

# ATKINS 20®

## Standard Menu Plan

Notes: \_\_\_\_\_  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Eggs with Cheddar, Asparagus, Salsa and Sour Cream* 1/4 avocado <b>Net Carbs 4g • FV 3g</b>	1 serving Breakfast Sausage Sautéed with Red and Green Bell Peppers* <b>Net Carbs 3g • FV 3g</b>	2 eggs 2 tbsp butter 1/2 cup chopped zucchini 1/2 cup sliced mushrooms <b>Net Carbs 3g • FV 2g</b>	1 serving Turkey-Wrapped Breakfast "Tacos"* <b>Net Carbs 2g • FV 2g</b>	Atkins Chai Tea Latte Shake blended with: 1/2 avocado 2 tbsp heavy cream <b>Net Carbs 5g • FV 1g</b>	1 serving Poached Eggs over Tomato, Avocado and Muenster* <b>Net Carbs 4g • FV 3g</b>	1 serving Sausage Sautéed with Red and Green Bell Pepper and Cheddar* <b>Net Carbs 6g • FV 5g</b>
SNACK	Atkins Chai Tea Latte Shake <b>Net Carbs 3g • FV 0g</b>	Atkins Double Fudge Brownie Bar <b>Net Carbs 4g • FV 0g</b>	Atkins Creamy Caramel Shake <b>Net Carbs 2g • FV 0g</b>	Atkins Lemon Bar <b>Net Carbs 3g • FV 0g</b>	1/2 cup sliced red bell pepper 5 radishes 2 tbsp Keto Creamy Italian Dressing* <b>Net Carbs 3g • FV 3g</b>	Atkins Creamy Caramel Shake <b>Net Carbs 2g • FV 0g</b>	Atkins Creamy Vanilla Shake <b>Net Carbs 1g • FV 0g</b>
LUNCH	1 serving Cucumber Dill Salad* 5 oz salmon 6 large black olives <b>Net Carbs 6g • FV 6g</b>	1 serving Grilled Steak with Peppers and Onions* <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Canned Tuna and Artichoke Salad* 1 oz gruyere cheese <b>Net Carbs 6g • FV 6g</b>	1 serving Keto Chicken Salad Wraps* 2/3 cup sliced cucumber 2 cups mixed baby greens 2 tbsp Keto Creamy Italian Dressing* <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Dill Shrimp Salad* 3/4 cup sliced cucumber <b>Net Carbs 6g • FV 3g</b>	1 serving Keto Lemon-Herb Grilled Chicken Thighs* & 1 serving Green Bean and Mushroom Salad* <b>Net Carbs 5g • FV 4g</b>	1 serving Keto Chicken Caprese Bowls* <b>Net Carbs 4g • FV 3g</b>
SNACK	Atkins Ranch Protein Chips <b>Net Carbs 4g • FV 0g</b>	Atkins Endulge Crunchalicious Bar <b>Net Carbs 1g • FV 0g</b>	Atkins Chocolate Chip Protein Cookie <b>Net Carbs 3g • FV 0g</b>	Atkins Creamy Vanilla Shake <b>Net Carbs 2g • FV 0g</b>	Atkins Chocolate Chip Protein Cookie <b>Net Carbs 3g • FV 0g</b>	Atkins Endulge Crunchalicious Bar <b>Net Carbs 1g • FV 0g</b>	Atkins Lemon Bar <b>Net Carbs 3g • FV 0g</b>
DINNER	1 serving Keto Roasted Chicken Legs with Spicy Avocado-Tomatillo Salsa* <b>Net Carbs 5g • FV 5g</b>	1 serving Cucumber Dill Salad* 1 tbsp olive oil 1 oz Monterey jack cheese 1 rotisserie chicken thigh <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Chicken Chorizo and Cauliflower Sauté with Cheese and Salsa* <b>Net Carbs 6g • FV 4g</b>	1 serving Grilled Bell Peppers and Onions* 5 oz grilled pork loin 1 cup frozen cauliflower rice 2 tbsp butter <b>Net Carbs 9g • FV 8g</b>	1 serving 1 serving Keto Lemon-Herb Grilled Chicken Thighs* & 1 serving Asparagus with Sun-Dried Tomato Vinaigrette* <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Steak with Asparagus and Mixed Green Salad* 2/3 cup sliced cucumber <b>Net Carbs 7g • FV 7g</b>	1 serving Green Bean and Mushroom Salad* 6 oz lamb chops <b>Net Carbs 5g • FV 4g</b>
	Total Net Carbs: 22g Foundation Vegetables: 13g	Total Net Carbs: 19g Foundation Vegetables: 13g	Total Net Carbs: 20g Foundation Vegetables: 12g	Total Net Carbs: 20g Foundation Vegetables: 15g	Total Net Carbs: 22g Foundation Vegetables: 12g	Total Net Carbs: 19g Foundation Vegetables: 14g	Total Net Carbs: 19g Foundation Vegetables: 13g

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

## Atkins Products

- 2 Atkins Chai Tea Latte Shakes
- 2 Atkins Creamy Caramel Shakes
- 2 Atkins Creamy Vanilla Shake
- 2 Atkins Chocolate Chip Protein Cookies
- 1 Atkins Double Fudge Brownie Bar
- 2 Atkins Lemon Bars
- 2 Atkins Indulge Crunchalicious 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 (19-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).

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Mini Breakfast Sausage, Bell Pepper and Scallion Casseroles* 1/4 avocado <b>Net Carbs 3g • FV 3g</b>	Sauté of: 3 oz breakfast sausage 1 cup sliced mushrooms 1/2 cup sliced red bell pepper 1 slice red onion 1tbsp olive oil <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Yellow Squash and Gruyere Frittata* <b>Net Carbs 1g • FV 0g</b>	1 serving Tomato, Avocado, Spinach and Monterey Jack Stacks* <b>Net Carbs 5g • FV 5g</b>	1 serving Broccolini and Bacon Egg Bites* <b>Net Carbs 3g • FV 1g</b>	1 serving Tomato, Mozzarella and Turkey Sausage Stack* 1/2 avocado <b>Net Carbs 6g • FV 5g</b>	1 serving Eggs Scrambled with Sautéed Mushrooms and Zucchini* <b>Net Carbs 3g • FV 2g</b>
SNACK	Atkins Creamy Vanilla Shake <b>Net Carbs 1g • FV 0g</b>	Atkins Creamy Caramel Shake <b>Net Carbs 2g • FV 0g</b>	Atkins Double Fudge Brownie Bar <b>Net Carbs 4g • FV 0g</b>	Atkins Chai Tea Latte Shake <b>Net Carbs 3g • FV 0g</b>	Atkins Double Fudge Brownie Bar <b>Net Carbs 4g • FV 0g</b>	Atkins Creamy Caramel Shake <b>Net Carbs 2g • FV 0g</b>	Atkins Chocolate Chip Protein Cookie <b>Net Carbs 3g • FV 0g</b>
LUNCH	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 1/2 cup sliced red bell pepper 1/2 cup sliced cucumber <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Chicken Salad* 2 leaves Romaine lettuce 10 cherry tomatoes <b>Net Carbs 6g • FV 6g</b>	1 serving Keto Chicken Caprese Bowls* <b>Net Carbs 4g • FV 3g</b>	1 serving Keto Fresh Mozzarella Salad with Basil Pesto* 3/4 cup sliced red bell pepper <b>Net Carbs 5g • FV 5g</b>	1 serving Mixed Greens with Cucumber, Red Bell Pepper, and Creamy Italian* 4 oz rotisserie chicken breast 3 cherry tomatoes <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Canned Tuna and Celery Salad on Baby Spinach* 1/2 cup sliced cucumber 7 cherry tomatoes 1 1/2 tbsp olive oil <b>Net Carbs 6g • FV 6g</b>	1 serving Keto Smoky Tuna Tomato* 1/2 cup sliced cucumber <b>Net Carbs 4g • FV 3g</b>
SNACK	Atkins Ranch Protein Chips <b>Net Carbs 4g • FV 0g</b>	Atkins Double Fudge Brownie Bar <b>Net Carbs 4g • FV 0g</b>	Atkins Indulge Crunchalicious Bar <b>Net Carbs 1g • FV 0g</b>	Atkins Chocolate Chip Protein Cookie <b>Net Carbs 3g • FV 0g</b>	Atkins Creamy Vanilla Shake blended with: 1 1/4 cup baby spinach 2 tbsp heavy cream <b>Net Carbs 3g • FV 0g</b>	Atkins Indulge Crunchalicious Bar <b>Net Carbs 1g • FV 0g</b>	Atkins Chai Tea Latte Shake <b>Net Carbs 3g • FV 0g</b>
DINNER	1 serving Keto Grilled Chicken Chimichurri* 1 large zucchini, grilled 1tbsp olive oil <b>Net Carbs 8g • FV 8g</b>	1 serving Keto Cajun Pork Chops* & 1 serving Keto Zucchini Ribbons with Lemon and Parmesan* <b>Net Carbs 4g • FV 2g</b>	1 serving Cauliflower Salad with Salmon* 3/4 avocado <b>Net Carbs 10g • FV 10g</b>	1 serving Warm Chicken and Radish Salad with Wilted Romaine* <b>Net Carbs 6g • FV 5g</b>	1 serving Grilled Burger with Avocado and Tomato* 2 leaves Romaine 1 dill pickle spear 1tbsp mayonnaise <b>Net Carbs 5g • FV 5g</b>	1 serving Keto Turkey Cobb Salad* <b>Net Carbs 4g • FV 3g</b>	1 serving Grilled Chicken over Baby Spinach, Tomato and Avocado Salad* 1/2 cup sliced red pepper <b>Net Carbs 8g • FV 7g</b>
	<b>Total Net Carbs: 21g            Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 20g            Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 21g            Foundation Vegetables: 14g</b>	<b>Total Net Carbs: 22g            Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 21g            Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 19g            Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 21g            Foundation Vegetables: 12g</b>

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## 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 (20), small (2), medium (2), large (1)
- Zucchini (17-ounces), baby (2)

## Herbs/Spices

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

## Other

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

## 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