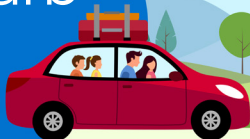




# Atkins™ Low Carb

## *On the Go Recipes*





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# Atkins™ Low Carb

## *On the Road*



Summertime activities oftentimes take us away from home, so this e-cookbook is filled with ideas for low carb snacks and meals for everything from hiking to a day at the lake. All you need is a good cooler with ice to keep food fresh and a filled water bottle to make the most of every summer day!

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# Keto Antipasto Skewers



**Yield:**  
12 servings



**Phase:**  
1



**Net Carbs:**  
1.3g



**Total Time:**  
15 min.



**Difficulty:**  
Easy

## Ingredients

- 12 fresh grape tomatoes
- 12 leaves fresh basil
- 3 ounces roasted red bell pepper
- 3 ounces sopressata salami, sliced
- 3 ounces hard beef and pork salami, sliced
- 5 ounces ciliegine fresh mozzarella cheese
- 2 ounces pitted kalamata olives
- 12 medium green olives
- 12 marinated artichoke heart quarters, drained
- 12 4-inch cocktail skewers

## Directions

1. Wash tomatoes and basil. Cut roasted red pepper into 1x1-inch squares, resulting in 12 squares.
2. Onto each skewer, string one each of the grape tomato, folded basil leaf, piece of roasted red pepper, mozzarella ball, folded slice of each salami, one of each type of olive, and one artichoke heart quarter. Place skewers on a platter to serve. One skewer as described is one serving.





# Coconut Vanilla Energy Bites



**Yield:**  
2 servings



**Phase:**  
2



**Net Carbs:**  
3.2g



**Total Time:**  
1 hr. 5 min.



**Difficulty:**  
Easy

## Ingredients

- 4 1/2 tablespoons shredded unsweetened coconut
- 1 tablespoon blanched, finely ground almond flour
- 1 teaspoon vanilla whey protein powder
- 1 teaspoon flax seed meal
- 4 teaspoons tap water
- 1 tablespoon sugar free maple flavored syrup
- 1/2 Atkins Vanilla Caramel Pretzel Bar

## Directions

1. In a small bowl, combine 4 tablespoons coconut shreds, almond flour, protein powder, and flax meal until evenly combined. Add in water and syrup, stirring to form a paste. Finely dice the Atkins Vanilla Caramel Pretzel Bar and fold into the mix.
2. Use a rounded tablespoon full to form 4 even balls (about 22 grams each), refrigerate for at least an hour to allow them to solidify a bit, then roll in 1/2 tablespoon coconut shreds to coat. Store in an airtight container in the refrigerator for up to 5 days.

Two bites are one serving.





# Air Fryer Greek Yogurt & Hazelnut Granola



**Yield:**  
4 servings



**Phase:**  
2



**Net Carbs:**  
5.3g



**Total Time:**  
1 hr. 25 min



**Difficulty:**  
Moderate

## Ingredients

- 1 egg white
- 1/3 cup plain unsweetened Greek yogurt
- 2 teaspoons Truvia (erythritol-stevia blend)
- 1/4 cup chopped hazelnuts
- 1/4 cup unsweetened coconut shreds
- 1/4 cup hemp hearts
- 1/4 cup pecan halves
- 2 tablespoons quick rolled oats
- 2 tablespoons sugar free white chocolate style baking chips
- 1 tablespoon chia seeds
- 5 fresh raspberries

## Directions

1. Preheat air fryer to 200°F. Prepare parchment paper to fit on air fryer tray.
2. In a small bowl with an electric hand mixer, whip egg white to stiff peaks. Fold in the yogurt and sweetener.
3. In a large bowl combine hazelnuts, coconut, hemp hearts, pecans, oats, white chocolate chips, and chia seeds until evenly distributed. Add chopped raspberries and fold in yogurt mix until evenly coated. Spread into an even layer on the parchment paper, ideally no more than 1/2-inch thick.
4. Cook in the air fryer for an hour, or until the top is golden brown and crispy. Remove from air fryer, flip and break into chunks, and cook for another 15 minutes, until all sides are evenly browned and crispy. Allow to cool completely before storing in an airtight

container at room temperature for up to 5 days, or in the freezer for up to 3 months. Each serving is about 1/2 cup (or 50 grams).



# Simple Keto Crackers



**Yield:**  
2 servings



**Phase:**  
2



**Net Carbs:**  
2.9g



**Total Time:**  
6 min.



**Difficulty:**  
Moderate

## Ingredients

- 1/8 cup blanched, fine grind almond flour
- 2 tablespoons grated parmesan cheese
- 1/2 tablespoon tap water
- 1/4 teaspoon everything bagel seasoning

## Directions

1. In a small bowl combine the almond flour and cheese. Add water and mix until the water is evenly mixed in and the mixture holds together when pinched.
2. Place the cracker dough between two pieces parchment paper and roll into a very thin, roughly 5-inch by 5-inch, square. The more even the thickness, the more evenly the crackers will cook. Sprinkle the top with seasoning.
3. Cut into roughly even sized (1-inch by 1 1/2-inch suggested) crackers and separate on the parchment so that there is a little room between each cracker. Microwave on the parchment for 20-30 seconds, flip each cracker and microwave for another 20-30 seconds. Allow to cool and crisp up before serving.

4. This recipe yields 1 ounce of crackers for two servings, so each serving will be 1/2-ounce or 14 grams. The number of crackers this equates to will depend on the size of the crackers you make.



# Air Fryer Pepperoni Chips



**Yield:**  
2 servings



**Phase:**  
1



**Net Carbs:**  
0.7g



**Total Time:**  
4 min.



**Difficulty:**  
Moderate

## Ingredients

- 56 grams thinly sliced pepperoni

Ingredient Note: We suggest using 3-inch diameter pepperoni slices that are about 1/4-ounce each. Differing size and thickness of pepperoni will change the optimal cooking time.

## Directions

1. Preheat your air fryer to 390°F for at least 3 minutes.
2. Create a single layer with only minimal overlap of pepperoni on the fryer plate. Cover with the dehydrator rack to help keep the pepperoni in place. Fry for 3 minutes 30 seconds.
3. Remove pepperoni slices from the air fryer and allow to cool on a paper towel lined plate for at least 1 minute. Repeat steps 2 and 3 if needed to fry all the pepperoni slices.
4. These chips can be eaten as is, or dipped in guacamole for a delicious snack!





# Mediterranean Salad with Hearts of Palm



**Yield:**  
8 servings



**Phase:**  
2



**Net Carbs:**  
5.6g



**Total Time:**  
50 min.



**Difficulty:**  
Easy

## Ingredients

- 2 1/3 cups chopped fresh tomatoes
- 2 small peeled cucumbers
- 5 pieces canned hearts of palm
- 1/2 cup canned garbanzo beans
- 1/2 cup chopped fresh red onion
- 4 ounces feta cheese
- 1/2 cup olive oil
- 3 tablespoons white wine vinegar
- 2/3 cups fresh basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

## Directions

1. Into a large bowl, add tomato chopped into 1-inch cubes; peeled, seeded, and chopped cucumber; drained palm hearts sliced into 1/4-inch thick rounds; chopped red onion; garbanzo beans; and crumbled feta cheese. Gently fold to evenly distribute.
2. In a blender, puree together olive oil, vinegar, 1/3 cup basil leaves, salt and pepper. Pour over the vegetables, gently fold, and refrigerate for at least 30 minutes to allow flavors to meld. Thinly slice remaining basil leaves and use to garnish salad before serving.



# Mediterranean Canned Tuna & Cucumber Salad



**Yield:**  
4 servings



**Phase:**  
2



**Net Carbs:**  
8g



**Total Time:**  
20 min



**Difficulty:**  
Moderate

## Ingredients

- 1 fresh cucumber
- 12 fresh cherry tomatoes
- 1/2 medium fresh red onion
- 1 avocado
- 16 large green olives
- 1/2 cup canned chickpeas
- 8 ounces drained canned tuna
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- 1 teaspoon lemon zest
- 3/4 teaspoon salt
- 1/2 teaspoon fresh garlic
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper

## Directions

1. Slice the cucumber in half lengthwise, then into 1/4-inch slices. Halve grape tomatoes, slice 1/2-inch red onion slices into sixths, thickly slice avocado, and halve green olives.
2. Add all the prepared vegetables to a large bowl with the drained and rinsed chickpeas and drained and rinsed tuna.
3. In a small bowl, or jar with a tightfitting lid, whisk together olive oil, lemon juice, minced parsley, lemon zest, salt, minced or pressed garlic, dried oregano, and ground pepper. Pour over the vegetables and tuna and gently fold until vegetables are evenly coated. Serve immediately or store in the refrigerator for up to 5 days. Each serving is about 1 2/3 cups.



# Mediterranean Salad with Rotisserie Chicken



**Yield:**  
4 servings



**Phase:**  
2



**Net Carbs:**  
9.8g



**Total Time:**  
15 min.



**Difficulty:**  
Easy

## Ingredients

- 1/4 cup olive oil
- 2 tablespoons tahini
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon fresh garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups fresh tomatoes
- 1 medium fresh cucumber
- 2/3 medium fresh red onion
- 3 ounces pitted kalamata olives
- 2 ounces feta cheese
- 6 cups fresh spring mix
- 2 cups rotisserie chicken
- 1/2 cup fresh parsley
- 4 wedges fresh lemon

## Directions

1. In a blender, combine olive oil, tahini, vinegar, oregano, garlic, salt and pepper until well combined and smooth. Set aside.
2. In a medium bowl, fold together roughly chopped tomatoes, cucumber, red onion, sliced Kalamata olives, and crumbled feta cheese with 3 tablespoons tahini dressing.
3. To assemble salads, in each of 4 bowls heap 1 1/2 cups salad greens drizzled with a rounded 1/2 tablespoon dressing, 1/2 cup rotisserie chicken, and 1 1/4 cup tomato and cucumber mix. Garnish each with 2 tablespoons parsley leaves, and squeeze 1/8 of a lemon over the top. Add a garnish of red pepper flakes if desired.





# Atkins™ Nacho Protein Chips Tacos in a Bag



**Yield:**  
6 servings



**Phase:**  
1



**Net Carbs:**  
6.6g



**Total Time:**  
30 min.



**Difficulty:**  
Easy

## Ingredients

- 1 pound ground beef
- 6 large fresh radishes
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 10-ounce can diced tomatoes with green chilies
- 6 bags Atkins Nacho Cheese Protein Chips
- 3 tablespoons sour cream
- 3 tablespoons chopped scallions
- 2 tablespoons shredded sharp cheddar

## Directions

1. In a large skillet over medium heat, brown the ground beef until cooked through. Chop radishes and add them to the ground beef. Sprinkle with chili powder, salt and garlic powder and stir until fragrant. Stir in the diced tomatoes with green chili, reduce heat to medium low, cover and cook until the radishes are tender, about 5 minutes. Remove the cover and allow the liquid to reduce, about 5 minutes more.
2. Add 2/3 cup meat mixture to each bag of chips. Top each bag with 1/2 tablespoon sour cream, 1/2 tablespoon sliced dark green portion of green onions, and 1 teaspoon cheddar cheese. Enjoy while hot. One bag assembled as described is one serving.



# Keto Air Fryer Picnic Chicken



**Yield:**  
6 servings



**Phase:**  
1



**Net Carbs:**  
1.1g



**Total Time:**  
2 hr. 25 min.



**Difficulty:**  
Moderate

## Ingredients

- 1 cup whole milk buttermilk
- 1 hot red chili pepper
- 2 cloves fresh garlic
- 33 ounces raw chicken drumsticks with skin
- 42 grams pork rinds
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried marjoran
- Olive oil spary

Ingredient note: Look for 6 chicken legs that weigh in all together at just over 2 pounds for this recipe.

## Directions

1. In a blender, combine buttermilk, garlic and chili pepper until pureed. Place chicken in a flat bottomed container, pour the buttermilk marinade over and ensure each piece is evenly coated on all sides. Refrigerate for at least 2 hours, or up to 12 hours.
2. Heat Air Fryer to 390°F.
3. In a large bowl, crush the pork rinds and combine with basil, oregano, and marjoram. Working in batches based on how many chicken legs will fit in a single layer (with room between) in your air fryer, remove a chicken leg from the marinade, roll in the pork rinds to coat all sides, and place on a baking sheet. Spray each side of the chicken leg with a light layer of cooking spray. Repeat for the number of chicken legs that will fit in your air fryer. Immediately place chicken in a single layer in your air fryer and cook for 12 minutes, flip each leg and cook for another 6 minutes, or until chicken registers 165°F using an instant read

thermometer. Repeat until all chicken is cooked. Serve while warm, or allow to cool at room temperature for 20 minutes, then refrigerate and serve cool for a picnic. One chicken leg is one serving.





# Keto Instant Pot® Barbecue Pulled Pork



**Yield:**  
16 servings



**Phase:**  
1



**Net Carbs:**  
1.4g



**Total Time:**  
1 hr. 10 min.



**Difficulty:**  
Moderate

## Ingredients

- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon Swerve Brown sweetener
- 2 teaspoons chili powder
- 2 teaspoons ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard powder
- 1/2 teaspoon ground allspice
- 1 tablespoon olive oil
- 1 cup beef broth
- 1/3 cup apple cider vinegar
- 2 tablespoons tomato paste
- 4-pounds pork roast (loin or picnic suggested)

## Directions

1. In a small bowl, combine the cumin, garlic powder, onion powder, sweetener, chili powder, pepper, salt, mustard, and allspice. Cut the roast into roughly 2-inch cubes (removed from bone, if needed). Rub the spice mix over all surfaces of the pork roast cubes.
2. Set the Instant Pot® to sauté mode and let warm. Once hot, swirl in the oil and working in batches, brown all sides of the roast cubes, about 2 minutes per side. Remove browned pork to a plate and turn off the Instant Pot®.
3. In a small bowl, mix together the broth, vinegar and tomato paste. Add to the instant pot and scrape up any browned bits from the bottom. Add the meat and any accumulated juices back to the pot, and set for pressure cooking on high for 40 minutes. Allow a natural pressure release for 10 minutes and then manually release the remaining pressure.

4. Remove the pork to a cutting board and use forks to pull the pork apart. Set the Instant Pot® back to sauté and allow the juices to simmer and reduce for about 10 minutes. Add 1/2 cup of the reduced juices back to the pulled meat and serve. Each serving is about 1/2 cup pulled pork.

Use this recipe as a protein base for any meal. For dinner, mix the meat with sugar-free barbecue sauce and serve with a side salad and a serving Cauli Mac and Cheese. For lunch, use in a bowl along with riced cauliflower and cherry tomatoes with a dollop of Sriracha mayonnaise. As a snack, fold 1/2 serving into a slice of cheese, with some cucumber slices on the side. Or make into tacos using a lettuce leaf or low carb tortilla as a shell and topping with green chili, sour cream and cheddar cheese.





# Keto Mediterranean

## "Add an Egg" Scramble



**Yield:**  
1 servings



**Phase:**  
1



**Net Carbs:**  
5.9g



**Total Time:**  
13 min.



**Difficulty:**  
Easy

### Ingredients

- Olive oil cooking spray
- 1/2 cup fresh baby spinach
- 1 thin slice fresh red onion
- 1/4 cup chopped fresh yellow bell pepper
- 10 large green olives
- 3 fresh cherry tomatoes
- 2 tablespoons crumbled feta cheese
- 1/4 teaspoon dried oregano
- 2 large eggs

Equipment note: You will need an 11-fluid ounce or larger microwave safe container for this recipe. We found Weck jars that do not have metal on the body of the jar, and that have lids, work well.

### Directions

1. Spray a microwave safe 11-fluid ounce or larger container with olive oil. Layer baby spinach, sliced onion pieces, chopped yellow pepper, sliced olives, quartered tomatoes, and feta cheese into the jar. Sprinkle with oregano, cover tightly with lid or plastic wrap and refrigerate until ready to use. It will keep for up to 3 days.
2. When ready to cook, crack two eggs into the jar and mix until well combined and the egg is evenly distributed. (NOTE: If your jar or container is on the smaller side, it may be less messy to whisk the two eggs in a separate bowl, then toss with the contents of the jar.) Cover jar with a wet paper towel and microwave at high power for 1:30 minutes. Remove, stir well, then cook another 1:30 minutes, or until it reaches an internal temperature of 160°. Salt to taste and enjoy while warm. One jar as described is one serving.



# Chocolate Peanut Butter Cookie Overnight Oats



**Yield:**  
1 servings



**Phase:**  
3



**Net Carbs:**  
13.2g



**Total Time:**  
4 hr. 5 min.



**Difficulty:**  
Easy

## Ingredients

- 1 cup unsweetened, plain coconut milk beverage
- 1/2 scoop chocolate protein powder
- 2 tablespoons raw, quick rolled oats
- 2 tablespoons hemp hearts
- 1 tablespoon chia seeds
- 1 pinch salt
- 1 Atkins Peanut Butter Protein Cookie
- 1 tablespoon whole milk, plain Greek yogurt

## Directions

1. In a blender, combine the coconut milk and protein powder.
2. In an 8-ounce jar with a tight fitting lid, use a fork to combine oats, hemp hearts, chia and a pinch of salt. Mix in the coconut milk, making sure to evenly distribute the oats and chia. Roughly chop the cookie. Set ¼ of the cookie aside for garnish, and stir the remaining cookie into the oatmeal mixture. Cover and refrigerate overnight, or for at least 4 hours.
3. Top the oats with one tablespoon Greek yogurt and crumble the remaining quarter cookie over the top before serving.



# Keto Zucchini Bread Muffins



**Yield:**  
6 servings



**Phase:**  
1



**Net Carbs:**  
2.4 g



**Total Time:**  
35 min.



**Difficulty:**  
Moderate

## Ingredients

- 2 large eggs
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 4 1/2 ounces zucchini
- 1 cup ground golden flaxseed meal
- 1 ounce vanilla whey protein powder
- 1/3 cup sucralose based sweetener
- 1 1/2 teaspoons cinnamon
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg

## Directions

1. Preheat an oven to 350°F. Grease 6 wells of a standard non-stick muffin tin.
2. Combine the eggs, oil and vanilla in a small bowl. Using a whisk beat until frothy about 1 minute. Shred the zucchini, add it to the bowl mixing to combine.
3. Add the flax meal, protein powder, granular sugar substitute, baking powder, salt, and spices. Mix with a spoon to combine.
4. Bake for 25 minutes until slightly puffed, golden and cooked through. Enjoy with cream cheese if desired.





# Keto Coconut Bread



**Yield:**  
16 servings



**Phase:**  
1



**Net Carbs:**  
1.3g



**Total Time:**  
47 min.



**Difficulty:**  
Difficult

## Ingredients

- 6 large eggs
- 1/2 cup unsalted butter
- 1 teaspoon xylitol
- 3/4 cup finely ground coconut flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

## Directions

1. Preheat oven to 350°F. Grease a small bread pan (8x4-inches or smaller).
2. Combine room temperature eggs, xylitol and melted butter. Whisk for 1 minute. Sift together the coconut flour, baking powder and salt.
3. Add the flour mixture to the eggs and blend until thickened. Bake for 35-40 minutes until the sides pull away from the pan and are golden brown. Allow to cool in the pan for 10 minutes then transfer to a wire rack to finish cooling; about 30 minutes. Store in an air-tight container in the refrigerator for up to 2 weeks. Makes 16 x 1/2-inch slices. Nutritionals reflect 1 slice per serving.



# Keto Barbecue Cloud Bread Sandwiches



**Yield:**  
5 servings



**Phase:**  
1



**Net Carbs:**  
5.4 g



**Total Time:**  
45 min.



**Difficulty:**  
Moderate

## Ingredients

- 2 bags Atkins Chipotle BBQ Protein Chips
- 4 large eggs
- 1/8 teaspoon cream of tarter
- 4 ounces cream cheese
- 1/4 teaspoon salt
- 5 pieces green leaf lettuce
- 5 medium slices tomato
- 10 ounces roasted turkey breast
- 3 3/4 ounces cheddar cheese
- 5 thin slices red onion

## Directions

1. Heat oven to 300°. Line two sheet pans with parchment paper.
2. In a food processor, process chips into crumbs. Set aside 4 teaspoons; pour the rest into a medium bowl.
3. Separate the egg whites and yolks, placing the yolks in the bowl with the chips, and placing the egg whites into a large mixing bowl, or the bowl of a stand mixer with a whip attachment. Sprinkle egg whites with cream of tartar and whip until stiff peaks form.
4. Warm cream cheese gently in a microwave (15 seconds) or over steaming water. Whisk together with egg yolks, chips and salt. Gently fold in egg whites, one third at a time, until combined and very fluffy.

5. Form barbecue cloud buns by scooping ¼ cup batter onto the parchment lined sheet pans, spreading gently into 3-inch rounds with about 1 inch between. Sprinkle buns evenly with the reserved 4 teaspoons chip crumbs. Each sheet pan should hold 5 buns. Bake for 25-30 minutes, until tops are nicely browned. Allow the buns to cool on the sheet pan before assembling sandwiches.
6. Assemble sandwiches just before serving (cloud bread does not hold up to moisture). On one bun, layer 1 leaf lettuce, 1 slice tomato, one slice red onion, 2 ounces sliced roasted turkey, and a ¾-ounce slice cheddar cheese, then top with a second bun. Serve and eat immediately; one serving is one sandwich as described. Store cloud bread buns not eaten immediately separated with parchment in the refrigerator or freezer.



