

# ATKINS 40®

Notes: \_\_\_\_\_

## Plant Based Menu Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 serving Veggie Breakfast Sausage Stacked with Avocado and Cheddar* <b>Net Carbs 6g • FV 2g</b>	1 serving Red Bell Pepper Filled with Creamy Eggs and Spinach* <b>Net Carbs 5g • FV 3g</b>	Atkins Creamy Vanilla Shake blended with: 6 large strawberries 1 cup spinach <b>Net Carbs 8g • FV 0g</b>	Stack of: 2 poached eggs 4 tomato slices 2 strips veggie bacon 1/2 avocado <b>Net Carbs 7g • FV 4g</b>	1 serving Vegetarian "Sausage" Sauté with Red Bell Pepper and Onions* 1/2 avocado <b>Net Carbs 8g • FV 4g</b>	1 serving Spinach and Swiss Cheese Omelet* <b>Net Carbs 3g • FV 1g</b>	1 serving Keto Muffin in a Minute* 2 tbsp peanut butter <b>Net Carbs 6g • FV 0g</b>
SNACK	Atkins Café Au Lait Shake 12 walnuts <b>Net Carbs 5g • FV 0g</b>	Atkins Blueberry Soft Baked Bar <b>Net Carbs 4g • FV 0g</b>	1/2 cup red pepper slices 1/2 cup cucumber slices 2 tbsp Creamy Italian Dressing* <b>Net Carbs 4g • FV 4g</b>	Atkins Café Au Lait Shake <b>Net Carbs 3g • FV 0g</b>	Atkins Lemon Bar <b>Net Carbs 3g • FV 0g</b>	Atkins Café Au Lait Shake <b>Net Carbs 3g • FV 0g</b>	Atkins Creamy Vanilla Shake blended with: 1 cup baby spinach <b>Net Carbs 1g • FV 0g</b>
LUNCH	1 serving Roasted Portobello Mushroom Melts with Gruyere* 3 cherry tomatoes 1/2 cup cucumber slices <b>Net Carbs 6g • FV 5g</b>	4 oz Impossible Burger 1/4 avocado 1 slice onion 2 slices tomato 1 tbsp mayonnaise 2 Romaine leaves <b>Net Carbs 10g • FV 4g</b>	1 serving Eggplant Stacks* 1 stick string cheese <b>Net Carbs 6g • FV 4g</b>	2.5 oz meatless "chicken" 1 oz gruyere cheese 2 cups spinach 1/2 cup sliced cucumber 8 cherry tomatoes 2 tbsp Creamy Italian Dressing* <b>Net Carbs 7g • FV 6g</b>	1 serving Grilled Vegetable and Provolone Sandwiches* 1/2 cup sliced cucumber <b>Net Carbs 12g • FV 6g</b>	1 serving Tofu "Hot Dogs" with Sautéed Onions and Sauerkraut* 1/2 cup sliced red pepper 6 cherry tomatoes <b>Net Carbs 11g • FV 9g</b>	2 oz Soyrimo 1 cup shredded cabbage 1/2 cup sliced red pepper 2 tbsp chopped onion 1 tbsp olive oil 1 cup cauliflower rice <b>Net Carbs 11g • FV 8g</b>
SNACK	Atkins Lemon Bar 1/2 honey crisp apple <b>Net Carbs 11g • FV 0g</b>	Atkins Creamy Vanilla Shake 3 large strawberries <b>Net Carbs 4g • FV 0g</b>	Atkins Lemon Bar <b>Net Carbs 3g • FV 0g</b>	Atkins Blueberry Soft Baked Bar 1/2 honey crisp apple <b>Net Carbs 12g • FV 0g</b>	Atkins Creamy Vanilla Shake <b>Net Carbs 1g • FV 0g</b>	Atkins Blueberry Soft Baked Bar <b>Net Carbs 4g • FV 0g</b>	Atkins Lemon Bar 6 large strawberries <b>Net Carbs 9g • FV 0g</b>
DINNER	1 serving Tempeh, Green Pepper and Cabbage Sauté with Romesco Sauce* <b>Net Carbs 14g • FV 8g</b>	1 serving Spiced Bok Choy and Tofu* <b>Net Carbs 17g • FV 13g</b>	1 serving Veggie "Beef" Crumble & Shirataki Sauté with Brussel Sprouts* <b>Net Carbs 19g • FV 5g</b>	1 serving Vegetarian Spaghetti and "Meatballs"* 2 cups Romaine hearts 2 tbsp chopped red onion 2 radishes 2 tbsp Creamy Italian Dressing* <b>Net Carbs 11g • FV 5g</b>	1 serving Baked Tofu with Barbecue Rub* & 1 serving Roasted Green Beans* 4 cherry tomatoes <b>Net Carbs 15g • FV 8g</b>	1 serving Coconut Curry Tempeh* 1 cup cauliflower rice <b>Net Carbs 19g • FV 3g</b>	1 serving Baked Tofu with Cajun Rub* & 1 serving Cauli Mac and Cheese* <b>Net Carbs 11g • FV 4g</b>
	<b>Total Net Carbs: 40g Foundation Vegetables: 15g</b>	<b>Total Net Carbs: 39g Foundation Vegetables: 20g</b>	<b>Total Net Carbs: 40g Foundation Vegetables: 12g</b>	<b>Total Net Carbs: 40g Foundation Vegetables: 16g</b>	<b>Total Net Carbs: 39g Foundation Vegetables: 18g</b>	<b>Total Net Carbs: 40g Foundation Vegetables: 13g</b>	<b>Total Net Carbs: 39g Foundation Vegetables: 13g</b>

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

## Atkins Products

- 3 Atkins Café Au Lait Shakes
- 4 Atkins Creamy Vanilla Shakes
- 3 Atkins Blueberry Soft Baked Bars
- 4 Atkins Lemon Bars

## Cheese/Dairy

- Cheddar cheese (3-ounces)
- Cream cheese (1-ounce)
- Eggs (7)
- Gruyere cheese (3-ounces)
- Heavy cream (5 tablespoons)
- Monterey jack cheese (1-ounce)
- Mozzarella cheese, whole milk (1-ounce)
- Parmesan cheese, grated (5 tablespoons)
- Provolone cheese (2-ounces)
- String cheese (1 stick)
- Swiss cheese (1-ounce)

## Protein

- "Chicken" (3-ounces Daring Foods brand with 1 net carb per 2.5 oz)
- Impossible Burger (4-ounces)
- Meatless: ground crumbles (1 serving at 3 net carbs), breakfast sausage patties (4 patties at 2 net carbs each), zesty Italian meatballs (2 servings at 2 net carbs per serving)
- Smart Dogs Jumbo Veggie Protein Links (2 links with 1 net carb per link)
- Soyrizo (55 g)
- Tempeh (8-ounces)
- Tofu, firm silken (16-ounces)
- Veggie bacon strips (2 at 1 net carb per strip)

## Herbs/Spices

- Fresh basil
- Fresh cilantro
- Fresh parsley

## Produce

- Apples, honey crisp (1)
- Avocados (2)
- Bell peppers: red (3 medium), green (1 small)
- Bok choy (6-ounces)
- Brussels sprouts (4-ounces)
- Cabbage: green (3-ounces), red (3-ounces)
- Cauliflower: rice (8-ounces), head (5-ounces)
- Cucumber (8-ounces)
- Eggplant (5-ounces)
- Garlic (5 cloves)
- Ginger, fresh root (1-inch knob)
- Green beans (6-ounces)
- Jalapeno pepper (1)
- Lettuce, Romaine (4-ounces)
- Lime (1)
- Mushrooms: Portobello caps (1), shiitake (3-ounces)
- Onions: red (1 small), green/ scallions (1 medium), yellow (1 medium)
- Radishes (2)
- Spinach: bunch (3-ounces), baby (5-ounces)
- Strawberries (10-ounces)
- Tomatoes: medium (2), Italian (1), cherry (21)
- Zucchini (1 small)

## Other

- Almonds
- Coconut cream
- Coconut milk (canned)
- Fish sauce
- Peanut butter, natural creamy
- Peanut oil
- Pesto sauce
- Pine nuts
- Sauerkraut
- Shirataki tofu noodles
- Walnuts

## Pantry

- Active dry yeast
- Allspice, ground
- Baking powder
- Black pepper
- Butter: salted & unsalted
- Canola oil
- Chili powder
- Cinnamon
- Cumin
- Curry powder
- Dried oregano
- Dried thyme
- Erythritol-stevia blend (such as truvia)
- Flax seed meal
- Garlic powder
- Italian seasoning
- Mayonnaise
- Mustard, ground
- Olive oil, extra virgin & light
- Onion powder
- Paprika
- Pepper sauce (such as Tabasco)
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain & toasted
- Soy flour
- Sucralose based sweetener, granulated & packets
- Tamari soy sauce
- Vinegar: red wine, balsamic, sodium and sugar free rice, white wine, Resvera sherry
- Wheat bran
- Wheat gluten
- Whey protein power, vanilla (no sugar added)
- White pepper
- Xylitol

**Menu Notes:** Make 3 servings of creamy Italian dressing for the week, and 2 servings of romesco sauce

# ATKINS 40<sup>®</sup>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>1 serving Vegan Breakfast "Sausage" Stacked with Avocado and "Cheddar"<sup>**</sup> 2 slices tomato</p> <p><b>Net Carbs 12g • FV 3g</b></p>	<p>Smoothie of: 1 1/2 cups almond milk, plain unsweetened 1 cup baby spinach 1/4 cup frozen strawberries 1 scoop vegan vanilla protein powder</p> <p><b>Net Carbs 9g • FV 0g</b></p>	<p>Overnight oats: 2 tbsp quick cooking rolled oats 1/4 cup chia seeds 2 tbsp hemp seeds 1 cup almond milk 2 tbsp peanut butter</p> <p><b>Net Carbs 13g • FV 0g</b></p>	<p>1 serving Vegan "Sausage" Sauté with Red Bell Pepper, Onions, and "Cheddar"<sup>**</sup></p> <p><b>Net Carbs 9g • FV 5g</b></p>	<p>Smoothie of: 1 1/2 cups almond milk 1/2 cup frozen cauliflower 1 oz soy protein powder 2 tbsp peanut butter 2 tbsp cocoa powder 1 tsp non-caloric sweetener</p> <p><b>Net Carbs 9g • FV 2g</b></p>	<p>1 serving Vegan Garden Vegetable Frittata<sup>*</sup> 2 tbsp vegan cream cheese 1 veggie breakfast sausage patty</p> <p><b>Net Carbs 11g • FV 3g</b></p>	<p>1 Vegan Chocolate Mug Muffin<sup>*</sup> 1 tbsp coconut butter</p> <p><b>Net Carbs 8g • FV 0g</b></p>
SNACK	<p>24 roasted almonds</p> <p><b>Net Carbs 2g • FV 0g</b></p>	<p>2 tbsp pepitas 5 large black olives</p> <p><b>Net Carbs 1g • FV 1g</b></p>	<p>1/2 cup red pepper slices 1/4 cup edamame</p> <p><b>Net Carbs 3g • FV 3g</b></p>	<p>1/2 cup steamed broccoli 1 tbsp Sherry Vinaigrette<sup>*</sup> 1 slice vegan cheese</p> <p><b>Net Carbs 6g • FV 2g</b></p>	<p>1/2 cup cucumbers 2 tbsp vegan cream cheese</p> <p><b>Net Carbs 3g • FV 2g</b></p>	<p>1/2 avocado 1 tbsp salsa 1 tbsp pepitas</p> <p><b>Net Carbs 2g • FV 1g</b></p>	<p>1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette<sup>*</sup></p> <p><b>Net Carbs 4g • FV 4g</b></p>
LUNCH	<p>5 oz Daring Foods meatless chicken 2 cups baby spinach 1/2 cup sliced red pepper 2 tbsp pumpkin seeds 2 tbsp Sherry Vinaigrette<sup>*</sup></p> <p><b>Net Carbs 7g • FV 3g</b></p>	<p>1 veggie burger patty 2 slices tomato 2 Romaine leaves 1/2 avocado</p> <p><b>Net Carbs 5g • FV 3g</b></p>	<p>Sautee of: 1 tbsp olive oil 55 g Soyriso 2 tbsp chopped onion 1 cup shredded cabbage 1/2 cup sliced red pepper Over 1 cup frozen riced cauliflower</p> <p><b>Net Carbs 11g • FV 8g</b></p>	<p>1 serving Baked Tofu with Mediterranean Marinade<sup>*</sup> 2 pieces marinated artichoke heart 1/2 cup sliced cucumber</p> <p><b>Net Carbs 8g • FV 4g</b></p>	<p>1 serving Eggless Tofu Salad<sup>*</sup> 2 cups shredded romaine 2 tbsp pumpkin seeds 1 tbsp Sherry Vinaigrette<sup>*</sup></p> <p><b>Net Carbs 7g • FV 3g</b></p>	<p>1 serving Baked Tofu with Moroccan Rub<sup>*</sup> &amp; 1 serving Roasted Asparagus<sup>*</sup></p> <p><b>Net Carbs 9g • FV 3g</b></p>	<p>5 oz Daring Foods meatless chicken 1 cup steamed broccoli 2 tbsp pumpkin seeds 2 tbsp vegan buttery spread</p> <p><b>Net Carbs 7g • FV 4g</b></p>
SNACK	<p>2 stalks celery 2 tbsp almond butter</p> <p><b>Net Carbs 5g • FV 2g</b></p>	<p>24 almonds 10 cherry tomatoes</p> <p><b>Net Carbs 7g • FV 5g</b></p>	<p>24 almonds</p> <p><b>Net Carbs 2g • FV 0g</b></p>	<p>1 serving Vegan Almond-Raspberry Smoothie<sup>*</sup></p> <p><b>Net Carbs 8g • FV 0g</b></p>	<p>1 cup raspberries 24 roasted almonds</p> <p><b>Net Carbs 9g • FV 0g</b></p>	<p>1 serving Vegan Nut &amp; Seed Energy Balls<sup>*</sup></p> <p><b>Net Carbs 8g • FV 0g</b></p>	<p>3 tbsp peanuts</p> <p><b>Net Carbs 2g • FV 0g</b></p>
DINNER	<p>1 serving Baked Tofu with Red Bell Pepper, Broccoli and Peanut Sauce<sup>*</sup></p> <p><b>Net Carbs 15g • FV 4g</b></p>	<p>1 serving Coconut Curry Tempeh<sup>*</sup> 2 cups steamed bok choy 2 tbsp olive oil</p> <p><b>Net Carbs 19g • FV 4g</b></p>	<p>1/2 cup tempeh 1 serving Romesco Sauce<sup>*</sup> 2 cups zucchini noodles 1 tbsp olive oil</p> <p><b>Net Carbs 9g • FV 5g</b></p>	<p>1 serving Tofu Sautéed with Spinach and Soy Sauce<sup>*</sup> &amp; 1 serving Sesame Snow Peas<sup>*</sup> 1/2 cup edamame 1 tbsp olive oil</p> <p><b>Net Carbs 10g • FV 3g</b></p>	<p>1 serving vegan "chicken" strips 1 cup cauliflower rice 1 tbsp olive oil 1 serving Sautéed Winter Greens<sup>*</sup></p> <p><b>Net Carbs 12g • FV 8g</b></p>	<p>1 meatless burger patty 2 cups Romaine 5 grape tomatoes 1/2 cup cucumber slices 1/2 cup red pepper slices 2 tbsp Sherry Vinaigrette<sup>*</sup></p> <p><b>Net Carbs 9g • FV 7g</b></p>	<p>1 meatless bratwurst sausage &amp; 1 serving Broccoli and Cauliflower with Vegan "Cheese" Sauce<sup>*</sup></p> <p><b>Net Carbs 18g • FV 7g</b></p>
	<p><b>Total Net Carbs: 41g Foundation Vegetables: 25g</b></p>	<p><b>Total Net Carbs: 41g Foundation Vegetables: 13g</b></p>	<p><b>Total Net Carbs: 40g Foundation Vegetables: 17g</b></p>	<p><b>Total Net Carbs: 42g Foundation Vegetables: 14g</b></p>	<p><b>Total Net Carbs: 40g Foundation Vegetables: 14g</b></p>	<p><b>Total Net Carbs: 40g Foundation Vegetables: 15g</b></p>	<p><b>Total Net Carbs: 39g Foundation Vegetables: 14g</b></p>

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## Produce

- Asparagus (6-ounces)
- Avocado (2)
- Bell peppers: red (4 medium), green (1 small)
- Bok choy (5-ounces)
- Broccoli (8-ounces)
- Cabbage (3-ounces)
- Cauliflower: rice (8-ounces), frozen (2-ounces), fresh (2-ounces)
- Celery (3 medium stalks)
- Cucumber (1 large)
- Edamame (3-ounces)
- Garlic (2 cloves)
- Ginger (1-inch knob)
- Kale (2-ounces)
- Lemon (1)
- Lettuce, Romaine (1 small head)
- Lime (1)
- Onions: yellow (1 medium), scallions/green (1 medium)
- Raspberries (7-ounces)
- Shallots (1-ounce)
- Snowpeas (2-ounces)
- Spinach, baby (4-ounces)
- Strawberries, frozen (2-ounces)
- Swiss chard (2-ounces)
- Tomatoes: cherry (10), grape (5), medium (3), Italian (1)
- Zucchini (1 large)

## Cheese/Dairy

- Almond milk, plain and unsweetened (6 cups)
- Egg replacer (1 serving)
- Soy milk (2 tablespoons)
- Vegan buttery spread (2 tablespoons)
- Vegan cheddar "cheese" (5-ounces)
- Vegan cream "cheese" (i.e. Kite Hill) (4 tablespoons)

## Meat/Protein

- Beyond Meat Grilled Beyond Chicken Strips (85 grams)
- Daring Foods Original meatless "chicken" (10-ounces)
- Soyrizo (55 grams- El Burrito brand suggested)
- Tempeh (7-ounces)
- Tofu, firm silken (30-ounces)
- Vegan bratwurst sausage (1 link with 7 or fewer net carbs)
- Veggie breakfast sausage patties (5 patties—2 net carbs or less per patty)
- Veggie burgers (2 patties—2 or less net carbs per patty i.e. Beyond Meat)

## Other

- Agar seaweed
- Almond butter
- Almonds, whole roasted
- Artichoke hearts, marinated
- Chia seeds
- Chili garlic sauce
- Coconut butter
- Coconut milk (canned)
- Coconut shreds, unsweetened
- Hemp seeds/ hearts
- Maple syrup, sugar free
- Miso, sweet white
- Oats, quick cooking rolled
- Olives, black
- Peanut butter, natural creamy
- Peanuts
- Pickles
- Pumpkin seeds, hulled (pepitas)
- Protein powder: vegan blend (like Vega brand) & soy
- Salsa

## Herbs/Spices

- Fresh cilantro
- Fresh parsley
- Fresh rosemary

## Pantry

- Almond meal, from whole almonds
- Baking powder
- Black pepper
- Canola oil
- Cinnamon
- Cocoa powder
- Coconut flour
- Coriander leaf, ground
- Cumin
- Curry powder
- Dijon mustard
- Dried oregano
- Erythritol, powdered
- Fennel seed
- Ginger, ground
- Nutritional yeast
- Olive oil, extra virgin & light
- Paprika
- Red or cayenne pepper
- Red pepper flakes, crushed
- Salt
- Sesame oil, plain
- Sesame seeds
- Spelt flour
- Sucralose based sweetener
- Tamari soy sauce
- Truvia (erythritol-stevia blend)
- Turmeric, ground
- Vanilla extract
- Veganaise
- Vegetable broth
- Vinegar, Resvera sherry

**Menu Notes:** Make 5 servings of the Sherry Vinaigrette to use throughout the week.