# ATKINS 20® Quick Start Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>DINNER</strong></td>
</tr>
<tr>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble 1/4 avocado</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Frozen Chicken and Broccoli Alfredo 1 cup sliced mushrooms 1 tbsp butter</td>
<td>Atkins Frozen Chicken and Broccoli Alfredo 1 cup sliced mushrooms 1 tbsp butter</td>
<td>Atkins Frozen Mongolian-Style Beef Cauliflower Bowl 1 tsp mayonnaise 1/2 tsp sriracha</td>
<td>Atkins Roasted Chicken Thighs with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil</td>
<td>Atkins Frozen Beef Teriyaki Stir Fry 1/2 cup sliced red bell pepper 6 oz lamb chops</td>
</tr>
<tr>
<td>1/2 cup chopped zucchini 1/2 cup sliced mushrooms 2 eggs 2 tbsp butter</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese</td>
<td>1 serving Keto Canned Tuna and Artichoke Salad* 2/3 cup sliced cucumber 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing*</td>
<td>Atkins Frozen Ham &amp; Cheese Omelet</td>
<td>Atkins Lemon Bar</td>
<td>Atkins Frozen Chili Con Carne</td>
</tr>
<tr>
<td>Net Carbs 6g • FV 3g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 7g • FV 5g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 5g • FV 0g</td>
</tr>
<tr>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Double Chocolate Chip Protein Cookie</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Frozen Cheddar Chicken Risotto</td>
<td>Atkins Frozen Chili Con Carne</td>
<td></td>
</tr>
<tr>
<td>1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing*</td>
<td>Atkins Frozen Cheese Grilled Chicken Thighs*</td>
<td>1 serving Keto Lemon-Herb Grilled Chicken Thighs*</td>
<td>Atkins Frozen Cheesy Chicken Risotto</td>
<td>Atkins Frozen Cheesy Chicken Risotto</td>
<td>Atkins Frozen Cheese Grilled Chicken Thighs*</td>
<td></td>
</tr>
<tr>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 7g • FV 2g</td>
<td>Net Carbs 3g • FV 0g</td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
<td><strong>SNACK</strong></td>
</tr>
<tr>
<td>1 serving Roasted Salmon with Avocado-Tomatillo Salsa*</td>
<td>Atkins Strawberry Shake</td>
<td>1 serving Roasted Chicken Thighs with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil</td>
<td>Atkins Roasted Chicken Thighs with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil</td>
<td>Atkins Frozen Beef Teriyaki Stir Fry 1/2 cup sliced red bell pepper 6 oz lamb chops</td>
<td>Atkins Roasted Chicken Thighs with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil</td>
<td>Atkins Roasted Chicken Thighs with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil</td>
</tr>
<tr>
<td>5 oz salmon 16 large green olives</td>
<td>Atkins Butter Pecan Brownie</td>
<td>1 serving Grilled Bell Peppers with skin 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter</td>
<td>1 serving Grilled Bell Peppers with skin 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter</td>
<td>1 serving Grilled Bell Peppers with skin 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter</td>
<td>1 serving Green Bean and Mushroom Salad* 1 serving Grilled Bell Peppers with skin 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter</td>
<td>1 serving Green Bean and Mushroom Salad* 1 serving Grilled Bell Peppers with skin 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter</td>
</tr>
<tr>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
</tr>
</tbody>
</table>

*Visit Atkins.com/recipes for recipes! Can’t find Atkins frozen entrées? Try our standard meal plans or search 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 Omelette
- 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 Lemon 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 Quick Start Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Atkins Frozen Bacon Scramble</td>
<td>3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell peppers 1 medium slice red onion 1 tbsp olive oil</td>
<td>1 serving Keto Yellow Squash and Gruyere Frittata*</td>
<td>Atkins Frozen Farmhouse-Style Sausage Scramble</td>
<td>1 serving Broccoli and Bacon Egg Bites*</td>
<td>1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1/2 avocado</td>
<td>1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini*</td>
</tr>
<tr>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 3g • FV 1g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 3g • FV 2g</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Lemon Bar</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Lemon Bar</td>
<td>Atkins Chai Tea Latte Shake</td>
</tr>
<tr>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber 8 large green olives</td>
<td>1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes</td>
<td>Atkins Frozen Chicken Margherita 2 leaves Romaine lettuce 5 cherry tomatoes 1 tbsp olive oil 1 tsp red wine vinegar</td>
<td>1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper</td>
<td>Atkins Frozen Asian-Style Chicken Stir Fry 1/2 cup sliced cucumber 4 cherry tomatoes 1/2 tbsp olive oil</td>
<td>Atkins Frozen Asian-Style Chicken Stir Fry</td>
<td>Atkins Frozen Beef Merlot</td>
</tr>
<tr>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 6g • FV 6g</td>
<td>Net Carbs 9g • FV 5g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 6g • FV 3g</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Atkins Nacho Cheese Protein Chips</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Strawberry Shake</td>
<td>Atkins Double Chocolate Chip Protein Cookie</td>
<td>Atkins Creamy Vanilla Shake Blended with: 1/4 cup baby spinach 1 tbsp heavy cream</td>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Double Chocolate Chip Protein Cookie</td>
</tr>
<tr>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>1 serving Grilled Chicken Chimichurri* 1 large zucchini, grilled 1 tbsp olive oil</td>
<td>Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower</td>
<td>1 serving Cauliflower Salad with Salmon*</td>
<td>1 serving Keto Warm Chicken and Radish Salad with Wilted Romaine*</td>
<td>1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 dill pickle 1 tbsp mayonnaise</td>
<td>Atkins Frozen Crustless Chicken Pot Pie</td>
<td>1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell pepper</td>
</tr>
<tr>
<td>Net Carbs 8g • FV 8g</td>
<td>Net Carbs 6g • FV 2g</td>
<td>Net Carbs 7g • FV 7g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 6g • FV 3g</td>
<td>Net Carbs 8g • FV 7g</td>
</tr>
</tbody>
</table>

Total Net Carbs: 23g

Foundation Vegetables: 12g

*Visit Atkins.com/recipes for recipes! Can’t find Atkins frozen entrées? Try our standard meal plans or search 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 Lemon Bars
- 1 Atkins Nacho Cheese Protein Chips

Produce

- Avocado (2)
- Bell peppers, red (9-ounces)
- Broccolini (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)

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)

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)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

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.