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ATKINS 40 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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>	<p>½ cup cooked oatmeal 2 pieces bacon</p> <p>Net Carbs 12.4g • FV 0g</p>	<p>¼ cup chopped red bell pepper 2 eggs ½ Hass avocado 1 oz pepper jack cheese 4 Tbsp Salsa Cruda</p> <p>Net Carbs 5.8g • FV 4.1g</p>	<p>5 oz ground beef 1 Tbsp olive oil ½ cup chopped green bell pepper 2 Tbsp chopped onion ¼ cup shred Cheddar 7-inch low-carb tortilla</p> <p>Net Carbs 7.1g • FV 3.7g</p>	<p><i>Atkins Frozen Bacon Scramble</i></p> <p>Net Carbs 5.1g • FV 0.4g</p>	<p>4 oz turkey sausage 1 medium tomato 1 slice whole grain toast</p> <p>Net Carbs 15.3g • FV 3.3g</p>	<p><i>Atkins Frozen Farmhouse-Style Sausage Scramble</i></p> <p>Net Carbs 5g • FV 2.1g</p>
SNACK	<p>½ cup fresh pineapple chunks ½ cup cottage cheese</p> <p>Net Carbs 10.6g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Decadence Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Dark Chocolate Royale Shake</i> ½ banana</p> <p>Net Carbs 8.8g • FV 0g</p>	<p><i>Atkins Harvest Trail Dark Chocolate Peanut Butter Bar</i></p> <p>Net Carbs 4g • FV 0g</p>	<p>½ cubed cantaloupe 2 oz prosciutto</p> <p>Net Carbs 5.9g • FV 0g</p>	<p><i>Atkins Snack Dark Chocolate Almond Coconut Crunch Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p><i>Atkins Mocha Latte Shake</i> 3 large strawberries</p> <p>Net Carbs 6g • FV 0g</p>
LUNCH	<p>6 oz fillet of salmon ¼ cup wild rice 2 cups mixed greens ¼ cup sliced cucumbers ¼ cup sliced mushrooms 2 Tbsp Sherry Vinaigrette</p> <p>Net Carbs 13.4g • FV 5g</p>	<p><i>Atkins Frozen Orange Chicken</i> 2 cups mixed greens 5 large radishes ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 12g • FV 8.7g</p>	<p>5 oz hamburger 1 oz Cheddar 1 medium tomato ½ Hass avocado 1 Flatout Original Light Wrap</p> <p>Net Carbs 11g • FV 4.6g</p>	<p><i>Atkins Frozen Chili Con Carne</i> ½ cup steamed Brussels sprouts 1 Tbsp butter</p> <p>Net Carbs 6.3g • FV 4.4g</p>	<p><i>Atkins Frozen Swedish Meatballs</i> ½ cup sliced cucumber 5 black olives 10 cherry tomatoes 2 cups arugula 2 Tbsp Fresh Raspberry Vinaigrette</p> <p>Net Carbs 14.1g • FV 10.6g</p>	<p>4 oz tuna 1 stalk celery ½ cup chopped red bell pepper 2 Tbsp mayonnaise 2 Romaine lettuce leaves</p> <p>Net Carbs 3.7g • FV 3.7g</p>	<p><i>Atkins Frozen Italian-Style Pasta Bake</i> 2 cups mixed greens 1 small tomato 2 Tbsp Blue Cheese Dressing</p> <p>Net Carbs 12.9g • FV 7.4g</p>
SNACK	<p><i>Atkins Strawberry Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p>½ cup raspberries ½ cup Greek yogurt</p> <p>Net Carbs 7.9g • FV 0g</p>	<p><i>Atkins Snack Caramel Chocolate Nut Roll Bar</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 medium carrot ¼ cup hummus</p> <p>Net Carbs 9.1g • FV 0g</p>	<p><i>Atkins French Vanilla Shake</i></p> <p>Net Carbs 1g • FV 0g</p>	<p><i>Atkins Café Caramel Shake</i></p> <p>Net Carbs 3g • FV 0g</p>	<p>1 stalk celery 1 slice Cheddar</p> <p>Net Carbs 1.4g • FV 1g</p>
DINNER	<p><i>Atkins Frozen Chicken & Broccoli Alfredo</i> 2 cups baby spinach ½ Hass avocado 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 9.4g • FV 6.1g</p>	<p>6 oz steak 2 cups broccoli and cauliflower, roasted with 1 Tbsp olive oil</p> <p>Net Carbs 4.8g • FV 4.8g</p>	<p><i>Atkins Frozen Stone Fired Three Meat Pizza</i> ½ cup chopped zucchini</p> <p>Net Carbs 12.4g • FV 3.4g</p>	<p>6 oz fillet of whitefish ¼ cup cooked quinoa 1 cup green beans 1 Tbsp butter</p> <p>Net Carbs 12.9g • FV 4.3g</p>	<p>7 oz bone-in pork chop ½ small baked potato 1 Tbsp butter 1 cup mixed greens 2 Tbsp Creamy Italian Dressing</p> <p>Net Carbs 14.7g • FV 1.3g</p>	<p><i>Atkins Frozen Beef Merlot</i> ½ cup steamed broccoli ½ small corn on the cob 1 Tbsp butter</p> <p>Net Carbs 15g • FV 5g</p>	<p>6 oz chicken ¾ cup stir-fry vegetables 1 Tbsp olive oil 1 Tbsp tamari sauce ¼ cup brown rice</p> <p>Net Carbs 14.5g • FV 3g</p>
	Total Net Carbs: 39.4g Foundation Vegetables: 13.2g	Total Net Carbs: 40.1g Foundation Vegetables: 13.5g	Total Net Carbs: 41.0g Foundation Vegetables: 12.1g	Total Net Carbs: 39.4g Foundation Vegetables: 12.4g	Total Net Carbs: 40.8g Foundation Vegetables: 12.3g	Total Net Carbs: 40.0g Foundation Vegetables: 12.0g	Total Net Carbs: 39.8g Foundation Vegetables: 13.5g

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

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