

Quick Start Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Farmhouse-Style Sausage Scramble 1/4 avocado	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers*	1/2 cup chopped zucchini 1/2 cup sliced mushrooms 2 eggs 2 tbsp butter	Atkins Frozen Ham & Cheese Omelet	Atkins Chai Tea Latte Shake Blended with: 1/2 avocado 2 tbsp heavy cream	1 serving Poached Eggs over Tomato, Avocado and Muenster*	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*
	Net Carbs 6g • FV 3g	Net Carbs 3g • FV 3g	Net Carbs 3g • FV 2g	Net Carbs 4g • FV 0g	Net Carbs 5g • FV 1g	Net Carbs 4g • FV 3g	Net Carbs 6g • FV 5g
SNACK	Atkins Creamy Vanilla Shake	Atkins Double Fudge Brownie Bar	Atkins Creamy Caramel Shake	Atkins Lemon Bar	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing*	Atkins Double Fudge Brownie Bar	Atkins Strawberry Shake
	Net Carbs 2g • FV 0g	Net Carbs 4g • FV 0g	Net Carbs 2g • FV 1g	Net Carbs 3g • FV 0g	Net Carbs 3g • FV 3g	Net Carbs 4g • FV 0g	Net Carbs 2g • FV 0g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 16 large green olives	Atkins Frozen Chicken and Broccoli Alfredo 1 cup sliced mushrooms 1 tbsp butter	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese	1 serving Keto Chicken Salad Wraps* 2/3 cup sliced cucumber 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing*	Atkins Frozen Cheesy Chicken Risotto	1 serving Keto Lemon-Herb Grilled Chicken Thighs* 1 serving Green Bean and Mushroom Salad*	Atkins Frozen Chili Con Carne
	Net Carbs 5g • FV 5g	Net Carbs 7g • FV 5g	Net Carbs 6g • FV 6g	Net Carbs 5g • FV 5g	Net Carbs 6g • FV 4g	Net Carbs 5g • FV 4g	Net Carbs 7g • FV 3g
SNACK	Atkins Nacho Cheese Protein Chips	Atkins Strawberry Shake	Atkins Double Chocolate Chip Protein Cookie	Atkins Creamy Vanilla Shake	Atkins Double Chocolate Chip Protein Cookie	Atkins Creamy Caramel Shake	Atkins Lemon Bar
	Net Carbs 4g • FV 0g	Net Carbs 2g • FV 0g	Net Carbs 3g • FV 0g	Net Carbs 2g • FV 0g	Net Carbs 3g • FV 0g	Net Carbs 2g • FV 0g	Net Carbs 3g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*	1 rotisserie chicken thigh with skin 1 oz Monterey jack cheese 1 serving Cucumber Dill Salad* 1 tbsp olive oil	Atkins Frozen Mongolian-Style Beef Cauliflower Bowl 1 tbsp mayonnaise 1/2 tsp sriracha	1 serving Grilled Bell Peppers and Onions* 5 oz grilled pork loin 3/4 cup frozen cauliflower rice 2 tbsp butter	1 serving Keto Lemon-Herb Grilled Chicken Thighs* 1 serving Asparagus with Sun Dried Tomato Vinaigrette*	Atkins Frozen Beef Teriyaki Stir Fry 1/2 cup sliced red bell pepper	1 serving Green Bean and Mushroom Salad* 6 oz lamb chops
	Net Carbs 5g • FV 5g	Net Carbs 5g • FV 5g	Net Carbs 8g • FV 4g	Net Carbs 8g • FV 7g	Net Carbs 5g • FV 5g	Net Carbs 8g • FV 5g	Net Carbs 5g • FV 4g
	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 21g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 22g Foundation Vegetables: 13g

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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
- ☐ 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.

Quick Start Menu

Notes:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Atkins Frozen Bacon Scramble Net Carbs 4g • FV 0g	3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell peppers 1 medium slice red onion 1 tbsp olive oil Net Carbs 5g • FV 5g	1 serving Keto Yellow Squash and Gruyere Frittata* Net Carbs 1g • FV 0g	Atkins Frozen Farmhouse-Style Sausage Scramble Net Carbs 5g • FV 2g	1 serving Broccoli and Bacon Egg Bites* Net Carbs 3g • 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 Lemon Bar Net Carbs 3g • FV 0g	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Lemon Bar Net Carbs 3g • FV 0g	Atkins Chai Tea Latte Shake Net Carbs 3g • FV 0g
LUNCH	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 Net Carbs 5g • FV 5g	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes Net Carbs 6g • FV 6g	Atkins Frozen Chicken Margherita 2 leaves Romaine lettuce 5 cherry tomatoes 1 tbsp olive oil 1 tsp red wine vinegar Net Carbs 9g • FV 5g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper Net Carbs 5g • FV 5g	Atkins Frozen Asian-Style Chicken Stir Fry Net Carbs 6g • FV 5g	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil Net Carbs 5g • FV 5g	Atkins Frozen Beef Merlot Net Carbs 6g • FV 3g
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 1 tbsp heavy cream Net Carbs 3g • 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 Net Carbs 8g • FV 8g Total Net Carbs: 23g Foundation Vegetables: 12g	Atkins Frozen Roasted Turkey with Garlic Mashed Cauliflower Net Carbs 6g • FV 2g Total Net Carbs: 23g Foundation Vegetables: 12g	1 serving Cauliflower Salad with Salmon* Net Carbs 7g • FV 7g Total Net Carbs: 23g Foundation Vegetables: 12g	1 serving Keto Warm Chicken and Radish Salad with Wilted Romaine* Net Carbs 6g • FV 5g Total Net Carbs: 22g Foundation Vegetables: 12g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 dill pickle 1 tbsp mayonnaise Net Carbs 5g • FV 5g Total Net Carbs: 22g Foundation Vegetables: 12g	Atkins Frozen Crustless Chicken Pot Pie Net Carbs 6g • FV 3g Total Net Carbs: 21g Foundation Vegetables: 12g	1 serving Grilled Chicken over Baby Spinach, Tomato, and Avocado Salad* 1/2 cup sliced red bell pepper Net Carbs 8g • FV 7g Total Net Carbs: 23g Foundation Vegetables: 12g

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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
- ☐ 2 Atkins Lemon Bars
- ☐ 1 Atkins Nacho Cheese Protein Chips

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)

Herbs/Spices

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

Produce

- ☐ Avocado (2)
- ☐ Bell peppers, red (9-ounces)
- ☐ Broccoli (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)

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)

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.