coconut Curry Tempeh* 2 cups steamed bok choy 2 tbsp olive oil Net Carbs 19g • FV 4g	1/2 cup tempeh 1 serving Romesco Sauce* 2 cups zucchini noodles 1 tbsp olive oil Net Carbs 9g • FV 5g	1 serving Tofu Sautéed with Spinach and Soy Sauce* & 1 serving Sesame Snow Peas* 1/2 cup edamame 1 tbsp olive oil Net Carbs 10g • FV 3g	1 serving vegan "chicken" strips 1 cup cauliflower rice 1 tbsp olive oil 1 serving Sautéed Winter Greens* Net Carbs 12g • FV 8g	1 meatless burger patty 2 cups Romaine 5 grape tomatoes 1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette* Net Carbs 9g • FV 7g	1 meatless bratwurst sausage & 1 serving Broccoli and Cauliflower with Vegan "Cheese" Sauce* Net Carbs 18g • FV 7g
	Total Net Carbs: 41g Foundation Vegetables: 12g	Total Net Carbs: 41g Foundation Vegetables: 13g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 42g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 14g	Total Net Carbs: 40g Foundation Vegetables: 15g	Total Net Carbs: 39g Foundation Vegetables: 14g

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Produce

- ☐ Asparagus (6-ounces)
- ☐ Avocado (2)
- ☐ Bell peppers: red (4 medium), green (1 small)
- ☐ Bok choy (5-ounces)
- ☐ Broccoli (8-ounces)
- ☐ Cabbage (3-ounces)
- ☐ Cauliflower: rice (8-ounces), frozen (2-ounces), fresh (2-ounces)
- ☐ Celery (3 medium stalks)
- ☐ Cucumber (1 large)
- ☐ Edamame (3-ounces)
- ☐ Garlic (2 cloves)
- ☐ Ginger (1-inch knob)
- ☐ Kale (2-ounces)
- ☐ Lemon (1)
- ☐ Lettuce, Romaine (1 small head)
- ☐ Lime (1)
- ☐ Onions: yellow (1 medium), scallions/green (1 medium)
- ☐ Raspberries (7-ounces)
- ☐ Shallots (1-ounce)
- ☐ Snowpeas (2-ounces)
- ☐ Spinach, baby (4-ounces)
- ☐ Strawberries, frozen (2-ounces)
- ☐ Swiss chard (2-ounces)
- ☐ Tomatoes: cherry (10), grape (5), medium (3), Italian (1)
- ☐ Zucchini (1 large)

Cheese/Dairy

- ☐ Almond milk, plain and unsweetened (6 cups)
- ☐ Egg replacer (1 serving)
- ☐ Soy milk (2 tablespoons)
- ☐ Vegan buttery spread (2 tablespoons)
- ☐ Vegan cheddar “cheese” (5-ounces)
- ☐ Vegan cream “cheese” (i.e. Kite Hill) (4 tablespoons)

Meat/Protein

- ☐ Beyond Meat Grilled Beyond Chicken Strips (85 grams)
- ☐ Daring Foods Original meatless “chicken” (10-ounces)
- ☐ Soyrito (55 grams- El Burrito brand suggested)
- ☐ Tempeh (7-ounces)
- ☐ Tofu, firm silken (30-ounces)
- ☐ Vegan bratwurst sausage (1 link with 7 or fewer net carbs)
- ☐ Veggie breakfast sausage patties (5 patties—2 net carbs or less per patty)
- ☐ Veggie burgers (2 patties—2 or less net carbs per patty i.e. Beyond Meat)

Other

- ☐ Agar seaweed
- ☐ Almond butter
- ☐ Almonds, whole roasted
- ☐ Artichoke hearts, marinated
- ☐ Chia seeds
- ☐ Chili garlic sauce
- ☐ Coconut butter
- ☐ Coconut milk (canned)
- ☐ Coconut shreds, unsweetened
- ☐ Hemp seeds/ hearts
- ☐ Maple syrup, sugar free
- ☐ Miso, sweet white
- ☐ Oats, quick cooking rolled
- ☐ Olives, black
- ☐ Peanut butter, natural creamy
- ☐ Peanuts
- ☐ Pickles
- ☐ Pumpkin seeds, hulled (pepitas)
- ☐ Protein powder: vegan blend (like Vega brand) & soy
- ☐ Salsa

Herbs/Spices

- ☐ Fresh cilantro
- ☐ Fresh parsley
- ☐ Fresh rosemary

Pantry

- ☐ Almond meal, from whole almonds
- ☐ Baking powder
- ☐ Black pepper
- ☐ Canola oil
- ☐ Cinnamon
- ☐ Cocoa powder
- ☐ Coconut flour
- ☐ Coriander leaf, ground
- ☐ Cumin
- ☐ Curry powder
- ☐ Dijon mustard
- ☐ Dried oregano
- ☐ Erythritol, powdered
- ☐ Fennel seed
- ☐ Ginger, ground
- ☐ Nutritional yeast
- ☐ Olive oil, extra virgin & light
- ☐ Paprika
- ☐ Red or cayenne pepper
- ☐ Red pepper flakes, crushed
- ☐ Salt
- ☐ Sesame oil, plain
- ☐ Sesame seeds
- ☐ Spelt flour
- ☐ Sucralose based sweetener
- ☐ Tamari soy sauce
- ☐ Truvia (erythritol-stevia blend)
- ☐ Turmeric, ground
- ☐ Vanilla extract
- ☐ Veganaise
- ☐ Vegetable broth
- ☐ Vinegar, Resvera sherry

Menu Notes: Make 5 servings of the Sherry Vinaigrette to use throughout the week.