## Atkins 40® Quick Start Menu Plan

<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>&lt;br&gt;Atkins Frozen Farmhouse-Style Sausage Scramble&lt;br&gt;1/2 cup blueberries</td>
<td>1 serving Breakfast Sausage&lt;br&gt;Sauted with Red and Green Bell Peppers*&lt;br&gt;sauted with:&lt;br&gt;1/4 cup sliced yellow onion</td>
<td>1 serving Cheddar Omelet&lt;br&gt;with Sautéed Onions and Shiitake Mushrooms*</td>
<td>Atkins Frozen Ham 6 Cheese Omelet&lt;br&gt;1/2 medium gala apple</td>
<td>Atkins Chai Tea Latte Shake&lt;br&gt;blanded with:&lt;br&gt;1/2 avocado&lt;br&gt;2 tbsp heavy cream</td>
<td>1 serving Poached Eggs over Tomato, Avocado and Mustard*&lt;br&gt;5 large strawberries</td>
<td>1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*&lt;br&gt;5 large strawberries</td>
</tr>
<tr>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Chai Tea Latte Shake</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Lemon Bar</td>
<td>Atkins Double Fudge Brownie Bar</td>
<td>Atkins Strawberry Shake</td>
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</tr>
<tr>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Cucumber Dill Salad*&lt;br&gt;5 oz salmon&lt;br&gt;2 cups iceberg lettuce&lt;br&gt;5 black olives</td>
<td>Atkins Frozen Chicken and Broccoli Alfredo&lt;br&gt;1 cup sliced mushrooms&lt;br&gt;1 tbsp butter&lt;br&gt;1/2 cup cooked quinoa</td>
<td>1 serving Keto Canned Tuna and Artichoke Salad*&lt;br&gt;1 oz groyere cheese&lt;br&gt;1/2 medium red bell pepper</td>
<td>1/2 cup sliced red bell pepper&lt;br&gt;2 tbsp Keto Creamy Italian Dressing*</td>
<td>Atkins Frozen Cheesy Chicken Risotto&lt;br&gt;8 cherry tomatoes&lt;br&gt;2 tbsp cream cheese</td>
<td>1 serving Keto Lemon-Herb Grilled Chicken Thighs*&lt;br&gt;5 large strawberries</td>
<td>Atkins Frozen Chili Con Carne&lt;br&gt;1/3 medium baked sweet potato</td>
</tr>
<tr>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Nacho Cheese Protein Chips</td>
<td>Atkins Strawberry Shake&lt;br&gt;1/2 medium gala apple</td>
<td>Atkins Double Chocolate Chip Protein Cookie</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Double Chocolate Chip Protein Cookie</td>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Lemon Bar</td>
</tr>
<tr>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*&lt;br&gt;1/2 cup refried beans</td>
<td>1 serving Cucumber Dill Salad*&lt;br&gt;rollslerre chicken thigh with skin&lt;br&gt;1 oz Monterey Jack cheese&lt;br&gt;1 tsp olive oil</td>
<td>Atkins Frozen Mongolian-Style Beef Cauliflower Bowl&lt;br&gt;1 tbsp mayonnaise&lt;br&gt;1/2 tsp sriracha&lt;br&gt;1/4 cup cooked brown rice</td>
<td>1 serving Lemon Chicken and Shrimp Kabobs*&lt;br&gt;1/2 cups frozen cauliflower rice&lt;br&gt;1/2 tbsp butter</td>
<td>Atkins Frozen Beef Teriyaki Stir-Fry&lt;br&gt;1/2 cup sliced red bell pepper&lt;br&gt;1/4 cup cooked brown rice</td>
<td>1 serving Lamb, Eggplant and Red Bell Pepper Kababs*&lt;br&gt;5 large strawberries</td>
<td>Atkins Frozen Beef Teriyaki Stir-Fry&lt;br&gt;1/2 cup sliced red bell pepper&lt;br&gt;1/4 cup cooked brown rice</td>
</tr>
</tbody>
</table>

**Total Net Carbs:**<br>40g<br>41g<br>40g<br>39g<br>40g<br>40g<br>40g<br>40g

**Foundation Vegetables:**<br>15g<br>16g<br>16g<br>17g<br>19g<br>14g<br>16g<br>11g

*Visit Atkins.com/recipes for recipes! Can't find Atkins frozen entrees? 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 Omelet
- 1 Atkins Frozen Mongolian-Style Beef Cauliflower Bowl
- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 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; 1 raw with skin), 1 leg quarter, breast (14-ounces)
- Lamb (5-ounces)
- Pork: breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp (4 medium)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links)

Cheese/Dairy
- Cheddar cheese (3-ounces)
- Cream cheese (1-ounce)
- Eggs (4)
- Feta cheese (1-ounce)
- Gruyere cheese (1-ounce)
- Heavy cream (2 tablespoons)
- Monterey Jack cheese (2-ounces)
- Muenster cheese (1-ounce)
- Parmesan cheese (1-ounce)

Produce
- Apple, gala (1)
- Avocado (2)
- Bell pepper: red (12-ounces), green (4-ounces)
- Berries: blueberries (6-ounces), strawberries (7-ounces)
- Cauliflower, frozen riced (2 cups)
- Celery (1 medium stalk)
- Cucumber (16-ounces)
- Eggplant (2-ounces)
- Garlic (5 cloves)
- Green beans (3-ounces)
- Lemons (2)
- Lettuce: Romaine (9-ounces), mixed baby greens (2 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (4-ounces)
- Mushrooms: button (7-ounces), shiitake (2), Crimini (3-ounces)
- Onion: red (9 grams), yellow (4-ounces), white (2-ounces)
- Peppers: serrano (1)
- Radishes (6)
- Shallots (1-ounce)
- Sweet potato (1 medium)
- Tomatillos (1)
- Tomatoes: medium (1), cherry (16), Italian (1)

Other
- Artichoke hearts, marinated
- Carb balance spinach-herb tortilla
- Olives: black large canned, Kalamata
- Refried beans, canned
- Sriracha

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

Pantry
- Black pepper
- Brown rice
- Butter
- Canola oil
- Dijon mustard
- Dried oregano
- Dried parsley
- Dried tarragon
- Italian seasoning
- Mayonnaise
- Olive oil
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine
- White pepper
- Xylitol

Menu Notes: Make 2 servings of the cucumber dill salad, and 2 servings Green Bean and Mushroom Salad, 2 servings of keto creamy Italian dressing to use through the week.
# Atkins 40®

## Quick Start 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>Atkins Frozen Bacon Scramble</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>Atkins Frozen Roasted Turkey with Garlic</td>
<td>Atkins Creamy Caramel Shake</td>
<td>1 serving Grilled Chicken</td>
</tr>
<tr>
<td></td>
<td>1/2 gala apple</td>
<td>1/2 cup sliced red bell pepper</td>
<td>Mashed Cauliflower &amp; Salmon®</td>
<td>1 large zucchini, grilled</td>
<td>over Baby Spinach, Tomato,</td>
</tr>
<tr>
<td></td>
<td><strong>Net Carbs 12g • FV 9g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td>2 tbsp canned chicken peas</td>
<td>1/4 cup cooked brown rice</td>
<td>and Avocado Salad*</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>1 serving Chia-Pecan Overnight</td>
<td>Atkins Creamy Caramel Shake</td>
<td>Atkins Frozen Chicken Margherita</td>
<td>Atkins Double Fudge Brownie</td>
<td>1/2 roasted red bell pepper</td>
</tr>
<tr>
<td></td>
<td>Oats*</td>
<td>2 leaves Romaine lettuce</td>
<td>2 leaves Romaine lettuce</td>
<td>Bar</td>
<td>1/4 cup cooked brown rice</td>
</tr>
<tr>
<td></td>
<td>1/2 cup sliced red bell pepper</td>
<td>1/2 cup sliced red bell pepper</td>
<td>10 cherry tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Net Carbs 13g • FV 0g</strong></td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td><strong>Net Carbs 4g • FV 0g</strong></td>
<td><strong>Net Carbs 4g • FV 0g</strong></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>1 serving Keto Yellow Squash</td>
<td>Atkins Nacho Cheese Protein</td>
<td>Atkins Frozen Roasted Cauliflower Salad</td>
<td>Atkins Strawberry Shake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>and Gruyere Frittata*</td>
<td>Chips</td>
<td>with Salmon®</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2 gala apple</td>
<td>5 large strawberries</td>
<td>1 serving Warm Chicken and Radish Salad</td>
<td>Atkins Creamy Vanilla Shake</td>
<td>1/4 cup cooked quinoa</td>
</tr>
<tr>
<td></td>
<td><strong>Net Carbs 9g • FV 0g</strong></td>
<td><strong>Net Carbs 9g • FV 0g</strong></td>
<td>with Walnuts*</td>
<td>blended with:</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 cup sliced cucumber</td>
<td>1/4 cup baby spinach</td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Atkins Frozen Farmhouse-Style</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>Atkins Frozen Asian-Style Chicken Stir</td>
<td>Atkins Creamy Caramel Shake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sausage Scramble 5 large</td>
<td></td>
<td>Fry</td>
<td><strong>Net Carbs 8g • FV 8g</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>strawberries</td>
<td></td>
<td>1/2 cup sliced red bell pepper</td>
<td><strong>Net Carbs 3g • FV 0g</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Net Carbs 10g • FV 2g</strong></td>
<td><strong>Net Carbs 2g • FV 9g</strong></td>
<td>3 pieces marinated artichoke hearts</td>
<td><strong>Net Carbs 2g • FV 0g</strong></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td>1 serving Broccoli and Bacon</td>
<td>Atkins Double Fudge Brownie</td>
<td>Atkins Frozen Asian-Style Chicken Stir</td>
<td>Atkins Double Chocolate Chip</td>
<td>1 serving Grilled Burger</td>
</tr>
<tr>
<td></td>
<td>Egg Bites*</td>
<td>Bar</td>
<td>Fry</td>
<td>Cookie</td>
<td>with Avocado and Tomato*</td>
</tr>
<tr>
<td></td>
<td>1/2 cup blueberries</td>
<td></td>
<td>2 leaves Romaine lettuce</td>
<td></td>
<td>1 med slice red onion</td>
</tr>
<tr>
<td></td>
<td><strong>Net Carbs 12g • FV 1g</strong></td>
<td><strong>Net Carbs 6g • FV 5g</strong></td>
<td>1 tsp mayonnaise</td>
<td></td>
<td>1 dill pickle</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>1 serving Tomato, Mozzarella</td>
<td>Atkins Lemon Bar</td>
<td>Atkins Frozen Crab Cocktail</td>
<td>Atkins Frozen Crustless</td>
<td>1/4 cup cooked brown rice</td>
</tr>
<tr>
<td></td>
<td>and Turkey Sausage Stack*</td>
<td><strong>Net Carbs 3g • FV 2g</strong></td>
<td></td>
<td>Chicken Pot Pie</td>
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<tr>
<td></td>
<td>1/2 avocado</td>
<td></td>
<td><strong>Net Carbs 10g • FV 12g</strong></td>
<td><strong>Net Carbs 7g • FV 3g</strong></td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td>1 serving Eggs Scrambled with</td>
<td>Atkins Chai Tea Latte Shake</td>
<td>Atkins Frozen Beef Merlot</td>
<td><strong>Net Carbs 16g • FV 7g</strong></td>
<td></td>
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<tr>
<td></td>
<td>Sautéed Mushrooms and Zucchini*</td>
<td>1/4 cup blueberries</td>
<td>1/2 large zucchini, made into zoodles</td>
<td><strong>Total Net Carbs: 40g</strong></td>
<td></td>
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<tr>
<td></td>
<td><strong>Net Carbs 3g • FV 2g</strong></td>
<td><strong>Net Carbs 3g • FV 2g</strong></td>
<td><strong>Total Net Carbs: 35g</strong></td>
<td><strong>Foundation Vegetables: 17g</strong></td>
<td></td>
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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
- 1 Atkins Lemon Bar
- 2 Atkins Nacho Cheese Protein Chips

Meat/Protein

- Beef, 90% lean ground (5-ounces)
- Chicken: breast (27-ounces)
- Pork: bacon (2 slices)
- Salmon, canned (4-ounces)
- Tuna, canned (5-ounces)
- Turkey: breakfast sausage (4-ounces)

Other

- Artichoke hearts, marinated
- Chickpeas (garbanzo beans), canned
- Coconut milk beverage, plain unsweetened
- Dill pickles, whole
- Maple syrup, sugar free
- Pecans
- Pine nuts
- Raspberry jam, sugar-free
- Tomatoes, canned with green chilies

Produce

- Apple, gala (1)
- Avocado (2)
- Bell peppers: red (11-ounces)
- Berries: blueberries (4-ounces), strawberries (7-ounces)
- Broccolini (2 stalks)
- Cauliflower (1 cup)
- Celery (2 medium stalks)
- Cucumber (8-ounces)
- Garlic (6 cloves)
- Green beans (6-ounces)
- Lemon (1)
- Lettuce: Romaine (10-ounces), arugula (1-ounce)
- Mushrooms (2-ounces)
- Onions: red (1-ounce), yellow (1-ounce), scallions (2 large)
- Radishes (6 large)
- Snow peas (1 cup)
- Spinach, baby (5 cups)
- Tomatoes: cherry (24), small (1), medium (2), large (1)
- Zucchini (20-ounces), 2 baby

Cheese/Dairy

- Cream cheese (1-ounce)
- Eggs (16)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- 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
- Brown rice
- Butter, unsalted
- Canola oil
- Cayenne pepper
- Chia seeds
- Chili powder
- Cumin
- Dried basil
- Dried oregano
- Hot sauce (like Cholula)
- Mayonnaise
- Mustard: Dijon & stone ground
- Oats, rolled
- Olive oil: extra virgin, light, and spray
- Paprika
- Quinoa
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine, cider