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ATKINS 20 Standard Menu Plan

- ▲ Go to **ATKINS.COM** for these plans or customize your own!
- ▲ **Standard Menu Plan** (pictured): Helps you learn how to balance cooking and convenience while getting started on Atkins. Great for people who like to cook, but need to have convenient choices available.

- ▲ **Quick-Start Plan** (access on atkins.com): Teaches you the types of food and portion control you need for the best start. A fool-proof approach that gets you started with a minimum amount of carb-counting. Great for people who don't have time or don't like to cook.

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper ¼ cup chopped onion ½ cup shredded cheddar</p> <p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 6g • FV 6g</p>	<p>1 tsp olive oil ¼ cup chopped onion 2 large eggs ¼ cup shredded Cheddar</p> <p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 5.4g • FV 3.1g</p>
SNACK	<p>1 small zucchini 1½ oz Cheddar</p> <p>Net Carbs 3.2g • FV 2.6g</p>	<p><i>Atkins Milk Chocolate Delight Shake</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
LUNCH	<p><i>Atkins Frozen Crustless Chicken Pot-Pie</i></p> <p>1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 6.6g • FV 3.6g</p>	<p><i>Atkins Meal Chocolate Chip Granola Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Frozen Swedish Meatballs</i></p> <p>Net Carbs 6g • FV 3g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>1 cup sliced green bell pepper 2 Tbsp Ranch Dressing</p> <p>Net Carbs 3.7g • FV 2.7g</p>	<p><i>Atkins Snack Coconut Almond Delight Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
DINNER	<p>6 oz chicken breast 1 cup broccoli florets 2 Tbsp Hollandaise Sauce 2 cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 4.7g • FV 4.3g</p>	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i></p> <p>1½ cups mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 7.2g • FV 4g</p>	<p>6 oz fillet of whitefish 2 cups broccoli florets 1 Tbsp Herb-Butter Blend ½ Hass avocado 2 Tbsp Italian Dressing</p> <p>Net Carbs 7.9g • FV 7.1g</p>
Total Net Carbs: 20.5g Foundation Vegetables: 12.6g		Total Net Carbs: 21.9g Foundation Vegetables: 12.7g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Atkins Meal Strawberry Almond Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>½ medium red bell pepper 1 Tbsp olive oil 2 cups baby spinach 2 large eggs 2 Tbsp heavy cream ¼ cup shredded Monterey Jack Cheese</p> <p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 7g • FV 5.3g</p>	<p>2 cups chopped spinach 1 tsp olive oil 1 small tomato 1 oz Monterey Jack Cheese</p> <p>Net Carbs 3.5g • FV 3.3g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>
<p>½ cup chopped red bell pepper 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.8g • FV 3g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>5 cherry tomatoes 2 oz fresh mozzarella cheese 1 Tbsp olive oil 1 Tbsp fresh basil</p> <p>Net Carbs 2.3g • FV 2.3g</p>	<p><i>Atkins Day Break Cranberry Almond Bar</i></p> <p>Net Carbs 2g • FV 0g</p>
<p>1 slice bacon 6 oz chicken breast 1 cup mixed greens ½ medium tomato ½ Hass avocado ¼ cup diced Monterey Jack Cheese 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 5.7g • FV 4.6g</p>	<p><i>Atkins Meal Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 2g • FV 0g</p>	<p><i>Atkins Frozen Sesame Chicken Stir-Fry</i></p> <p>Net Carbs 7g • FV 2.2g</p>	<p>4 oz canned tuna 2 Tbsp mayonnaise ½ cup chopped snap peas ¼ cup chopped red bell pepper 1 medium tomato</p> <p>Net Carbs 7.2g • FV 7.2g</p>
<p>2 celery stalks 2 oz Cheddar</p> <p>Net Carbs 2.7g • FV 2g</p>	<p>¾ cup sliced cucumber 2 Tbsp Greek Vinaigrette</p> <p>Net Carbs 3.3g • FV 3g</p>	<p><i>Atkins Harvest Trail Dark Chocolate Sea Salt Caramel Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>
<p><i>Atkins Frozen Meatloaf with Portobello Mushroom Gravy</i></p> <p>Net Carbs 7g • FV 2.7g</p>	<p><i>Atkins Frozen Beef Teriyaki Stir-fry</i></p> <p>1 cup broccoli florets 1 Tbsp olive oil</p> <p>Net Carbs 7.6g • FV 3.9g</p>	<p>7 oz bone-in pork chop ½ cup cauliflower florets 1 cup mixed greens ½ Hass avocado 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 4.6g • FV 4.2g</p>	<p>6 oz ground beef 1 Tbsp crumbled blue cheese 1 medium zucchini 1 Tbsp olive oil ½ Hass avocado ½ inch slice tomato</p> <p>Net Carbs 6.5g • FV 6.3g</p>
Total Net Carbs: 22.2g Foundation Vegetables: 12.3g		Total Net Carbs: 21.4g Foundation Vegetables: 12g	

Enjoy ATKINS ENDULGE TREATS for dessert if Net Carb consumption allows!