

ATKINS 40[®]

Foodie Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Eggs with Cheddar, Asparagus, Salsa and Sour Cream* 1/2 red grapefruit Net Carbs 12g • FV 2g	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* 1/2 avocado Net Carbs 5g • FV 5g	1 serving Tropical Raspberry Smoothie* Net Carbs 11g • FV 0g	1 serving Turkey-Wrapped Breakfast "Tacos"* 1/2 red grapefruit Net Carbs 11g • FV 2g	1 serving Tomato, Avocado, Spinach and Monterey Jack Stack* Net Carbs 5g • FV 5g	1 serving Poached Eggs over Tomato, Avocado and Muenster* 1/2 honey crisp apple Net Carbs 11g • FV 3g	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* Net Carbs 6g • FV 5g
SNACK	1/2 cup jicama 1/2 cup sliced red bell pepper 2 tbsp Keto Creamy Italian Dressing* Net Carbs 5g • FV 4g	6 extra large strawberries 24 roasted almonds Net Carbs 11g • FV 0g	5 radishes 6 spears steamed asparagus 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing* Net Carbs 3g • FV 3g	Atkins Creamy Caramel Shake Net Carbs 2g • FV 0g	1/2 cup sliced cucumber 5 cherry tomatoes 10 black olives Net Carbs 5g • FV 5g
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 10 cherry tomatoes 9 black olives Net Carbs 11g • FV 10g	1 serving Teriyaki Shrimp with Snow Peas and Mixed Green Salad* Net Carbs 11g • FV 7g	1 serving Keto Canned Tuna and Artichoke Salad* 1/2 cup sliced cucumber 5 cherry tomatoes Net Carbs 10g • FV 10g	1 serving Keto Chicken Salad Wraps* 1/2 medium baked sweet potato 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing* Net Carbs 13g • FV 3g	1 serving Keto Dill Shrimp Salad* 3/4 cup sliced cucumber 2 street taco size carb balance tortillas Net Carbs 9g • FV 3g	1 serving Keto Lemon-Herb Chicken Thighs* 6 1 serving Green Bean and Mushroom Salad* 1/4 cup cooked quinoa Net Carbs 13g • FV 4g	1 serving Keto Chicken Caprese Bowls* Net Carbs 4g • FV 3g
SNACK	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	Atkins Ranch Protein Chips Net Carbs 4g • FV 0g	Atkins Creamy Caramel Shake 1/4 cup blueberries Net Carbs 6g • FV 0g	1/4 cup jicama 2/3 cup sliced cucumber Net Carbs 3g • FV 3g	7 large strawberries 24 roasted almonds Net Carbs 9g • FV 0g	1/2 cup sliced red bell pepper 1 tbsp chive and onion cream cheese Net Carbs 3g • FV 2g	Atkins Chocolate Chip Protein Cookie 1/2 honey crisp apple Net Carbs 11g • FV 0g
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* 1 1/2 cups frozen cauliflower rice Net Carbs 9g • FV 9g	1 serving Keto Grilled Chicken with Peach Salsa* 6 1 serving Cucumber Dill Salad* Net Carbs 9g • FV 6g	1 serving Keto Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* 2 street taco size carb balance tortillas Net Carbs 9g • FV 4g	1 serving Grilled Bell Peppers and Onions* 5 oz grilled pork loin 1 1/2 cups cauliflower rice 2 tbsp butter Net Carbs 10g • FV 9g	1 serving Keto Lemon-Herb Grilled Chicken Thighs* 6 1 serving Asparagus and Sun-Dried Tomato Vinaigrette* 1/4 cup cooked quinoa Net Carbs 14g • FV 5g	1 serving Stuffed Peppers* 5 oz grilled pork loin Net Carbs 10g • FV 7g	1 serving Green Bean and Mushroom Salad* 6 oz lamb chops 1/2 medium baked sweet potato Net Carbs 14g • FV 4g
	Total Net Carbs: 40g Foundation Vegetables: 25g	Total Net Carbs: 40g Foundation Vegetables: 18g	Total Net Carbs: 40g Foundation Vegetables: 17g	Total Net Carbs: 41g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 39g Foundation Vegetables: 16g	Total Net Carbs: 41g Foundation Vegetables: 18g

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

*Visit [Atkins.com/recipes](https://www.atkins.com/recipes) for recipes!

Atkins Products

- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Double Fudge Brownie Bar
- 2 Atkins Chocolate Chip Protein Cookies
- 1 Atkins Ranch Protein Chips

Meat/Protein

- Beef: 80% lean ground (7-ounces),
- Chicken: thigh (2 raw with skin), leg quarter (1), breast (10-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: (6-ounces), salad size (4-ounces)
- Tofu, firm silken (4-ounces)
- Tuna, canned in water (4-ounces)
- Turkey: breakfast sausage (4 links), roasted light meat (1-ounce)

Other

- Almonds, roasted
- Artichoke hearts, marinated
- Capers
- Coconut cream
- Green chili peppers, canned
- Olives: black large canned, Kalamata
- Salsa, red
- Tomatoes: sun dried, canned sauce
- Tortillas, low carb, street taco size (3 net carbs for 2)

Cheese/Dairy

- Cheddar cheese (3-ounces)
- Cream cheese, chive and onion (1 tablespoon)
- Eggs (5)
- Monterey Jack cheese (3-ounces)
- Mozzarella, fresh (4-ounces), whole milk (1-ounce)
- Muenster cheese (1-ounce)
- Parmesan cheese (2 tablespoons)
- Ricotta cheese, whole milk (3-ounces)
- Sour cream (1 tablespoons)

Produce

- Apple, honey crisp (1)
- Asparagus (12-ounces)
- Avocado (3)
- Bell peppers: red (9-ounces), green (11-ounces)
- Berries: strawberries (11-ounces), blueberries (2-ounces), raspberries (3-ounces)
- Cauliflower: fresh florets (1 cup), frozen riced (3 cups)
- Celery (1 medium stalk)
- Cucumbers (20-ounces)
- Garlic (5 cloves)
- Ginger root fresh (1 gram)
- Grapefruit, red (1)
- Green beans (3-ounces)
- Jicama (4-ounces)
- Lemon (1)
- Lettuce: Romaine (4-ounces), mixed baby greens (4 cups), butterhead (2 medium leaves), arugula (1-ounce), radicchio (1-ounce), iceberg (2 medium leaves)
- Lime (1)
- Mushrooms, button (4-ounces)
- Onion: red (1-ounce), yellow (2-ounces), scallions (1 medium)
- Peaches (1 medium)
- Peppers: serrano (1), jalapeno (1)
- Radishes: red (1), daikon (2-ounces)
- Shallot (2 grams)
- Snow peas (1 cup)
- Spinach, baby (4 cups)
- Sweet potato (2 medium)
- Tomatoes: medium (1), cherry or grape (28), small (1)
- Tomatillos (1)

Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh dill
- Fresh parsley

Pantry

- Black pepper
- Butter
- Canola oil
- Chili powder
- Coconut extract
- Coriander
- Cumin
- Dijon mustard
- Dried oregano
- Dried parsley
- Dried tarragon
- Garlic powder
- Italian seasoning
- Mayonnaise
- Olive oil, extra virgin
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame oil & toasted
- Sweeteners: sucralose based sweetener (granulated), xylitol, stevia extract powder
- Tamari soy sauce
- Thick-it-up
- Vinegar: white wine, red wine, resvera sherry, unsweetened unseasoned rice, balsamic
- White pepper

Menu Notes: Make 4 servings creamy Italian dressing, 2 servings cucumber dill, 2 servings keto lemon-herb chicken thighs, 2 servings green bean and mushroom salad, 2 servings keto chicken caprese bowls (1 serving for next week) to use through the week.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles* 1/3 cup blueberries Net Carbs 8g • FV 2g	1 serving Chocolate and Strawberry Shake* blended with: 1/2 cup frozen cauliflower rice Net Carbs 9g • FV 1g	1 serving Keto Yellow Squash and Gruyere Frittata* 1/2 medium gala apple Net Carbs 9g • FV 0g	1 serving Tomato, Avocado and Monterey Jack Stacks* Net Carbs 5g • FV 5g	1 serving Broccoli and Bacon Egg Bites* 1/2 cup blueberries Net Carbs 12g • FV 1g	1 serving Tomato Mozzarella and Turkey Sausage Stack* Net Carbs 5g • FV 3g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* 1/2 cup blueberries Net Carbs 12g • FV 2g
SNACK	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	1/2 cup sliced cucumber 1/2 cup sliced red bell pepper 5 black olives Net Carbs 4g • FV 4g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	1/2 medium gala apple Net Carbs 8g • FV 0g	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	1/2 cup jicama 1/2 cup sliced red bell pepper 5 black olives Net Carbs 5g • FV 5g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g
LUNCH	1 serving Keto Chicken Salad* 2 street taco size carb balance tortillas 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber Net Carbs 7g • FV 4g	1 serving Keto Chicken Salad* 2 street taco size carb balance tortillas 10 cherry tomatoes Net Carbs 8g • FV 5g	1 serving Keto Chicken Caprese Bowls* 2 tbsp cooked quinoa 1/2 cup cucumber slices Net Carbs 10g • FV 5g	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper 3 oz rotisserie chicken Net Carbs 5g • FV 5g	1 serving Mixed Greens with Cucumber, Red Bell Pepper and Creamy Italian* 1 roasted chicken thigh with skin 10 cherry tomatoes Net Carbs 9g • FV 8g	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	1 serving Keto Smoky Tuna Tomato* 1/2 cup sliced cucumber Net Carbs 4g • FV 3g
SNACK	1 serving Cucumbers and Hummus* Net Carbs 11g • FV 5g	Atkins Creamy Caramel Shake 24 roasted almonds Net Carbs 4g • FV 0g	1 serving Vegan Chocolate Mug Muffin* Net Carbs 7g • FV 0g	Atkins Ranch Protein Chips 1/2 cup sliced cucumber 2 tbsp cream cheese Net Carbs 7g • FV 2g	1 serving Keto Air Fried Halloumi Cheese* & 2 tbsp Basic Tomato Sauce* Net Carbs 3g • FV 2g	8 large strawberries 24 roasted almonds Net Carbs 10g • FV 0g	1 serving Garlic Shrimp with Avocado Dip* Net Carbs 1g • FV 1g
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled 1 tbsp olive oil 1 1/2 cups frozen cauliflower rice Net Carbs 12g • FV 12g	1 serving Keto Cajun Pork Chops* & 1 serving Keto Zucchini Ribbons with Lemon and Parmesan* 1/4 cup canned chickpeas Net Carbs 14g • FV 2g	1 serving Cauliflower Salmon Saute* 3/4 avocado Net Carbs 9g • FV 9g	1 serving Warm Chicken and Radish Salad with Wilted Romaine* 1/4 cup cooked brown rice Net Carbs 16g • FV 5g	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine lettuce 1 dill pickle 1 tbsp mayonnaise 1/3 medium baked sweet potato Net Carbs 11g • FV 5g	1 serving Keto Turkey Cobb Salad* 1/4 cup canned chickpeas Net Carbs 15g • FV 3g	1 serving Grilled Chicken over Baby Spinach, Tomato and Avocado Salad* 1/2 cup sliced red bell peppers 1 slice toasted Ezekiel bread Net Carbs 20g • FV 7g
	Total Net Carbs: 41g Foundation Vegetables: 22g	Total Net Carbs: 40g Foundation Vegetables: 13g	Total Net Carbs: 39g Foundation Vegetables: 14g	Total Net Carbs: 41g Foundation Vegetables: 16g	Total Net Carbs: 39g Foundation Vegetables: 17g	Total Net Carbs: 40g Foundation Vegetables: 16g	Total Net Carbs: 41g Foundation Vegetables: 13g

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Atkins Products

- 1 Atkins Creamy Caramel Shake
- 2 Atkins Chocolate Chip Protein Cookies
- 2 Atkins Double Fudge Brownie Bars
- 1 Atkins Ranch Protein Chips

Cheese/Dairy

- Blue cheese (3 tablespoons)
- Cheddar cheese (1-ounce)
- Cream cheese (2-ounces)
- Eggs (16)
- Feta cheese (1-ounce)
- Gruyere cheese (3-ounces)
- Halloumi cheese (2-ounces)
- Monterey Jack cheese (1-ounce)
- Mozzarella cheese: fresh (4-ounces), whole milk (1-ounce)
- Parmesan cheese, grated (3 tablespoons)

Other

- Almonds, roasted
- Bacon bits
- Chickpeas (garbanzo beans), canned
- Chipotle en adobo
- Coconut butter
- Dill pickles, whole
- Ezekiel bread
- Hummus (1/4 cup)
- Maple syrup, sugar free
- Milks: coconut milk, unsweetened; almond milk unsweetened vanilla
- Olives, black
- Pine nuts
- Tomatoes: canned with green chilies, crushed
- Tortillas, low carb, street taco size (3 net carbs for 2)
- Vegan protein powder (Vega One suggested)
- Whey protein, chocolate

Produce

- Apple, gala (1)
- Avocado (3)
- Bell peppers: red (12-ounces), yellow (1-ounce)
- Berries: blueberries (5-ounces), strawberries (5-ounces fresh, 1 cup frozen)
- Broccolini (2 stalks)
- Cauliflower: fresh (1 cup), frozen riced (2 cups)
- Celery (3-ounces)
- Cucumber (19-ounces)
- Garlic (4 cloves)
- Jalapeno (1)
- Jicama (3-ounces)
- Lemon (1)
- Lettuce: Romaine (7-ounces), arugula (1-ounce), spring mix (1 cup)
- Mushrooms (2-ounces)
- Onions: yellow (1-ounce), scallions (2 large)
- Radishes (6 large)
- Spinach, baby (6 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-ounces)
- Chicken: breast (33-ounces), roasted thigh with skin (1), rotisserie (3-ounces)
- Pork: bacon (3 slices), bone-in chops (6-ounces)
- Salmon, canned (4-ounces)
- Shrimp (6 medium)
- Tuna, canned (8-ounces)
- Turkey: breakfast sausage (6-ounces), roasted breast (4-ounces)

Herbs/Spices

- Fresh basil
- Fresh chives
- Fresh cilantro
- Fresh parsley

Pantry

- Almond meal
- Baking powder
- Black pepper, ground
- Butter: unsalted
- Canola oil
- Cayenne pepper
- Chili powder
- Cocoa powder
- Cumin
- Dried basil
- Dried oregano
- Dried sage
- Erythritol, confectioners
- Garlic powder
- Hot sauce (like Cholula)
- Italian seasoning
- Mayonnaise
- Mustard: Dijon & stone ground
- Olive oil: extra virgin, light, & spray
- Paprika
- Quinoa
- Red pepper flakes, crushed
- Rice, brown
- Salt, iodized and kosher
- Stevia extract powder
- Sucralose based sweetener, granulated
- Vanilla extract
- Vinegar: white wine, red wine, cider

Menu Notes: Make 2 servings Keto Chicken Salad for the week.