# ATKINS 20®

## Standard Menu Plan

### MONDAY

**BREAKFAST**
- 1 serving Eggs with Cheddar, Asparagus, Salsa and Sour Cream*  
  1/4 avocado
  - Net Carbs: 4g • FV: 3g

**SNACK**
- Atkins Chai Tea Latte Shake
  - Net Carbs: 3g • FV: 0g

**LUNCH**
- 1 serving Cucumber Dill Salad*  
  5 oz salmon  
  6 large black olives
  - Net Carbs: 6g • FV: 6g

**SNACK**
- Atkins Ranch Protein Chips
  - Net Carbs: 4g • FV: 0g

**DINNER**
- 1 serving Grilled Bell Peppers and Onions*  
  1 tbsp olive oil  
  1 oz Monterey jack cheese  
  1 rotisserie chicken thigh
  - Net Carbs: 5g • FV: 5g

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### TUESDAY

**BREAKFAST**
- 1 serving Breakfast Sausage Sauteed with Red and Green Bell Peppers*  
  2 eggs  
  2 tbsp butter  
  1/2 cup chopped zucchini  
  1/2 cup sliced mushrooms
  - Net Carbs: 3g • FV: 2g

**SNACK**
- Atkins Double Fudge Brownie Bar
  - Net Carbs: 4g • FV: 0g

**LUNCH**
- 1 serving Grilled Steak with Peppers and Onions*  
  2/3 cup sliced cucumber  
  2 cups mixed baby greens  
  2 tbsp Keto Creamy Italian Dressing*
  - Net Carbs: 6g • FV: 6g

**SNACK**
- Atkins Chocolate Chip Protein Cookie
  - Net Carbs: 3g • FV: 0g

**DINNER**
- 1 serving Grilled Bell Peppers and Onions*  
  5 oz grilled pork loin  
  3/4 cup frozen cauliflower rice  
  2 tbsp butter
  - Net Carbs: 8g • FV: 7g

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### WEDNESDAY

**BREAKFAST**
- 2 eggs  
  2 tbsp butter  
  1/2 cup chopped zucchini  
  1/2 cup sliced mushrooms
  - Net Carbs: 3g • FV: 2g

**SNACK**
- Atkins Creamy Caramel Shake
  - Net Carbs: 2g • FV: 1g

**LUNCH**
- 1 serving Keto Chicken Salad Wraps*  
  1 oz gruyere cheese
  - Net Carbs: 3g • FV: 0g

**SNACK**
- Atkins Chocolate Chip Protein Cookie
  - Net Carbs: 2g • FV: 0g

**DINNER**
- 1 serving Grilled Bell Peppers and Onions*  
  5 oz grilled pork loin  
  3/4 cup frozen cauliflower rice  
  2 tbsp butter
  - Net Carbs: 8g • FV: 7g

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### THURSDAY

**BREAKFAST**
- 1 serving Turkey-Wrapped Breakfast *Tacos*  
  - Net Carbs: 3g • FV: 0g

**SNACK**
- Atkins Lemon Bar
  - Net Carbs: 4g • FV: 3g

**LUNCH**
- 1 serving Keto Chicken Salad Wraps*  
  1/2 cup sliced red bell pepper  
  5 radishes  
  2 tbsp Keto Creamy Italian Dressing*
  - Net Carbs: 3g • FV: 0g

**SNACK**
- Atkins Chocolate Chip Protein Cookie
  - Net Carbs: 3g • FV: 0g

**DINNER**
- 1 serving Grilled Bell Peppers and Onions*  
  5 oz grilled pork loin  
  3/4 cup frozen cauliflower rice  
  2 tbsp butter
  - Net Carbs: 8g • FV: 7g

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### FRIDAY

**BREAKFAST**
- Atkins Chai Tea Latte Shake blended with:  
  1/2 avocado  
  2 tbsp heavy cream
  - Net Carbs: 5g • FV: 1g

**SNACK**
- Atkins Creamy Caramel Shake
  - Net Carbs: 4g • FV: 3g

**LUNCH**
- 1 serving Poached Eggs over Tomato, Avocado and Muenster*
  - Net Carbs: 6g • FV: 5g

**SNACK**
- Atkins Strawberry Shake
  - Net Carbs: 2g • FV: 0g

**DINNER**
- 1 serving Keto Lemon-Herb Grilled Chicken Thigh*  
  1 serving Green Bean and Mushroom Salad*
  - Net Carbs: 3g • FV: 0g

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### SATURDAY

**BREAKFAST**
- 1 serving Sausage Sauteed with Red and Green Bell Pepper and Cheddar*
  - Net Carbs: 4g • FV: 3g

**SNACK**
- Atkins Lemon Bar
  - Net Carbs: 4g • FV: 3g

**LUNCH**
- 1 serving Sausage Legs with Spicy Avocado-Tomatillo Salsa*
  - Net Carbs: 5g • FV: 5g

**SNACK**
- Atkins Endulge Strawberry Cheesecake Dessert Bar
  - Net Carbs: 3g • FV: 0g

**DINNER**
- 1 serving Sausage Sauteed with Red and Green Bell Pepper and Cheddar*
  6 oz lamb chops
  - Net Carbs: 5g • FV: 4g

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### SUNDAY

**BREAKFAST**
- 1 serving Sausage Sauteed with Red and Green Bell Pepper and Cheddar*
  - Net Carbs: 4g • FV: 3g

**SNACK**
- Atkins Lemon Bar
  - Net Carbs: 4g • FV: 3g

**LUNCH**
- 1 serving Sausage Legs with Spicy Avocado-Tomatillo Salsa*
  - Net Carbs: 5g • FV: 5g

**SNACK**
- Atkins Endulge Strawberry Cheesecake Dessert Bar
  - Net Carbs: 3g • FV: 0g

**DINNER**
- 1 serving Sausage Sauteed with Red and Green Bell Pepper and Cheddar*
  6 oz lamb chops
  - Net Carbs: 5g • FV: 4g

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*Visit Atkins.com/recipes for recipes!
Atkins Products
- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Creamy Vanilla Shake
- 1 Atkins Strawberry Shake
- 2 Atkins Chocolate Chip Protein Cookies
- 1 Atkins Double Fudge Brownie Bar
- 2 Atkins Lemon Bars
- 2 Atkins Endulge Strawberry Cheesecake Dessert Bars
- 1 Atkins Ranch Protein Chips

Meat/Protein
- Beef: tenderloin (5-ounces), 80% lean ground (3-ounces), top sirloin (6-ounces)
- Chicken: thigh (1 rotisserie cooked; 2 raw with skin), leg quarter (1), breast (4-ounces), chorizo sausage (1 link), rotisserie cooked (4-ounces)
- Lamb: chops (6-ounces)
- Pork: loin (5-ounces), breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links), roasted light meat (3-ounces)

Cheese/Dairy
- Blue cheese (1 tablespoon)
- Cheddar cheese (3-ounces)
- Eggs (7)
- Gruyere cheese (1-ounce)
- Heavy cream (3 tablespoons)
- Monterey Jack cheese (3-ounces)
- Mozzarella, fresh (4-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1 tablespoon)
- Sour cream (2 tablespoons)

Produce
- Asparagus (12-ounces)
- Avocado (2)
- Bell pepper: red (8-ounces), green (11-ounces)
- Cauliflower: florets (1 cup), frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumber (18-ounces)
- Garlic (4 cloves)
- Green beans (3-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), mixed baby greens (5 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (2 medium leaves)
- Mushrooms, button (8-ounces)
- Onions: red (3-ounces), yellow (2-ounces), scallions (1 medium)
- Peppers, serrano (1)
- Radishes (6)
- Spinach, baby (2 cups)
- Tomatillos (1 medium)
- Tomatoes: medium (1), cherry or grape (10)
- Zucchini (3-ounces)

Herbs/Spices
- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley

Other
- Artichoke hearts, marinated
- Capers
- Green chili peppers, canned
- Olives: black large canned, Kalamata
- Salsa, red
- Sun dried tomatoes

Pantry
- Black pepper
- Butter
- Canola oil
- Chili powder
- Cumin
- Dijon mustard
- Dried oregano
- Dried parsley
- Dried tarragon
- Garlic powder
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin & light
- Red pepper flakes, crushed
- Salt
- Sucralose: granulated
- Vinegar: white wine, red wine, balsamic
- White pepper
- Xylitol

Menu Notes: Make 2 servings cucumber dill salad, 2 servings of keto lemon herb grilled chicken thighs, 2 servings green bean and mushrooms salad, and 2 servings of keto chicken caprese bowls (one for this week and one for next).
## Atkins 20® Standard Menu Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles*</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>1 serving Keto Chicken Salad*</td>
<td>Atkins Ranch Protein Chips</td>
<td>1 serving Keto Grilled Chicken Chimichurri*</td>
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<tr>
<td></td>
<td>1/4 avocado</td>
<td>Atkins Creamy Caramel Shake</td>
<td>2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 large zucchini, grilled 1 tbsp olive oil</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 3g • FV 3g</td>
<td>Net Carbs 2g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 8g • FV 8g</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Sauté of: 3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell pepper 1 slice red onion 1 tbsp olive oil</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 serving Keto Chicken Caprese Bowls*</td>
<td>Atkins Endulge Strawberry Cheesecake Dessert Bar</td>
<td>1 serving Cauliflower Salad with Salmon*</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 1g • FV 0g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 4g • FV 2g</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1 serving Keto Yellow Squash and Gruyere Frittata*</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>1 serving Keto Fresh Mozzarella Salad with Basil Pesto*</td>
<td>Atkins Chocolate Chip Protein Cookie</td>
<td>3/4 avocado</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 5g • FV 0g</td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 9g • FV 9g</td>
</tr>
<tr>
<td>Thursday</td>
<td>1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks*</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 serving Mixed Greens with Cucumber, Red Bell Pepper, and Creamy basil*</td>
<td>Atkins Creamy Vanilla Shake blended with: 1/4 cup baby spinach 2 tbsp heavy cream</td>
<td>1 serving Warm Chicken and Radish Salad with Wilted Romaine*</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 5g • FV 5g</td>
<td>Net Carbs 3g • FV 1g</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 6g • FV 5g</td>
</tr>
<tr>
<td>Friday</td>
<td>1 serving Broccoli and Bacon Egg Bites*</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>1 serving Keto Canned Tuna and Celery Salad on Baby Spinach*</td>
<td>Atkins Endulge Strawberry Cheesecake Dessert Bar</td>
<td>1 serving Grilled Burger with Avocado and Tomato*</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 3g • FV 1g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>1/2 cup sliced cucumber 4 cherry tomatoes 1 1/2 tbsp olive oil</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>1/2 cup sliced red pepper</td>
</tr>
<tr>
<td>Saturday</td>
<td>1 serving Tomato, Mozzarella and Turkey Sausage Stack*</td>
<td>Atkins Creamy Caramel Shake</td>
<td>1 serving Keto Smoky Tuna Tomato*</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>Net Carbs 8g • FV 7g</td>
</tr>
<tr>
<td>Sunday</td>
<td>1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini*</td>
<td>Atkins Chocolate Chip Protein Cookie</td>
<td>1/2 cup sliced cucumber</td>
<td>Net Carbs 3g • FV 0g</td>
<td>Net Carbs 8g • FV 3g</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 3g • FV 2g</td>
<td>Net Carbs 6g • FV 5g</td>
<td>1/2 cup sliced cucumber</td>
<td>Net Carbs 4g • FV 3g</td>
<td>Net Carbs 8g • FV 3g</td>
</tr>
<tr>
<td></td>
<td>Net Carbs 3g • FV 2g</td>
<td>Net Carbs 3g • FV 0g</td>
<td>1/2 cup sliced cucumber</td>
<td>Net Carbs 4g • FV 0g</td>
<td>Net Carbs 8g • FV 7g</td>
</tr>
</tbody>
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*Visit Atkins.com/recipes for recipes!*

**Notes:**

- Total Net Carbs: 22g
- Total Foundation Vegetables: 15g
### Atkins Products
- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 2 Atkins Creamy Vanilla Shakes
- 2 Atkins Chocolate Chip Protein Cookies
- 3 Atkins Double Fudge Brownie Bars
- 2 Atkins Endulge Strawberry Cheesecake Dessert Bars
- 1 Atkins Ranch Protein Chips

### Meat/Protein
- Beef, 90% lean ground (5-ounces)
- Chicken: breast (29-ounces), rotisserie (4-ounces)
- Pork: breakfast sausage (3-ounces), bacon (3 slices), chops (6-ounces)
- Salmon, canned (4-ounces)
- Tuna, canned (8-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

### Cheese/Dairy
- Blue cheese (3 tablespoons)
- Cheddar cheese (1-ounce)
- Cream cheese (1-ounce)
- Eggs (16)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- Heavy cream (2 tablespoons)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (3 tablespoons)

### Produce
- Avocado (4)
- Bell peppers: red (11-ounces), yellow (1-ounce)
- Broccolini (2 stalks)
- Cauliflower (1 cup)
- Celery (2 medium stalks)
- Cucumber (8-ounces)
- Garlic (5 cloves)
- Lemon (1)
- Lettuce: Romaine (10-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (4-ounces)
- Onion: red (1-ounce), yellow (1-ounce), scallions (2-ounces)
- Radishes (6 large)
- Spinach: baby (8-ounces)
- Tomatoes: cherry (17), small (2), medium (2), large (1)
- Zucchini (17-ounces), baby (2)

### Herbs/Spices
- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh parsley

### Pantry
- Black pepper, ground
- Butter: unsalted
- Canola oil
- Cayenne pepper
- Chili powder
- Cumin
- Dried basil
- Dried oregano
- Dried sage
- Garlic powder
- Hot sauce (like Cholula)
- Italian seasoning
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra virgin, light, and spray
- Paprika
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine, cider
- Xylitol

**Menu Notes:** Make 2 servings keto chicken salad

- Bacon bits
- Chipotle en adobo
- Dill pickles, whole
- Maple syrup, sugar free
- Pine nuts
- Tomatoes, canned with green chilies