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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.

	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!

- ▲ **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.

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!