

ATKINS 100[®]

Quick Start Menu Plan

Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1/2 cup cooked rolled oats 1 cup plain unsweetened Greek yogurt 1 cup cubed cantaloupe Net Carbs 34g • FV 0g	1 serving Garden Frittata* Net Carbs 8g • FV 8g	1 serving Garden Frittata* 1 slice whole wheat toast Net Carbs 28g • FV 8g	1 serving Baked Oatmeal with Blueberries* Net Carbs 19g • FV 0g	Overnight oats with: Atkins Chocolate Banana Shake 1/2 cup quick rolled oats 2 tsp slivered almonds Net Carbs 30g • FV 0g	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1 slice whole wheat toast 1 tsp butter Net Carbs 24g • FV 3g	1 serving Sweet Potato Toast* Net Carbs 14g • FV 14g
SNACK	Atkins Vanilla Latte Shake Net Carbs 4g • FV 0g	Atkins Honey Almond Vanilla Crunch Bites 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	Atkins Creamy Caramel Shake 1 cup cubed cantaloupe Net Carbs 14g • FV 0g	Atkins Strawberry Shake 1 oz roasted cashews Net Carbs 10g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Vanilla Latte Shake 3/4 cup seedless grapes Net Carbs 25g • FV 0g	Atkins Honey Almond Vanilla Crunch Bites 1/2 cup plain Greek yogurt Net Carbs 8g • FV 0g
LUNCH	1 serving Keto Smoky Tuna Tomato* 1 cup sliced cucumber 1 cup sliced red bell pepper 1 oz sweet potato chips Net Carbs 21g • FV 7g	1 serving Low Carb Thai Turkey "Rice" Bowl* 1/2 cup cooked brown rice Net Carbs 30g • FV 6g	1 serving Quick Italian Chicken Skillet* 1/2 cup cooked whole wheat macaroni Net Carbs 24g • FV 4g	1 serving Italian Pasta and Bean Soup* 1 cup sliced cucumber Net Carbs 18g • FV 5g	1 serving Baby Spinach, Pickled Beets and Tomato Salad* 2 tsp balsamic vinaigrette 1/2 cup cooked quinoa 1 tsp butter Net Carbs 29g • FV 8g	1 serving Macaroni and Cauliflower Salad* 3 oz rotisserie chicken breast Net Carbs 13g • FV 3g	1 serving Fresh Mozzarella Salad with Pesto* 3/4 cup cooked whole wheat macaroni 1 tsp pesto Net Carbs 33g • FV 3g
SNACK	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 1/4 cup roasted cashews Net Carbs 21g • FV 0g	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 10g	Atkins Peanut Butter Protein Cookie 1 cup seedless grapes Net Carbs 31g • FV 0g	1 serving Keto Zucchini Pizza Bites* 1/2 cup blueberries Net Carbs 12g • FV 2g	Atkins Chocolate Chip Protein Cookie Net Carbs 3g • FV 0g	Atkins Creamy Caramel Shake 1 cup seedless grapes Net Carbs 30g • FV 0g
DINNER	1 serving Low Carb Philly Cheesesteak Casserole* 1/2 cup cooked whole wheat macaroni 1 serving Mixed Greens with Roasted Red Peppers* 2 tsp balsamic vinaigrette Net Carbs 29g • FV 8g	1 serving Italian Chicken Cacciatore* 1/2 cup cooked whole wheat spaghetti Net Carbs 27g • FV 9g	1 serving Greek Peasant Salad with Chicken* 1/2 cup cooked quinoa Net Carbs 29g • FV 8g	1 serving Roasted Ginger-Tamari Salmon Steaks* & Snow Pea and Water Chestnut Stir Fry* Net Carbs 19g • FV 9g	1 serving Pork Tenderloin Medallions with Mustard Sauce* 1/2 cup mashed sweet potato 1 tsp butter Net Carbs 26g • FV 7g	1 serving Shredded Salsa Chicken Cauliflower Rice Bowl* 1/2 cup cooked brown rice Net Carbs 32g • FV 11g	1 serving Macaroni and Cauliflower Salad* 6 oz grilled chicken breast Net Carbs 13g • FV 3g
	Total Net Carbs: 92g Foundation Vegetables: 15g	Total Net Carbs: 101g Foundation Vegetables: 23g	Total Net Carbs: 97g Foundation Vegetables: 19g	Total Net Carbs: 97g Foundation Vegetables: 14g	Total Net Carbs: 100g Foundation Vegetables: 18g	Total Net Carbs: 97g Foundation Vegetables: 17g	Total Net Carbs: 98g Foundation Vegetables: 19g

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 Chocolate Banana Shakes
- 2 Atkins Creamy Caramel Shakes
- 1 Atkins Strawberry Shake
- 2 Atkins Vanilla Latte Shakes
- 2 Atkins Chocolate Chip Protein Cookies
- 1 Atkins Double Fudge Brownie Bar
- 2 Atkins Honey Almond Vanilla Crunch Bites
- 2 Atkins Peanut Butter Protein Cookies

Meat/Protein

- Beef, 90% lean ground (4-ounces)
- Chicken: breast (23-ounces), rotisserie cooked breast (3-ounces)
- Pork: pancetta (1-ounce), pepperoni (1-ounce), tenderloin (6-ounces)
- Salmon, boneless (7-ounces)
- Tuna, canned in water (3-ounces)
- Turkey: ground (4-ounces), sausage (4-ounces)

Cheese/Dairy

- Cream cheese (1-ounce)
- Eggs (11)
- Feta cheese (2-ounces)
- Mexican blend (1-ounce)
- Mozzarella cheese, whole milk (7-ounces),
- Parmesan cheese, grated (3-ounces)
- Provolone cheese (1-ounce)
- Sour cream (3 tablespoons)
- Yogurt, Greek plain unsweetened (2 cups)

Produce

- Avocado (1)
- Bell Pepper: red (6-ounces), green (1-ounce)
- Blueberries (4-ounces)
- Broccoli, frozen (1 cup)
- Cabbage, red (2-ounces)
- Cantaloupe (17-ounces)
- Carrots (1-ounce)
- Cauliflower: fresh (12-ounces), frozen riced (2 cups)
- Celery (1-ounce)
- Cucumber (11-ounces)
- Garlic (8 cloves)
- Ginger (1-ounce)
- Grapes, seedless (15-ounces)
- Leeks (2)
- Lemon (1)
- Lettuce: spring mix (1 cup), arugula (3-ounces), butterhead (1-ounce)
- Lime (1)
- Mushrooms, button (4-ounces)
- Onions: yellow (2-ounces), scallions (1 large), red (1-ounce)
- Orange (1)
- Radishes (2)
- Snow peas (2-ounces)
- Spinach, baby (2 cups)
- Sweet potato (9-ounces)
- Tomatoes: medium (3), cherry (13), heirloom (1-ounce), large (1)
- Zucchini (7-ounces)

Other

- Almond milk, plain unsweetened
- Almonds, slivered
- Artichoke hearts
- Bacon bits
- Balsamic vinaigrette (Newman's Own suggested)
- Beets, pickled
- Bread, whole wheat
- Cannellini beans, canned
- Cashews, roasted
- Chia seeds
- Chipotle en adobo
- Hemp hearts
- Maple syrup, sugar free
- Marinara sauce (7 or fewer net carbs per ½ cup)
- Olives: green, Kalamata
- Peanut butter, natural creamy
- Pecans
- Pesto
- Red curry paste (Thai Kitchen suggested)
- Roasted red peppers, jarred
- Salsa, red
- Sambal oelek chili paste
- Sweet potato chips
- Tomatoes: stewed, paste, diced in juice
- Water chestnuts
- Wine, white cooking

Herbs/Spices

- Chives
- Fresh basil
- Fresh dill
- Fresh oregano
- Fresh parsley
- Fresh rosemary

Pantry

- Baking powder
- Black pepper, ground
- Brown rice
- Butter, salted and unsalted
- Chicken broth
- Cinnamon
- Cumin
- Dijon mustard
- Dried oregano
- Dried rosemary
- Garlic powder
- Hot sauce such as tabasco
- Italian seasoning
- Macaroni, whole wheat
- Mayonnaise
- Oats, quick rolled
- Olive oil
- Penne, whole wheat
- Pumpkin pie spice
- Quinoa
- Red pepper flakes, crushed
- Salt
- Sesame oil, toasted
- Spaghetti, whole wheat
- Sucralose based sweetener, granulated
- Tamari soy sauce
- Vanilla extract
- Vinegar: rice (unseasoned, unsweetened), balsamic, red wine
- Whey protein concentrate (unflavored, unsweetened)
- Worcestershire

Menu Notes: Make the whole garden frittata, you will eat two servings; make 2 servings of the Macaroni and Cauliflower Salad to eat through the week.

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Notes: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Keto Pumpkin Latte Protein Muffins* 1/2 cup plain Greek yogurt 1 cup cubed cantaloupe Net Carbs 19g • FV 1g	1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 24g • FV 2g	Atkins Creamy Caramel Shake & Brown Rice Porridge* 1 serving Brown Rice Porridge* Net Carbs 23g • FV 0g	1 serving Mediterranean Egg Bites* 1 slice whole wheat toast Net Carbs 24g • FV 2g	1 serving Keto Pumpkin Latte Protein Muffins* 2 tbsp cream cheese 1/2 cup plain Greek yogurt Net Carbs 9g • FV 1g	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* 1 slice whole wheat toast Net Carbs 22g • FV 2g	1 serving Orange-Sour Cream Waffles with Fresh Blueberry Sauce* Net Carbs 14g • FV 0g
SNACK	Atkins Strawberry Shake blended with: 1/2 cup cooked and cooled oatmeal 4 large strawberries Net Carbs 18g • FV 0g	Atkins Vanilla Latte Shake 1/2 cup blueberries Net Carbs 13g • FV 0g	Atkins Honey Almond Vanilla Crunch Bites Net Carbs 3g • FV 0g	Atkins Chocolate Banana Shake 1 1/3 cup cubed cantaloupe Net Carbs 20g • FV 0g	Atkins Strawberry Shake 1 oz roasted cashews Net Carbs 10g • FV 0g	Atkins Vanilla Latte Shake 3/4 cup cubed cantaloupe Net Carbs 11g • FV 0g	Atkins Creamy Caramel Shake 1 oz roasted cashews Net Carbs 10g • FV 0g
LUNCH	1 serving Mediterranean Vegetable and Egg Salad* 1 small (4-inch diameter) whole wheat pita Net Carbs 23g • FV 9g	1 serving Grilled Lime Chicken over Spinach Salad with Feta-Ranch Dressing* 1 medium ear corn on the cob Net Carbs 29g • FV 6g	1 serving Chicken Shawarma Bowl* 1 small (4-inch diameter) whole wheat pita Net Carbs 25g • FV 7g	1 serving Keto Green Goddess Grilled Chicken* & 1 serving Cucumber, Tomato and Green Onion Salad* 1/2 cup cooked quinoa Net Carbs 26g • FV 7g	1 serving Keto Canned Tuna and Artichoke Salad* 1 slice whole wheat bread Net Carbs 25g • FV 6g	1 serving Simple Marinated Kale* 5 oz roasted chicken breast 15 cherry tomatoes 1/2 cup cooked quinoa Net Carbs 28g • FV 11g	1 serving Keto Summer Chicken Salad* 1 cup sliced cucumber 1/2 cup sliced red bell pepper 1/2 cup cooked brown rice Net Carbs 31g • FV 8g
SNACK	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Peanut Butter Protein Cookie Net Carbs 3g • FV 0g	1 cup cubed cantaloupe Net Carbs 12g • FV 0g	Atkins Double Fudge Brownie Bar Net Carbs 4g • FV 0g	Atkins Chocolate Chip Protein Cookie 1 cup cubed cantaloupe Net Carbs 15g • FV 0g	Atkins Peanut Butter Protein Cookie 1 oz roasted cashews Net Carbs 11g • FV 0g	Atkins Chocolate Chip Protein Cookie 1/2 cup blueberries Net Carbs 12g • FV 0g
DINNER	1 serving Keto Baked Meatballs* & 1 serving Spaghetti Squash with Romesco Sauce* 3/4 cup cooked whole wheat pasta Net Carbs 36g • FV 9g	1 serving Low Carb Kielbasa and Veggie Sheet Pan* 1 medium baked sweet potato 1 tbsp butter Net Carbs 30g • FV 8g	1 serving Mexican Shrimp and Vegetable Salad* 1/2 cup sliced red bell pepper 1/4 cup cooked brown rice 1 tbsp butter Net Carbs 33g • FV 9g	1 serving Colorful Sweet Potato Taco Bowl* Net Carbs 26g • FV 7g	1 serving Quick Keto Barbecued Pork* & 1 serving Cucumber, Tomato and Green Onion Salad* 1 medium ear corn on the cob Net Carbs 36g • FV 7g	1 serving Stuffed Acorn Squash* 1/3 cup brown rice Net Carbs 25g • FV 2g	1 serving Keto Caprese Hasselback Chicken* 3/4 cup cooked whole wheat pasta 1/3 cup marinara sauce Net Carbs 32g • FV 5g
	Total Net Carbs: 101g Foundation Vegetables: 19g	Total Net Carbs: 98g Foundation Vegetables: 16g	Total Net Carbs: 95g Foundation Vegetables: 16g	Total Net Carbs: 100g Foundation Vegetables: 17g	Total Net Carbs: 95g Foundation Vegetables: 14g	Total Net Carbs: 99g Foundation Vegetables: 14g	Total Net Carbs: 99g Foundation Vegetables: 13g

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- 2 Atkins Peanut Butter Protein Cookies

Cheese/Dairy

- Cream cheese (1-ounce)
- Eggs (10)
- Feta cheese (3-ounces)
- Greek yogurt, plain unsweetened (2 cups)
- Heavy cream (2 tablespoons)
- Mexican blend cheese (1-ounce)
- Mozzarella, fresh (1-ounce)
- Parmesan cheese, grated (1-ounce)
- Sour cream (3 tablespoons)

Meat/Protein

- Beef, 90% ground (4-ounces)
- Chicken: breast (21-ounces), thighs (6-ounces), roasted breast (5-ounces), ground (3-ounces)
- Pork: ground (2-ounces), kielbasa (3-ounces), chorizo (1-ounce), chops (4-ounces), breakfast sausage (2-ounces)
- Shrimp (6-ounces)
- Tuna, canned in water (4-ounces)
- Turkey, bacon (1 slice)

Produce

- Avocado (1)
- Bell pepper, red (5-ounces)
- Berries: strawberries (3-ounces), blueberries (8-ounces)
- Broccoli, frozen (3-ounces)
- Cabbage: green (2-ounces), red (3-ounces), bok choy (3-ounces)
- Cantaloupe (29-ounces)
- Carrots (1-ounce)
- Cauliflower: frozen (3-ounces), frozen riced (2 cups)
- Celery (1 small stalk)
- Corn on the cob (2 medium ears)
- Cucumber (16-ounces)
- Garlic (3-cloves)
- Kale (2-ounces)
- Lemon (1)
- Lettuce: butterhead (2-ounces), Romaine (4-ounces)
- Limes (2)
- Mushrooms, button (3-ounces)
- Onions: red (2-ounces), scallions (3 large), yellow (2-ounces)
- Orange (1)
- Spinach, baby (3 cups)
- Squash: spaghetti (4-ounces), acorn (3-ounces)
- Sweet potato: fresh (6-ounces), frozen (1 cup cubes)
- Tomatoes: cherry (23), Italian (1), Roma (2), grape (5), medium (2)
- Turnip (6-ounces)
- Zucchini (3-ounces)

Other

- All fruit raspberry jam (Polaner brand suggested)
- Almond milk, plain unsweetened
- Almonds
- Artichoke hearts, marinated
- Bread, whole wheat
- Capers
- Cashews, roasted
- Coconut aminos
- Hummus (1 tablespoon)
- Ketchup, reduced sugar (1 net carb per tablespoon)
- Marinara sauce (<8 net carbs per ½ cup)
- Olives: black, Kalamata
- Peanuts, dry roasted unsalted
- Pickle brine
- Pineapple chunks, canned in water
- Pita, whole wheat (4-inch diameter)
- Pumpkin, canned mashed
- Salsa: verde (green tomato salsa), red
- Tomato: sundried in oil, paste
- Walnut halves, raw
- Whey protein concentrate, unflavored, unsweetened

Herbs/Spices

- Chives
- Fresh basil
- Fresh cilantro
- Fresh mint
- Fresh parsley
- Fresh rosemary
- Fresh thyme

Pantry

- Allspice ground
- Baking powder
- Baking soda
- Black pepper, ground
- Brown rice
- Butter, salted & unsalted
- Canola oil
- Cayenne pepper
- Chicken broth
- Chili powder
- Cinnamon
- Coconut flour
- Coffee: instant espresso, instant coffee
- Cumin
- Dried dill
- Dried oregano
- Dried sage
- Dried tarragon
- Dried thyme
- Flax seed meal
- Garlic powder
- Mayonnaise
- Mustard: Dijon & ground
- Oats, quick rolled
- Olive oil
- Onion powder
- Paprika
- Pasta, whole wheat
- Peanut oil
- Quinoa
- Salt
- Sesame oil, toasted
- Soy flour, whole grain
- Sucralose based sweetener, granulated
- Truvia
- Turmeric
- Vanilla extract
- Vinegar: red wine, reserva sherry, white wine, rice, cider, balsamic
- Worcestershire sauce
- Xylitol

Menu Notes: Make 2 servings of Cucumber, Tomato, and Green Onion Salad; 2 servings of Mediterranean Egg Bites; and 2 Keto Pumpkin Latte Protein Muffins to eat through the week.