## Atkins 40® Standard Menu Plan

### Monday
**Breakfast**
- 1 serving Eggs with Cheddar, Asparagus, Salsa, and Sour Cream*<br> 1/3 cup blueberries

**Snack**
- Atkins Chai Tea Latte Shake

**Lunch**
- 1 serving Cucumber Dill Salad*<br> 5 oz salmon<br> 2 tbsp canned chickpeas<br> 10 black olives

**Dinner**
- 1 serving Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa*<br> 1/3 cup refried beans

**Net Carbs**
- 9g • FV 2g

### Tuesday
**Breakfast**
- 1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers*

**Snack**
- Atkins Double Fudge Brownie Bar<br> 1/2 honey crisp apple

**Lunch**
- 1 serving Steak Grilled with Green Bell Peppers and Onions*<br> 10 cherry tomatoes

**Dinner**
- 1 serving Cilantro Lime Chicken Thigh with Mango Pico de Gallo*

**Net Carbs**
- 3g • FV 0g

### Wednesday
**Breakfast**
- 1 serving Huevos Rancheros*

**Snack**
- Atkins Creamy Caramel Shake

**Lunch**
- 1 serving Keto Canned Tuna and Artichoke Salad*<br> 1 oz gouda cheese<br> 1/3 cup sliced cucumber

**Dinner**
- 1 serving Beef Stroganoff with Mushrooms and Onions*

**Net Carbs**
- 6g • FV 3g

### Thursday
**Breakfast**
- 1 serving Crustless Broccoli Quiche*

**Snack**
- Atkins Lemon Bar

**Lunch**
- 1/2 cup sliced red bell pepper<br> 5 radishes<br> 2 tbsp Keto Creamy Italian Dressing*

**Dinner**
- 1 serving Lamb Chops with Moroccan Rub*<br> 1 serving Green Bean and Mushroom Salad*

**Net Carbs**
- 2g • FV 0g

### Friday
**Breakfast**
- Atkins Chai Tea Latte Shake<br> blended with:<br> 1/2 avocado<br> 2 tbsp heavy cream

**Snack**
- Atkins Double Fudge Brownie Bar

**Lunch**
- 1/2 cup sliced cucumber<br> 10 cherry tomatoes<br> 2 cups mixed greens<br> 2 tbsp Keto Creamy Italian Dressing*

**Dinner**
- 1 serving Roasted Pork Tenderloin*<br> 1 serving Grilled Bell Peppers and Onions*

**Net Carbs**
- 5g • FV 1g

### Saturday
**Breakfast**
- 1 serving Poached Eggs Over Tomato Avocado and Muenster*<br> 1/2 cup blueberries

**Snack**
- Atkins Strawberry Shake

**Lunch**
- 1/4 cup cooked quinoa

**Dinner**
- 1 serving Keto Lemon-Herb Grilled Chicken Thighs*<br> 1 serving Green Bean and Mushroom Salad*

**Net Carbs**
- 6g • FV 5g

### Sunday
**Breakfast**
- 1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar*

**Snack**
- Atkins Chai Tea Latte Shake

**Lunch**
- 1 serving Cucumber Dill Salad*<br> 5 oz salmon<br> 2 tbsp canned chickpeas<br> 10 black olives

**Dinner**
- 1 serving Roasted Beef Tenderloin*<br> 1 serving Mixed Green Salad*

**Net Carbs**
- 2g • FV 0g

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Enjoy Atkins Endulge treats for dessert if net carb consumption allows!

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

## Meat/Protein
- Beef: tenderloin (5-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: sirloin chops (5-ounces)
- Pork: loin (8-ounces), breakfast sausage (3-ounces)
- Salmon (5-ounces)
- Shrimp, salad size (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links)

## Other
- Artichoke hearts, marinated
- Capers
- Chickpeas (garbanzo beans), canned
- Chipotle in adobo, canned
- Low carb tortillas (3 net carbs each)
- Olives: black large canned, Kalamata
- Refried beans, canned
- Salsa, red
- Sun dried tomatoes
- Walnuts

## Produce
- Apple, honey crisp (1)
- Asparagus (12-ounces)
- Avocado (2)
- Bell pepper: red (8-ounces), green (9-ounces)
- Berries: blueberries (6-ounces), strawberries (7-ounces)
- Broccoli (1 pound flower clusters)
- Carrot (3-ounces)
- Cauliflower: florets (1 cup), frozen riced (1 cup)
- Celery (1 medium stalk)
- Cucumber (15-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)
- Lime (1)
- Mushrooms, button (4-ounces)
- Onion: red (4-ounces), yellow (2-ounces), scallions (1 large), white (2-ounces)
- Peppers: serrano (1), jalapeno (1)
- Radishes (6)
- Spinach, baby (2 cups)
- Sweet potato (1 medium)
- Tomatillos (1 medium)
- Tomatoes: medium (1), cherry (40)

## Pantry
- Black pepper
- Butter
- Canola oil
- Cayenne pepper
- Cinnamon
- Cumin
- Dijon mustard
- Dried coriander
- Dried oregano
- Dried parsley
- Dried rosemary
- Dried tarragon
- Dried thyme
- Ginger, ground
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin & light
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sucralose: granulated
- Vinegar: white wine, red wine, balsamic
- White pepper
- Xylitol

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

## Cheese/Dairy
- Blue cheese (1 tablespoon)
- Cheddar cheese (7-ounces)
- Eggs (10)
- Gruyere cheese (1-ounce)
- Half and half (1 cup)
- 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)
# ATKINS 40®

## Standard 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;1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles*&lt;br&gt;blended with 1/4 cup frozen cauliflower rice</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Keto Chocolate Almond Delight Smoothie*&lt;br&gt;5 large strawberries</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Keto Yellow Squash and Gruyere Frittata*&lt;br&gt;blended with 1/4 cup frozen cauliflower rice</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks*&lt;br&gt;1/2 cup blueberries</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Broccolini and Bacon Egg Bites*&lt;br&gt;5 large strawberries</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Tomato, Mozarella and Turkey Sausage Stack*&lt;br&gt;1/2 avocado</td>
<td><strong>BREAKFAST</strong>&lt;br&gt;1 serving Eggs Scrambled with Sauteed Mushrooms and Zucchini*&lt;br&gt;5 large strawberries</td>
</tr>
<tr>
<td>Net Carbs 2g * FV 2g</td>
<td>Net Carbs 8g * FV 1g</td>
<td>Net Carbs 1g * FV 0g</td>
<td>Net Carbs 14g * FV 5g</td>
<td>Net Carbs 9g * FV 1g</td>
<td>Net Carbs 6g * FV 5g</td>
<td>Net Carbs 8g * FV 2g</td>
</tr>
<tr>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Creamy Vanilla Shake&lt;br&gt;1/2 medium gala apple</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Creamy Caramel Shake&lt;br&gt;1/2 medium gala apple</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Strawberry Shake&lt;br&gt;5 large strawberries</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Chai Tea Latte&lt;br&gt;Shake</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Double Fudge Brownie Bar</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Lemon Bar</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Chai Tea Latte&lt;br&gt;Shake</td>
</tr>
<tr>
<td>Net Carbs 10g * FV 0g</td>
<td>Net Carbs 10g * FV 0g</td>
<td>Net Carbs 7g * 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>&lt;br&gt;1 serving Keto Chicken Salad*&lt;br&gt;1 fajita size low carb tortilla&lt;br&gt;2 leaves Romaine lettuce&lt;br&gt;1/2 cup sliced cucumber&lt;br&gt;1/2 cup sliced red bell peppers</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Low Carb Grilled Pizza Wrap*&lt;br&gt;1/2 cup sliced cucumber&lt;br&gt;1/2 cup sliced red bell pepper&lt;br&gt;3 pieces artichoke hearts&lt;br&gt;2 tbsp Keto Creamy Italian Dressing*</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Keto Chicken Caprese Bowls*&lt;br&gt;2 tbsp canned chickpeas</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Keto Fresh Mozarella Salad with Basil Pesto*&lt;br&gt;3/4 cup sliced red bell pepper&lt;br&gt;1/2 cup sliced cucumber&lt;br&gt;1 fajita size low carb tortilla</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Mixed Greens with Cucumber, Red Bell Pepper and Creamy Italian*&lt;br&gt;4 oz rotisserie chicken breast&lt;br&gt;10 cherry tomatoes</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Keto Canned Tuna and Celery Salad on Baby Spinach*&lt;br&gt;4 cherry tomatoes&lt;br&gt;1/2 cup sliced cucumber&lt;br&gt;1 fajita size low carb tortilla</td>
<td><strong>LUNCH</strong>&lt;br&gt;1 serving Keto Smoky Tuna Tomato*&lt;br&gt;1/2 cup sliced cucumber&lt;br&gt;1/2 cups cooked asparagus</td>
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<tr>
<td>Net Carbs 8g * FV 5g</td>
<td>Net Carbs 7g * FV 0g</td>
<td>Net Carbs 10g * FV 3g</td>
<td>Net Carbs 10g * FV 6g</td>
<td>Net Carbs 9g * FV 0g</td>
<td>Net Carbs 8g * FV 5g</td>
<td>Net Carbs 9g * FV 8g</td>
</tr>
<tr>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Ranch Protein Chips</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Double Fudge Brownie Bar</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Ranch Protein Chips</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Chocolate Chip Protein Cookie</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Creamy Vanilla Shake&lt;br&gt;blended with:&lt;br&gt;1/4 cup baby spinach&lt;br&gt;1 tbsp heavy cream</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Creamy Caramel Shake&lt;br&gt;1/2 cup blueberries</td>
<td><strong>SNACK</strong>&lt;br&gt;Atkins Chocolate Chip Protein Cookie</td>
</tr>
<tr>
<td>Net Carbs 4g * FV 0g</td>
<td>Net Carbs 4g * FV 0g</td>
<td>Net Carbs 4g * FV 0g</td>
<td>Net Carbs 3g * FV 0g</td>
<td>Net Carbs 3g * FV 0g</td>
<td>Net Carbs 3g * FV 0g</td>
<td>Net Carbs 3g * FV 0g</td>
</tr>
<tr>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Keto Grilled Chicken Chimichurri*&lt;br&gt;1 large zucchini, grilled&lt;br&gt;1 tbsp olive oil&lt;br&gt;1/2 medium baked sweet potato</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Keto Cajun Pork Chops*&lt;br&gt;6</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Cauliflower Salad with Salmon*&lt;br&gt;1 avocado&lt;br&gt;1/4 cup cooked quinoa</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Warm Chicken and Radish Salad with Wilted Romaine*&lt;br&gt;2 tbsp canned chickpeas</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Grilled Burger with Avocado and Tomato*&lt;br&gt;2 leaves Romaine lettuce&lt;br&gt;1 tsp mayonnaise&lt;br&gt;1 dill pickle&lt;br&gt;1/2 baked sweet potato</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Keto Turkey Cobb Salad*&lt;br&gt;3 tbsp canned chickpeas</td>
<td><strong>DINNER</strong>&lt;br&gt;1 serving Grilled Chicken Over Baby Spinach, Tomato and Avocado Salad*&lt;br&gt;1/2 cup sliced red bell peppers&lt;br&gt;1/4 cup cooked quinoa</td>
</tr>
<tr>
<td>Net Carbs 18g * FV 9g</td>
<td>Net Carbs 8g * FV 7g</td>
<td>Net Carbs 19g * FV 10g</td>
<td>Net Carbs 11g * FV 9g</td>
<td>Net Carbs 15g * FV 5g</td>
<td>Net Carbs 13g * FV 3g</td>
<td>Net Carbs 16g * FV 7g</td>
</tr>
</tbody>
</table>

Total Net Carbs: 41g<br>Foundation Vegetables: 14g<br>Total Net Carbs: 41g<br>Foundation Vegetables: 15g<br>Total Net Carbs: 41g<br>Foundation Vegetables: 13g<br>Total Net Carbs: 41g<br>Foundation Vegetables: 16g<br>Total Net Carbs: 39g<br>Foundation Vegetables: 15g<br>Total Net Carbs: 40g<br>Foundation Vegetables: 12g<br>Total Net Carbs: 39g<br>Foundation Vegetables: 17g

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- 2 Atkins Ranch Protein Chips

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 (1 tablespoon)
- Monterey Jack cheese (1-ounce)
- Mozzarella cheese: fresh (4-ounces), whole milk (2-ounces)
- Parmesan cheese, grated (2-ounces)

Other
- Almonds
- Artichoke hearts, canned
- Bacon bits
- Carb balance spinach herb tortillas (Mission brand)
- Chickpeas (garbanzo beans), canned
- Chipotle en adobo
- Chocolate whey protein powder (Quest brand suggested)
- Coconut milk beverage, plain unsweetened
- Coconut shreds, unsweetened
- Dill pickles, whole
- Low carb tortillas, fajita size (42 grams each)
- Maple syrup, sugar free
- Pine nuts

Produce
- Apple, gala (1)
- Asparagus (10-ounces)
- Avocado (4)
- Bell peppers: red (11-ounces), yellow (1-ounce)
- Berries: strawberries (10-ounces), blueberries (6-ounces)
- Broccolini (2 stalks)
- Cauliflower: fresh (1 cup), frozen riced (1 cup)
- Celery (2 medium stalks)
- Cucumber (11-ounces)
- Garlic (5 cloves)
- Lemon (1)
- Lettuce: Romaine (8-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (4-ounces)
- Onion: yellow (1-ounce), scallions (2-ounces)
- Radishes (6 large)
- Spinach, baby (7 cups)
- Sweet potato (1 medium)
- Tomatoes: cherry (24), small (2), medium (2), large (1)
- Zucchini (17-ounces), baby (2)

Meat/Protein
- Beef, 90% lean ground (5-ounce)
- Chicken: breast (23-ounces), rotisserie (4-ounces)
- Pepperoni (1-ounce)
- Pork: bacon (3 slices), chops (6-ounces)
- Salmon, canned (4-ounces)
- Tuna, canned (8-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

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
- Quinoa
- Red pepper flakes, crushed
- Salt, iodized and kosher
- Sucralose based sweetener, granulated
- Vinegar: white wine, red wine, cider
- Xylitol

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